

## Advanced Somatic Transformation

### Healing The Wounds of the BodySoul

**2017/2018**

We are excited to announce an Advanced Somatic Transformation course for 2017-2018 entitled Somatic Transformation: Healing the Wounds of the BodySoul.

#### The Program

Somatic practitioners often experience a challenge when helping people with issues of disembodiment and dissociation. For healing, it is important for highly wounded people to experience a multilayered sense of safety in order to access their own bodily based sensations and process their distressful inner world.

During this course, we will explore the subtle and innate ways safety can be discovered, disembodiment can shift into embodied presence and patterns of dissociation can be replaced with right relationship. At the root of disembodiment and dissociation is often unresolved grief, loss and alienation from self and others. We are interested in supporting reconnection with self, intimate others and presence in the world. This recovery process is multi-faceted,

respecting the wisdom of ancient people living in harmony, grace and humility despite the circumstances of their world.

The theoretical research for this course is based on the developmental neuroscience of Allan Schore, the polyvagal theory of Stephen Porges and researchers such as Ruth Lanius, Beatrice Beebe and others. Culturally based research into the effects of poverty, violence, slavery, oppression, genocide and gender discrimination will be explored for relevant knowledge of today's challenging issues.

Practice models are highly relational, deeply phenomenological and draw on imaginal resources that can become available in the intersubjective field through skillful somatic inquiry and somatic reflection. C. J. Jung, James Hillman, Robert Sardello, Reggie Ray, Joanna Macy and Don Kalsched offer perspectives on the bodysoul experience needed to restore wholeness, strengthen resilience despite adversity and renew a personal sense of purpose in life.

To restore safety and meaning within the bodysoul, we will identify and explore cues of multigenerational transmission of trauma. We will practice the healing skill of imaginal repairs of the past, restoration of intimacy with couples, and the use of creative imagination. We will also explore dreams and altered states.

## Dates & Location

We will meet on **Fridays and Saturdays** over a period of one year in the Office of Somatic Transformation, LLC.

213 Madison Ave. N., Bainbridge Island, WA.

Module I: October 6-7, 2017

Module II: December 1-2, 2017

Module III: February 1-2, 2018

Module IV: March 30-31, 2018

Module V: June 1-2, 2018

Module VI: October 5-6, 2018

## Registration & Fees

**Registration will be limited to 12 participants who have completed the Somatic Transformation foundational course that has been taught on Bainbridge Island, Seattle, Victoria and Albuquerque over the past 10 years.**

**Please apply using [the registration form](#).**

Each module is \$550, and the one-time registration fee is \$250. Please pay below, on the [Payments](#) page, or by check.

## Contact

For further information, please email the Course Coordinator, Cheryl Petra at [montanasun@gmail.com](mailto:montanasun@gmail.com) or Sharon at [sharon@sharonstanley.org](mailto:sharon@sharonstanley.org)