

SOMA- EMBODIMENT TRAINING

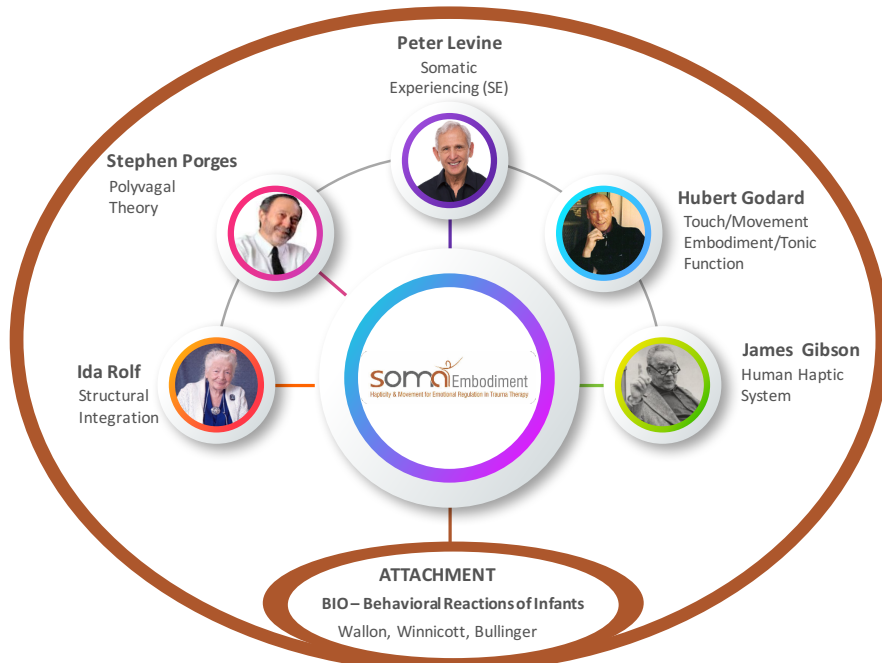


WHAT IS SOMA-EMBODIMENT®?

Conceived and developed by Sonia Gomes, PhD, **SOMA-Embodiment** offers diagnostic skills, touch and movement tools, and haptic awakening to transform emotional, developmental and shock trauma.

The **SOMA-Embodiment** training program re-envisioned from its predecessor **SOMA**. It includes technical aspects of the Structural and Movement Integration of Dr. Ida Rolf, as well as Tonic Function and Movement Analysis from Hubert Godard. **Soma-Embodiment** is infused with psycho-physiologic understanding of trauma from Dr. Peter A. Levine, supported by the Polyvagal Theory of Dr. Stephen Porges and the contributions from Ecological Psychology as set forth by Dr. James Gibson. The work of Henri Wallon, Donald Winnicott and André Bullinger also shape the program.

The Fundamental concept of SOMA-Embodiment



Trauma is when the organism experiences immobilization due to an overcharge caused by life-threatening events such as abandonment, rejection, physical abuse, emotional, sexual violence or non-violence. Developmental traumas, negligence of caregivers, exposure to situations of shame and humiliation, natural disasters caused by man or nature, among others. The sense of threat can come from one own sensory-perception whether the source is from the outside or within. This can result in fear and looping of emotions which puts strong pressure on the higher brain shutting it down. The body can't be available anymore and dissociation takes place. In any type of trauma there is a rupture of sensorimotor coordination. The effect of stress/threat on brain development can begin before birth and that rupture can happen at any stage of human development. The newborn is immersed in a state of fluid pluri-sensoriality. The world of forms is being constituted through the relationship and from cooperation of the senses that are organized by the movement. Haptic perception requires their interactions with the other senses. Long before birth, this active

process builds the initial and flexible neurosensory matrix to which all other senses are bound to relate as a lifelong requirement for life. Haptic perception fulfills multifaceted psychological functions in all kingdoms and stages of life.

From phylogenetic and ontogenetic perspectives, the sense of touch plays a central role in relation to the other senses. Enables environmental awareness and self-awareness even in a subject who is actively engaged, either unconscious or conscious. We work in order to transform the perception of inner environment of outer environment by the senses. Then, one can be able to develop a healthier relationship in life.

The physiology of attachment is in fact the same as the physiology of the threat and stress component of embodied self-awareness, linked with the interoception and body image. Therefore, before renegotiating trauma, the body needs to find physical stability. Trauma in control of the gravitational system is a preventive system for better ideal functionality of the movement, because the trauma creates inhibition of emotional expression.

SOMA-Embodiment practitioners help clients re-navigate trauma territory through attention to the Social Nervous System (Porges) and Movement Re-education (Godard, Rolf) to restore physical stability, perception and proprioception. Practitioners titrate the release of bound trauma energetics and patterns to optimize client physiologic function, orientation and resilience (Levine) which reflects in a greater capacity for personal agency, appropriate relationship, ease and joy.

SOMA'S content



In order to work with traumatized clients, therapists need to offer their own embodiment as a model. This embodied presence enables clients to re-navigate trauma territory in safety. A state of presence and orientation that allows for relaxation, alertness and awareness at the same time.

SOMA training in each module creates a metacommunication with the theory and practice of all topics in the diagram above. It encourages the participant to increase the ability to identify immature traumatic memory and to find the right tool and support for the client to access the body's natural movement so that it can find a way out, a completeness of response.

SOMA offers participants supportive and guidance protocols that promote structural reorganization, facilitating the body's orientation in relation to gravity and space. This results in restored perception and proprioception, with increased stability and grounding – pre-conditions for the negotiation of emotional trauma. Participants work on self-regulation and learn to use resonance and intuition with greater confidence in the clinical setting.

The support and safety bonds developed through SOMA helps the therapist to initiate the release of the shock caused by trauma; in this way, clients can become aware of and open to feelings and sensations that were previously silenced by the freeze response. Fixating developmental elements that are not fully mature can lead the client's body to present a postural defensive pattern, revealed by early developmental movements or emotional attitudes that provide clues for the therapist to perceive where and how the body, mind and the nervous system are trapped in the freeze response. Participants learn how to apply specific procedures to different types of trauma, learning to uncouple the distorted perceptions of the emotional layers that have been internalized and repressed in the past. By exploring the haptic system, it is possible to assist those affected by trauma to exit their internal conditioned environment and explore elements of the external environment through the senses. By touching and being touched by the therapist in mutual resonance, a natural internal movement of the body's innate intelligence is evoked. Thus, it may transform the symptoms of shock or chronic trauma and/or complex diseases like syndromes, changes in the physiology of freezing, reversing the disease and shifting to a YES to one's body, a YES to the inner child and to LIFE!



Dr. Gomes brings her wealth of clinical and teaching experience to **SOMA-Embodiment** as Advanced SE™ Faculty, Clinical Psychologist and Advanced Structural & Movement Rolfing Practitioner. The program complements the Somatic Experiencing work of Dr. Peter A. Levine while her knowledge from graduate studies in several modalities of Body Psychology, and her training with Hubert Godard add generously to the program content. Her dynamic and heart-full teaching style complements the interactive experiential nature of the **SOMA-Embodiment** learning environment.

Dr. Gomes is grateful for the substantial support from her colleague and former business partner, Marcelo Muniz, in the creation of the first **SOMA** training program, and to Dr. Urs Honauer, Educator and Advanced SE Trainer for the encouragement and initial platform to develop **SOMA** and now **SOMA-Embodiment**.

The Structure of the SOMA Training

Students of SE™, SE Practitioners or professionals who work with Trauma are welcome in this program.

The training demand three days introduction unit, to be followed by four modules of four days each.

Full certification requirements include five personal sessions provided by qualified providers + two supervisions carried out by SOMA providers.

SOMA – Training Program:*

Introduction

Instructors (Sônia Gomes or Claudia Studer-Wild or Ankie Kühne)

- + Summary of the works of SE; Polyvagal Theory; Gravity field;
- + Tonic Function of Hubert Godard.
- + Base of three dimensionality of the physical body
- + Fixation vs Inhibition
- + Four basic foundation articulations (Godard)
- + Basic of embryology
- + Haptic System of Gibson
- + Perception system
- + Alpha & Gamma touch
- + Breathing
- + Orienting (Otholiths)
- + Presence
- + Embodiment Exercises with its protocols of intervention
- + video of Sonia demos or life demos by Sonia

Module 1

Instructor: Sônia Gomes or Claudia Studer-Wild

- + Trauma & Threat, Stress before and after the birth
- + Memory of trauma & Nervous System
- + Territoriality & Phoric system as a territory
- + Tonic Function (Godard) Tonic/Posture (Bullinger)
- + Embodiment & Perception
- + 4 foundation articulations
- + Vestibular System & Spatial organization & Kinesphere
- + Otholiths, Vergence + gravity
- + Fixation & Inhibition
- + Safety & Treat in Early development
- + When Haptic System in active or Inactive
- + Breath
- + Practice

+ Demos general trauma, Emotional Abuse+ Inescapable + High Impact trauma

Module 2 –

Instructor: Sônia Gomes or Claudia Studer-Wild

- + Territoriality & Phoric system as a territory
- + Safeth & Treat in early development
- + Self-Regulation – Body States
- + Interoception
- + Touch & Movement in Trauma Healing
- + Movement as a component of the posture (Bullinger)
- + Holding seek a geometric correction of the body= it creates defense posture
- + How to unfold the holdings created by the body under stress/trauma?
- + Finding the “G” point
- + core stability muscles
- + Spindle activity maintain muscle tone
- + Medical procedures+ transgeracional trauma
- + demos
- + Embodiment exercises (practice)

Module 3 –

Instructor: Sônia Gomes or Claudia Studer-Wild

- + Psychomotor development
- + Bio behavioral reactions of infants & Attachment related
- + The neuromuscular spindle is where the psyche meets the body
- + Gamma motoneurons: good plasticity is generated by the gamma system
- + Pre-perinatal trauma + developmental challenges
- + Practice of acts, Movement and gesture of Breath
- + Impact of gravity at the breath muscles and how to decompress it
- + Demo

Module 4 –

Instructor: Sônia Gomes or Claudia Studer-Wild

- + Attachment & tonic/emotion/sensory functions according Bullinger and Winnicott
- + Emotional Regulation & Nervous System related
- + Basic Emotions & ANS reactions
- + Practice of acts, Movement and gesture of Breath
- + Impact of gravity at the breath muscles: how to decompress it?
- + Tonic/emotion/sensory functions by Bullinger and Winnicott
- + Haptic activity accessing the tonic muscles/ stabilizer core muscles
- + State of flow
- + Sexual Trauma + complex trauma
- + Syndromes/disease
- + Diaphragm (deepen)
- + The Healthy attachment according Maggie Kline
- + Demo
- + practice

Visit SOMA's homepage: www.soniagomesphd.com

