

MODULE OUTLINE

Module 6

Embodiment and body-based Psychotherapies

Saturday 3rd and 4th of June 2023
Seminar Leader: Pernilla Siebenfreund

A. MODULE AIMS

“Staying in contact with the body is staying in contact with a deeper knowing”
[Weiss & Johanson & Monda, 2015, p.34]

Both the meditation practitioner and the health practitioner need to be present in their seat to fully engage in their practice of alleviating the suffering for themselves and others, and to be present means to be embodied. Moving towards embodiment is an intentional path which requires experiential practices as it by its very nature can't be learnt by reading or hearing about it. In this module we will explore ways of enhancing our awareness and relationship with the body, feel into the interconnectedness between body and mind as well as learning some skills on how to support our client towards embodiment and finding wisdom in the body.

B. LEARNING OUTCOMES

- Conceptual and direct experiential understanding that clear awareness immersed in the body is the gateway to meditation and an integrated sense of wholeness
- Deepening a meditation practice upon the foundation of embodiment
- Can make clinically useful assessments of differences between non-clinging to the body and forms of dissociation and alienation from the body arising from cultural conditions and trauma
- A competent understanding of the somatic principles for establishing wellbeing and self-regulation for both therapist and client and how this is commensurate with the Buddhist view of bodymind integration
- Understands what is required to establish a somatic presence as a psychotherapist and to encourage somatic awareness in the client
- With discernment can apply relevant somatic psychotherapy strategies to clinical practice including understanding contraindications for bringing attention to the body or for the use of touch

C. CONTENT

Content will be derived from traditional and contemporary somatic psychotherapy.

- The underlying principles and view of somatic psychotherapy
- The benefits of a body-mind wholism and unity approach

- Buddhist mindfulness as an influence and approach in somatic psychotherapy
- The embodied therapist's contribution to safety in the healing relationship
- Establishing awareness and presence in the body for the therapist and client
- Somatic resourcing for therapist and client
- The embodied seat of the therapist for clear seeing as well as self-regulation and co-regulation
- Working with safe touch
- Awakening impulses embedded in tensions
- The body remembers and is the royal road to the unconscious
- Tracking & following body cues in client towards wisdom in the body
- Demonstrations of Hakomi Mindful Somatic Psychotherapy

D. TEACHING METHODS

Lecture, group discussion, case presentation, handouts, meditation practice, experiential exercises.

E. ASSIGNMENT

Students are to complete a written essay of 1000-1500 words (+/- 10%) at the end of the weekend entitled "*Reflections on Embodiment*", which should demonstrate an understanding of:

- the theoretical aspects of weekend presentations
- the experiential exercises, meditations and discussions
- how this module helped me personally and with my clinical practice

Please email to both Pernilla Siebenfreund at psiebenfreund@gmail.com and Deb Chisholm at dot@aabcap.org no later than four weeks following the weekend module – due Monday 3rd of July 2023 (Grading: Level of competency: Competent / Not-Yet-Competent.)

F. ASSESSMENT CRITERIA

- Shows a clear, critical understanding of the implications of the mind-body dualism for the practice of psychotherapy
- Can articulate the perspectives offered by both Buddhism and somatic psychotherapy and their potential overlaps
- Can adapt meditation practices and somatic strategies to suitable clients and show the reasoning behind doing so
- Is able to reflect upon their own relationship to embodiment and how this may affect their lives and therapy practice
- Coherent and well organised writing

G. ESSENTIAL READINGS: Please find all essential readings in the AABCAP online class space.

H. RECOMMENDED READINGS

1. Levine, Peter 2010 Ch 5 '[From Paralysis to Transformation](#)'. In [An Unspoken Voice](#). pp 73-95 Berkely: North Atlantic Books: .
2. van der Kolk, B., 2014 *The Body Keeps the Score*, New York: Viking.
3. Treleaven D. 2018 [Trauma-Sensitive Mindfulness](#). New York: W.W. Norton & Company.
4. Tricycle. No date. [Tricycle Teachings : Body in Practice](#) Ebook. Downloaded from <https://tricycle.org/>
5. Young, C. 2006 "[One hundred and fifty years on: The History, Significance and Scope of Body Psychotherapy Today](#)", *Body, Movement and Dance in Psychotherapy*, March; 1(1): 17–28.

I. SEMINAR LEADER

Pernilla Siebenfreund,

Pernilla is a Certified Hakomi Therapist and Trainer with the Hakomi Institute Pacifica Team as well as a Somatic Experiencing Practitioner. She leads Hakomi workshops in Australia and teaches on the Hakomi Professional Trainings in Sydney. She has over 20 years of experience in private practice in Brisbane, working with couples and individuals, as well as providing supervision. She has been a meditation practitioner for over 25 years. As a psychotherapist and teacher, Pernilla has a particular interest in cultivating embodied compassion and wisdom for the healing of complex trauma, lack of meaning and relationship difficulties. She lives in Brisbane with her partner, Paul, together with their chickens and bees.