

LOCATION

Ascona, Monte Verità

Hotel Casa Berno

Via Gottardo Madonna 15

CH-6612 Ascona



How to reach us:

Car: Exit Ascona/Losone. Continue on Viale Monte Verità (direction Ascona Center). Turn right onto Strada Collina and follow the directions to Monte Verità.

Public bus: Bus Nr. 1 from Locarno railway station to Ascona (stop Ascona Posta) and then Bus Nr. 5 ("Buxi") from Ascona to Monte Verità.

BIBLIOGRAPHY

P. Ogden, K. Minton, C. Pain: *Trauma and the body*, 2006

P. Ogden, J. Fisher: *Sensorimotor Psychotherapy*, Cortina 2016

O. Van der Hart, E.R. Nijenhuis, K. Steele: *The haunted self*, Cortina 2011



Sensorimotor Psychotherapy Institute

...because words are not enough

SENSORIMOTOR THERAPY TRAINING

LEVEL I

Affect Dysregulation, Survival Defenses and Traumatic Memory

12 TRAINING DAYS

CONTACTS

INFORMATION AND REGISTRATION:

www.sensorimotor-training.ch

Secretariat: +41 76 210 27 97

OTHER INFORMATION:

www.sensorimotorpsychotherapy.org

www.psicosoma.ch

MONTE VERITÀ
Ascona
2020

MARCH 26 - 29

MAY 7 - 10

SEPTEMBER 10 - 13

REGISTRATION TERM
31st January 2020

TRAINERS



Esther Perez

Senior Trainer of the Sensorimotor Institute, psychologist and psychotherapist, she works in California and Spain. She is specialized in working with gravely traumatized adults and minors.

**The training will be held in English
with consecutive translation in
Italian**

PREREQUISITES

Psychiatrists, Psychotherapists, Psychosomatic Medicine specialists

Psychotherapy students (from 3rd year)

Qualified health workers

DESCRIPTION

Traumatic conditions are often origin of emotional dysregulation and associated with a variety of clinical symptomatology: dissociative disorders, addictions, eating disorders, psychosomatic, depression, etc.

Training in sensorimotor psychotherapy for the treatment of trauma integrates the more current knowledge in the field of neurobiology of trauma with the long tradition of resource oriented somatic interventions.

Strongly practical and experiential, the training provides the participant with the conceptual and practical skills to apply useful interventions to regulate Arousal, activate somatic resources and elaborate traumatic memories, reactivating a whole and vital sense of self.

AIMS

Providing the fundamental knowledge concerning the neurobiology of trauma.

Knowing and applying somatic techniques for Arousal regulation.

Knowing how to evoke and maintain a state of focused Mindfulness.

Knowing how to recognize the symptoms of emotional dysregulation and dissociation.

Conducting interventions for the elaboration of traumatic experiences and restoration of active defenses.

ENROLLMENT

The Training has limited enrollment, registrations are accepted in chronological order and validated after payment of the fee.

ENROLLMENT FEE*:
CHF 3'500.-

*5% discount for group registrations

*The fee includes Coffee-breaks and course material

REGISTRATION TERM:
January 31st, 2020

REGISTRATION FORM:
www.sensorimotor-training.ch

DATES

March 26 - 29

May 7 - 10

September 10 - 13

2020

TIME SCHEDULE

Thursday to Saturday:

9 a.m. - 5:30 p.m.

Sunday:

9 a.m. - 4 p.m.