

E. Psycho-Sensory Processing Intervention: Informed and Integrated Mental Health Support Strategies for the Treatment of Trauma

February 8-9, 2019

8:30 – 4:30 pm

12 Contact Hours

Kimberly Barthel, BMR, OTR

Educational Level: Intermediate to Advanced Level

Audience: OTs, PTs, SLPs and interested others

Course Description

This two-day workshop will provide an integrated theoretical connection about the neurological interplay between attachment, developmental trauma and sensory processing issues. Participants will develop an understanding of the use of relational attunement as a regulatory influence that supports and stabilizes the arousal and sensory processing systems. This workshop will uniquely blend the integration of psychotherapeutic skills with sensory processing intervention. Therapists will learn how to put these two distinct therapeutic approaches together as a mechanism for the development of self-regulation and mental health function. A combination of theory and practical trauma interventions will emphasize compassionate dialoguing skills, sensory strategies, postural control and movement techniques together with attachment theory and psychotherapeutic process work. Learning will be facilitated through lecture, story-telling, group problem-solving from case examples, role plays and active reflection.

Course Objectives

The participant will be able to:

1. Explain how attachment strategies are functionally adaptive in relation to developmental trauma
2. Discuss how the use of relational attunement skills and therapeutic use of self can stabilize arousal and support sensory processing issues
3. Develop a repertoire of sensory processing strategies for the treatment of trauma
4. Understand how trauma impacts postural control
5. Learn to provide treatment intervention to the postural and movement system to affect change in the emotional responses to trauma (treating trauma through the body)
6. Begin to integrate psychotherapeutic process within a sensory motor context

Agenda

Day One

8:30 - 10:15 Attachment strategies as functional adaptation to danger

10:15 – 10:30 Break

10:30 – 12:00 The art of regulation through relationship: lecture and video

12:00 – 1:00 Lunch

1:00 – 2:30 The interconnection between trauma, arousal and sensory processing

2:30 – 3:00 Break

3:00 - 4:30 The interconnection between trauma, arousal and sensory processing

Day Two

8:30 - 10:00 Sensory processing as treatment of trauma

10:00 – 10:30 Break

10:30 – 12:00 How trauma is exhibited in the postural system

12:00 – 1:00 Lunch

1:00 - 2:30 Treating trauma through posture and movement

2:30 – 3:00 Break

3:00 - 4:30 The psychotherapy process in the sensory environment

Speaker

Kimberly Barthel, BMR, OTR



Kim Barthel is a sought-after speaker and occupational therapist, best-selling author and internationally recognized clinician in the area of childhood trauma, attachment theory and sensory processing. Kim provides cutting-edge insights into the neuroscience of childhood trauma and travel extensively worldwide to educate and empower therapists, educators, parents and caregivers to support vulnerable children. Kim's mission is to support the conscious evolution of the human spirit.

Disclosure Statement: Ms. Barthel is co-founder of Relationship Matters Consultancy, Inc. Ms. Barthel receives an honorarium for presenting at the Symposium. She also receives revenue from any direct sales of her publications.

For more Information:

Visit <http://kimbarthel.ca/>