

Essential Strategies of Healing Sexual Trauma and Sexuality

Course Description:

All of us work with clients who have experienced sexual trauma as a child, sexual assault as adults, with couples who grapple with sexual incompatibilities, or people who struggle with debilitating shame, dissociation, flashbacks, sexual/gender identity, body image and just generally resist being in their bodies.

This workshop is designed to tackle just these issues, and is aimed at helping practitioners acquire a variety of new and effective tools to best serve these clients—even the toughest ones. Introducing material and exercises not covered in the Somatic Experiencing training.

PROFESSIONAL CONTENT

- How to help those most reluctant to inhabit their bodies actually find ease and pleasure!
- Identify and actively repair that which is destroyed as a result of childhood sexual abuse
- Help clients with complex histories identify clear goals, so you both know where you're headed, have the consent you need to nudge a bit, and then take the most direct path to recovery
- Learn some of the newest science in sex education that will help you explain essential facts to your clients that will normalize behaviors and lessen shame
- Learn multiple embodiment exercises that support regulation in the present—which helps people who are triggered by daily life find moment-to-moment resource and stability.
- Learn new techniques that strengthen boundaries, help people “find their voice”, and express genuine “embodied consent”
- Learn advanced strategies for reworking sexual trauma without re-traumatizing,
- Learn a variety ways of working shame and helping clients escape from its clutches

There will be time to discuss some specific cases.

WHAT YOU WILL LEARN *PERSONALLY*:

- Get comfortable talking about the body and discussing sexuality issues with your clients and intimates.
- Become friendlier with your body, and inhabit it with new levels of comfort and awareness

WHO WILL BENEFIT

Therapists, psychologists, touch therapists, sex educators, intimacy coaches and any practitioner who wishes to become more adept at somatically treating sexual trauma and sexuality issues