

Somatic Psychology
Lewis and Clark College
Graduate School of Education and Counseling
Spring 2023
CTSP 590

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1 Semester Credit

Class meetings: Fridays 1-4p

January 13-February 10, 2023

York 101

Required Class Readings:

Somatic Psychotherapy Toolbox: 125 Worksheets and Exercises to Treat Trauma & Stress,

Manuela Mischke-Reeds, MA, LMFT

I am so excited you are here and interested in considering the body in therapy, psychotherapy and counseling! I have watched our field embrace the “mindbody connection” over the last two decades and am honored to guide you through this course so that you can explore, learn and experience how the relationship with the somatic experience of life can be integrated in nearly any kind of therapy modality. All of us here recognize that our therapeutic work cannot be very effective if we largely focus on the mind alone, detached and disconnected from the signals and communication our soma gives us. From Trauma to Life Goals, the growth available to us as practitioners and our clients is tremendous when we prioritize somatics. Often defying logic, considering the somatics in psychotherapy increases rapport, trust and connection at a neurobiological level as well as reduces shame, supremacist thinking and sense of failure. Consider this course an invitation to begin to integrate the academics and intellectual learning into a more holistic practice.

Course goals and objectives:

- Understand and explore the wide range of somatic psychotherapy and therapy practices in our field and beyond
- Learn the importance of experiential learning of somatic therapy modalities in order to better understand your own limitations and barriers to this type of work through a trauma-informed and

mindfulness oriented exploration

- Develop a foundation of skills and practices to support your focus as a counselor/therapist

Course Requirements:

- Regular class attendance. CPSY Departmental Attendance Policy states: Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

- Regarding missed classes or assignment submission delays the above applies to this class as follows: Due to the brevity of our meeting time together, one absence from class over the term may result in a failing or incomplete grade.

- Participation in class discussions and exercises. Learning is not a passive process. Rather it occurs through active engagement. Thus you will be expected to participate in class discussions and experiential exercises.

- We will have opportunities to work together to explore different modalities of Somatic Psychology, Counseling, Experiencing, Coaching. In small groups you will cultivate a presentation and demonstration. 30 min Presentations will include:

- Research history, applications and implications to this therapy methodology
- Slides to support presentation: no more than 10 slides
- Include videos to share with the class
- Include some documentation, intervention, reading for people to cultivate their own collection of Somatic Therapy opportunities
- Include one role play, example or experiential practice for the class (Experiential component is the most important piece of the presentation)

I will offer role play opportunities as well as demonstrations.

- Reflections will be a necessary part of your participation and grade. They can be done in the form of writing or drawing and incorporate somatic awareness observations.

Homework/Reflection each week:

Practice each day 5-20 minutes from the Psychotherapy Toolbox or other and journal your reflections, noticing, wondering. Journal can look like free writing or a spreadsheet and anything in between. Consider how you best reflect and express your process. In addition to practice, search for

tools that resonate with your style of connecting to integrated mindbody. Find a website, book or article, research based, evidence based, spiritual (such as specific kind of meditations) and linked or refer to it in your journal. Email copy to me at julianna@lclark.edu by 11a on Friday before class each week.

• **Somatic Psychology final paper** due Friday, February 17th 5p. A 3-5 page paper that summarizes and integrates your experiences and learning in the class, including what modality you learned the most about, concerns and questions for further research and a reflection about your own experience with somatic oriented contemplation in this class, through homework and in your own life.

Guidelines for this paper are as follows:

- a. The paper contains a cover page that includes the title, course number, and author contact information (name, phone, and email).
- b. The paper is double-spaced, page-numbered, and turned in on time. Papers are to be e-mailed to me in google doc format.
- c. The paper is free of spelling, punctuation, or grammatical errors, and is clearly written. d. Quotations of over 40 words are indented in block form.

Grading Guidelines:

Attendance expected

Class Participation 1/2

Homework 1/4 of your grade

Final Paper 1/4 of your grade

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768- 7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

Week 1:

Introduction to the course

Introductions and experiential connections

Course objectives and expectations discussed

Overview presentation of Somatic Psychology - lecture and discussion

Break out groups exploring different modalities of Somatic Counseling

Week 2:

Experiential Connection and Reflection

Physiology and the Body in Somatic Counseling

Q&A

Guest Speaker/presentation

Breakout groups for presentations

Week 3: Creative Imagery

Reflections, Q&A

Trauma informed care and Basic Counseling skills in Somatic Counseling - lecture and discussion

Presentations

Experiential component/role play/demonstration

Week 4:

Reflections, Q&A

Guest Speaker

Presentations

Experiential component/role play/demonstration

Week 5:

Experiential Connection and Reflection

Q&A

Presentations

Experiential component/role play/demonstration

Closing

Below is a list of resources (internet sites which include books, videos, courses, etc) that I utilize to enhance and expand my understanding of somatics in therapy. This list is barely exhaustive, and I hope each of you will feel encouraged to share your wisdom, learning and inspirations with us.

Dr. Stephen Porges and Polyvagal Theory: <https://www.stephenporges.com>

Safe and Sound Protocol: <https://integratedlistening.com/ssp-safe-sound-protocol/>

Somatic Experiencing International: <https://traumahealing.org>

Resmaa Menakem: Teaching Embodied Anti-Racism: <https://www.resmaa.com>

Bessel van der Kolk, *Body Keeps The Score*: <https://www.besselvanderkolk.com>

Tara Brach, meditation and psychotherapy: <https://www.tarabrach.com>

Dr. Dan Siegel's work on trauma resilience, personal development and transformation, and mindfulness-based

brain science <https://www.drdansiegel.com>

Dr. Arielle Schwartz Yoga, psychotherapy, trainings, books and classes: <https://drarielleschwartz.com>

Dr. Rick Hanson, <https://www.rickhanson.net>

Jane Clapp, Traumatic Movement and Jungian Somatics, <https://www.janeclapp.com>

Great article about Interoception through lens of psychology
<https://www.sciencedirect.com/science/article/pii/S2451902217302343>

Gabor Mate, The Myth of Normal, When the Body Says No, Wisdom of Trauma: <https://drgabormate.com>

The Art of Somatic Coaching: Embodying Skillful Action, Wisdom, and Compassion by
Richard Strozzi-Heckler