



"Helping you Grow"

## SENSORIMOTOR PSYCHOTHERAPY

Sensorimotor Psychotherapy is a body-centred, talking therapy developed in the 1980's by Pat Ogden, informed by the work of Ron Kurtz (1990) and the Rolf Method of Structural Integration and enriched by the contribution from the fields of attachment, neuroscience and dissociation.

Sensorimotor Psychotherapy blends cognitive and emotional approaches, verbal dialogue and physical interventions that directly address the implicit memories and neurobiological effects of trauma. By using bodily experience as a primary entry point in trauma therapy, rather than the events or the "story", we attend to how the body is processing information, and its interface with emotions and cognitive meaning-making.

This gentle therapy teaches clients to follow the inherently intelligent processes of body and mind to promote healing. It is particularly helpful in working with the effects of trauma and abuse, emotional pain, and limiting belief systems. Through the use of simple experiments, unconscious attitudes are brought to consciousness where they can be examined, understood, and changed.

Influenced by such leaders in the field as Bessel van der Kolk, Peter Levine, Judith Herman, Emilie Conrad, Allan Schore, Onno van der Hart, Ellert Nijenhuis and Kathy Steele, as well as by the functioning of the body itself, the Sensorimotor Psychotherapy faculty began to study the differences between their clients' responses to trauma and their responses to developmental injury. They reached the following conclusions: developmental injury occurs from dysfunctional family dynamics that lead to the formation of limiting psychological belief systems, and traumatic injury is due to perceived life-threatening events that overwhelm boundaries and leave victims feeling helpless and out of control. This insight evolved into the formulation of a therapeutic method that differentiates those approaches, both somatic and psychological, that mend traumatic wounds from those that resolve developmental issues. Particular emphasis is placed on the relationship between trauma and developmental issues.

Sensorimotor Psychotherapy is now known for differentiating these two kinds of injury and working with the interface between them. In Sensorimotor Psychotherapy, the body is viewed as a living source of intelligence, information and change. The body, its sensations, and direct sensory experience are referenced throughout the therapy process. Sensorimotor Psychotherapy is based on and committed to principles of mindfulness, non-violence, organicity, unity, and mind/body holism. By proceeding slowly, gently, and non-violently, an atmosphere of safety is created in which the client's defences can be examined and willingly yielded, rather than confronted and overpowered and new resources, especially somatic resources, can be developed.

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