Conejo Valley Mental Health Professionals Association Presents

Using Somatic Awareness to Reduce Anxiety

Susan Baker, MA, MFT, SEP Susan Richter, MA, MFT, CEDS, SE

This workshop will demonstrate the treatment philosophy and somatic awareness techniques that can be successfully interwoven within client's current treatment in order to reduce trauma related anxiety symptoms. Specifically, this workshop is designed to help you:

- Understand the rationale for present-day somatic awareness methods as applied to the treatment of traumatic-stress disorders
- Recognize visible somatic (i.e., nonverbal) expressions of active and passive defensive responses;
- Observe somatic signs of sympathetic and parasympathetic arousal as patients recall traumatic material;
- Distinguish when, and with which clients, to employ somatic awareness approaches during the course of trauma treatment;
- Intervene effectively to prevent clients from becoming overwhelmed as you monitor and guide the successful completion of inhibited or blocked active trauma defenses;
- Utilize experiential exercises to reduce stress for oneself and to lower arousal for clients.

Experiential exercises will offer you direct experience with using these techniques and receiving feedback on their impact. Instructors will discuss how clients' ability to employ these techniques improves nervous system regulation, cognitive functioning and interpersonal relationships. Benefits of integrating somatic awareness interventions will be discussed and demonstrated with small group interactive participation.

3.0 CEs will be given to LCSWs, LMFTs and Psychologists.

CVMHPA is approved by the American Psychological Association to sponsor continuing education for Psychologists. CVMHPA maintains responsibility for this program and its content.

March 12, 2010
Registration and Continental Breakfast: 8:30 a.m. – 9:00 a.m.
Program: 9:00 a.m. – 12 Noon

North Ranch Country Club
4761 Valley Spring Drive
Westlake Village, CA 91362

Cost is $79 for members, $99 for nonmembers, $86 for members/psychologists only with MCEPs, $106 for nonmembers/psychologists only with MCEPs.

Please note that the increase in fee is to cover the increase in CEs.

No refunds will be given if your reservation is not cancelled by the Friday preceding the event.

Directions to North Ranch Country Club: *Exit the Ventura Freeway (101) at Westlake Boulevard. (Southbound: turn left; northbound, turn right). Proceed north on Westlake Boulevard approximately 2 miles to Valley Spring Drive. Turn right on Valley Spring Drive and proceed for approximately 1 mile and turn left at the 2nd stop sign. Pass through the entrance to the country club and follow the road to the clubhouse. Enter at the west end of the building.*

Because of the dress code at North Ranch Country Club, *no person will be admitted wearing denim.*

Pre-registration is required. We regret that we cannot accommodate walk-ins.

Tear off and mail with your remittance to:

CVMHPA
3112 Indian Mesa Drive
Thousand Oaks, CA 91360
805-338-0791
March 12, 2010

Name _____ License Type _____ License # _____

Address _____ Phone _____

Email _____

____$79 for members ____$99 for non-members
____$86 members/psychologists only (with MCs) ____$106 non-members/psychologists only (with MCs)

Please make checks payable to CVMHPA

ALL REGISTRATION MUST BE POST-MARKED BY MARCH 5, 2010

NO REFUNDS WILL BE GIVEN AFTER MARCH 5, 2010