



An Introduction to Body Psychotherapy

A CPD Training Programme in Zagreb

Seminar 7 - Winter 2012

Somatic approaches to shock and trauma

with Tom Warnecke

Zagreb, 16 – 18 November 2012

Shock, trauma and post traumatic stress disorder (PTSD) may affect all aspects of a person but particularly disrupt bodily Self functions and psyche - soma integration. High stress situations generate levels of intensity which may exceed ordinary coping mechanisms and push our physiological and psychological functions to their limits. Many people react with dissociative or 'freeze' responses to such events. Others may resort to survival functioning, a coping strategy for high intensity situations that involves a loss of 'ordinary' consciousness and a rapidly diminishing capacity to sense, feel and connect emotionally. Similar survival responses are also commonly triggered when therapists are impacted by trauma and shock in their clinical work or become drawn into challenging transference re-enactments.

Somatic trauma work utilises psyche-motor cognition to restore sensory-motor integration, re-balance the autonomic nervous system and put disjointed sensations together instead of fostering cathartic re-experience traumatic events. Workshop participants will have ample opportunity to explore and practice a comprehensive range of psyche-motor skills suitable to support clients and therapists in working with states of high intensity but also to 'land' and recover. These skills and resources may be utilised as therapeutic interventions but also to support therapists in working with trauma and conflict.

Tom Warnecke (UKCP, ECP, EABP) is a relational body psychotherapist, supervisor and trainer. In his workshops, he utilizes movement work to explore psyche-soma dynamics and make mind- body relations accessible. He also developed a relational - somatic approach to borderline dynamics (Contemporary Body Psychotherapy: The Chiron Approach, Ed. Hartley) and he teaches contemporary body psychotherapy in various settings. His publications include several journal papers and book chapters. He is a Vice chair of UK Council for Psychotherapy and represents the UK on the Board of the European Association for Psychotherapy (EAP).