

Somatic Psychotherapy

Professional Online Training Program
Brochure | 2024

Institute of Somatic Psychotherapy
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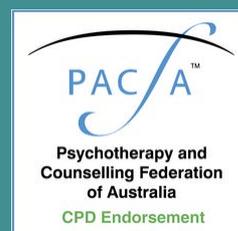


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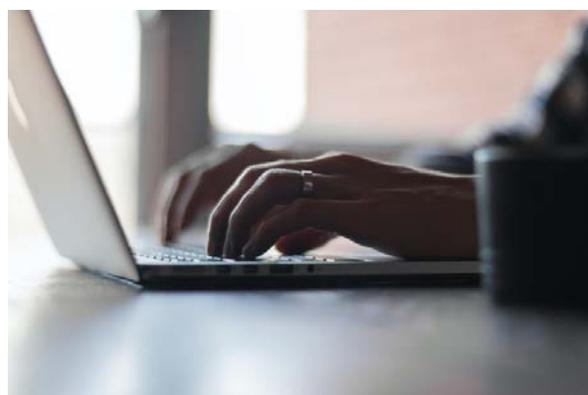
PREFACE

The purpose of this document is to give prospective trainees an introduction to the 1-year training program in Somatic Psychotherapy. It includes information about the philosophy and therapeutic approach of Somatic Psychotherapy, and the overall structure and content of the training with an outline of each of the modules. We describe the aims and objectives for each module, and a summary of concepts and ideas on which the program is based.

We briefly try to place our training within the developing field of psychotherapy, showing similarities and connections to other approaches as well as the differences and unique features which distinguish an IOSP-inspired psychotherapy approach from other ways of working.

This course is designed for existing mental health practitioners and allied health practitioners as outlined in the entry requirement on the next page of this document. The training program covers several training modules. Trainees have the option of accessing 15 live 2-hour online seminars as a stand-alone Seminar-Only course, or completing the more comprehensive Full Course with additional learning of 12 syndicate small group meetings. Both training options are endorsed for the maximum annual 40 CPD hours by PACFA.

The guest lecturers for the seminars include Kathrin Stauffer (psychotherapist and author of "Anatomy & Physiology for Psychotherapists: Connecting Body & Soul" and "Emotional Neglect and the Adult in Therapy: Lifelong Consequences to a Lack of Early Attunement", and Gill Westland (founder and Director of Cambridge Body Psychotherapy Centre and author of "Verbal & Non-Verbal Communication in Psychotherapy").



ENTRY REQUIREMENT

Applicants are required to have:

- undergone and provide documentation of having done at least 200 hours of relevant training in so called 'mental health' such as: psychiatry, psychotherapy, family therapy, psychiatric nursing or social work
- current experience working with people in these fields on a 1 on 1 or group basis
- self-awareness, emotional maturity and intellectual capacity for academic study.

Full course applicants to this course will be interviewed prior to acceptance following registration to ensure all participants meet these requirements.



WHAT IS SOMATIC/BODY PSYCHOTHERAPY?

Somatic Psychotherapy (or Body-Psychotherapy, Body-Oriented Psychotherapy, or Somatic Psychology) is an umbrella term for various approaches within psychotherapy that consider the body-mind connection to be fundamental and indivisible and this, implicitly, incorporates a therapeutic orientation towards the body.

The holistic nature of the field of Somatic Psychotherapy is the result of vast and diverse influences such as psychoanalysis, philosophy, humanistic psychology, eastern philosophies and spiritual traditions, dance, theatre, body therapy, reform pedagogy as well as trauma theory, infant research, neurobiology and neuroscience.

The “hidden tradition” (Marlock & Weiss, 2015) of Somatic Psychotherapy pre-dates Freudian Psychoanalysis (Boadella, 1997), and was later developed by Wilhelm Reich and many others, both in Europe and America. As many ideas and movements developed in isolation from each other, there emerged a large number of different modalities or methods within Somatic Psychotherapy. It has recently “become a respected movement well-established within the mainstream of modern psychotherapy” (Marlock & Weiss, 2015).



WHY SOMATIC/BODY PSYCHOTHERAPY?

In psychotherapy, people change primarily because they want to, and/or are open to new perspectives and experiences. Psychotherapy generally promotes these new experiences by exploring the person's cognitive, imaginative, emotional and interactive processes. We understand this therapeutic conversation as a dialogue within the safety of the therapeutic relationship.

It is of crucial importance that Somatic Psychotherapy extends this exploration to physical sensations, motoric and movement impulses, including those relating to deep emotions held within the body. Somatic Psychotherapy pays attention – and attends to – the non-verbal and embodied dimensions of a human being, which may also touch or connect with something of our spirituality. We understand this therapeutic conversation as a dialogue within an embodied therapeutic relationship. It is this scope, attention and attentiveness that makes Somatic Psychotherapy holistic.

The IOSP Somatic Psychotherapy Training Program (outlined in this brochure) is a generic or integrated Somatic Psychotherapy training and does not follow any one particular method.



THE EMBODIED PRACTITIONER

When people enter into psychotherapy, they often do so with an expectation that psychotherapy is a treatment where something that is “wrong” with them is being “fixed”. The practitioner is seen as an expert who knows something that they don’t know, and it’s that knowledge and expertise that ultimately provides the fix. However, should the desired result not be forthcoming, then therapy “didn’t work”, or perhaps wasn’t done properly.

In contrast, Somatic Psychotherapists don’t just treat symptoms (like anxiety or depression), they attend to people’s needs and especially to their embodied internal emotional and psychological processes. Somatic Psychotherapists engage with the subjectivity of other people. The “fix” is what happens relationally between the practitioner and a person. The focus of therapy is on a person’s inner and lived reality. In other words: there is no expert who supposedly does something to someone.

Such psychotherapeutic work goes beyond understanding the technique, theory and method. Instead, this therapeutic position requires a deep connection with one’s own processes. Practitioners, effectively, will want to be very aware of their own subjectivity - which is essentially also embodied.

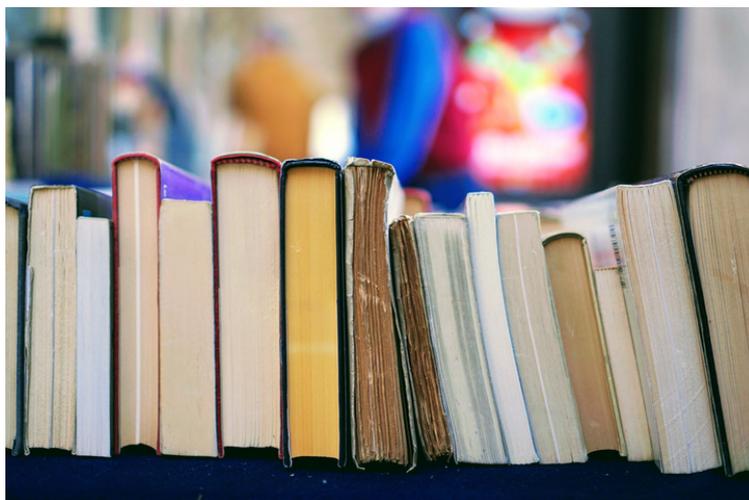
Unfortunately, training approaches in our field tend to pay insufficient attention to subjectivity – both to the subjectivity of the client/patient and also, significantly, to that of the practitioner. These therapeutic approaches and trainings, in effect, perpetuate the prevalent forms of ‘dis-embodiment’. They also may not pay a great deal of attention to key relational issues between the client and therapist, and between the client and the outside world.



Out of these dilemmas, at least three positions emerged which inform the attitude of IOSP:

- IOSP is utilising significant aspects of the “European view” of Body (Somatic) Psychotherapy. The European Association for Body Psychotherapy (EABP) supports the view that psychotherapy is a profession in its own right – as opposed to a more US American view where a medical professional “does/provides” a form of psychotherapy.
- We are in line with the psychotherapy training standards of PACFA for psychotherapists. PACFA emphasises that the formation of a psychotherapist requires a level and depth of training involving the three distinct aspects of training, supervised practice, and personal therapeutic work. PACFA considers a “key aspect of Psychotherapy training is developing relational depth within the training, one’s personal work with clients and supervision. The outcome is the development of a practitioner who can critically reflect on and articulate their practice.” We concur with this statement.
- In addition to this, we believe that Somatic Psychotherapists need to have access to their own Sense of Self as a prerequisite to be with and to engage with the Sense of Self of another person, and to capture a sense of how this dialogue might make itself known in the therapeutic relationship.

The intension of IOSP’s training program is to address the third statement in the list.



THE TRAINING PROGRAM – IOSP PHILOSOPHY

Our ambition is to establish a training program in Somatic Psychotherapy that is holistic, somatically-oriented and puts the relationship between person and the somatically informed practitioner at the centre of attention in the therapy. The training makes somatic aspects central – they are core to the training.

Despite some significant differences, what is understood as the common ground between the various schools of Body (Somatic) Psychotherapy is that they usually share the following aspects, usually not found in other modalities of psychotherapy:

- Body, mind, and psyche (a person) is seen as an indivisible, interconnected dynamic system
- Early formative experiences in human development have lasting effects on both the somatic and psychological dimensions of a person
- The psychological dimension can be accessed, touched and affected via the somatic dimension (bottom up) as well as cognitively/intellectually (top down)
- A trust in the inherent potential of “human nature” for self-regulation, self-organisation, and maturational growth and development

We would like to add two important elements to this list:

- Instead of body-mind unity, we consider the concept of ‘Self’ being at the centre of our clinical work. The Self, as we understand it, is the organisation of subjective emotional experience – and it is embodied within our nervous system. “The Embodied Self” is at the very centre of who we are and how we experience ourselves as a person.
- We believe – and practice – that Somatic Psychotherapy is quintessentially relational: how we are with people in our consulting rooms, how we relate with each other, how we relate to ourselves, and the meaning that we give to the experiences we have of these relationships. These all lie at the heart of Somatic Psychotherapy practice.

We believe that this is very different to just adding somatic techniques or mindfulness exercises to largely cognition-based or other non-somatically oriented approaches.

THE TRAINING PROGRAM – AIMS OF THE TRAINING

In the ideal world, IOSP would be offering a four-year training program with face-to-face delivery of the content. The ongoing focus would be on theory, bringing the theory alive during the training program, and enabling course participants to use their skills in their clinical practice.

In the current world we are offering a program at a much smaller scale, that is delivered largely online. However, the focus and aims are the same as they would be in a longer training program:

1) Theory

Theory provides the conceptual framework for our clinical work. It gives us an intellectual basis for “why am I am doing what I am doing?”.

2) Development of a Sense of Self

We will continually remind you to pay attention to your embodied Sense of Self. A Somatic Psychotherapist who is aware of their own embodiment is more present, and “as we become more aware of ourselves, we tune more acutely into our client; we become more non-verbally interconnected” (Westland, 2015, pg. 81).

3) Ways of Working

So-called techniques are ways of working. We might use them to amplify or mute a process, allow something to emerge more dynamically, or slow it down. As practitioners, as we become more familiar with ways of working, these ways become skills.

THE TRAINING PROGRAM – THEORETICAL FOUNDATIONS

The training is designed for participants to become familiar with body-oriented, holistic, relational and humanistic principles, and to develop their own way of working by integrating the learning into practice and/or their life away from clinical work.

We would like to stress that the IOSP approach is independent from particular schools/modalities of somatic psychotherapy (even though we may refer to them). Instead, we have been influenced by - and promote - the following contemporary and relational theories, approaches and authors:

- Embodiment theory
- Infant development/attachment theory (Beatrice Beebe)
- Trauma theory (Judith Herman)
- Early neglect (Kathrin Stauffer)
- Contemporary continental philosophy (Phenomenology and Hermeneutics)
- Empathy in clinical practice (Kohutian Self Psychology)
- Contemporary relational theory (Intersubjectivity)
- Verbal and non-verbal communication (Westland)

THE TRAINING PROGRAM – OPTIONS

People choose to engage with this Somatic Psychotherapy training for different personal and professional reasons. It is our hope that the following guide will allow you to make the choice that is most relevant for you (please refer to Entry Requirement outlined earlier in this document).

Option 1: Seminars Only

This option will contribute to your Continuing Professional Development (CPD) and/or be for their own personal benefit.

Participants will have access to 15 live online seminars, all set readings and other resources. Participants will be expected to purchase a textbook which is in addition to course fees. Engagement with course material will require approximately 2-3 hours per week in addition to attendance to the live 2 hour seminars.

Option 2: Full Course

Participants can expect a more in-depth experiential training and learning process. In this course we will elaborate to the material provided in the seminars through the additional regular meeting via small syndicate groups.

The full course consists of and requires participation in – the following:

- 15 live online 2-hour seminars (approximately fortnightly)
- 12 Peer-group syndicates (approximately fortnightly)
- Set readings, exercises and worksheets
- Self-study
- Journaling
- Course Tutor Contact

Please Note: Participants attending at least 80% of the seminars/syndicates as part of option 1 and 2 are entitled to receive a certificate of attendance of the IOSP Training – which is endorsed for 40 CPD hours with PACFA.



THE PROGRAM - TRAINING MODULES

The training program covers five training modules of study.

1. Introduction to Body Psychotherapy
2. Sense of Self and Embodiment
3. Relational Somatic Psychotherapy
4. Trauma-Informed Practice
5. Making Somatic Psychotherapeutic work visible (Clinical Examples and Case Studies)

An outline of the Teaching Objectives and Learning Outcomes for the Modules can be found in Appendix 2.

THE TRAINING PROGRAM – COURSE DELIVERY

At IOSP we believe that this training program is unique; it has been designed to be undertaken online which makes the training much more accessible than most other psychotherapy programs which usually rely on ongoing face-to-face contact.

It is also unique in that people in different countries and time zones can participate together, which includes the lecturers.

The seminars are held on Mondays, 6pm, Australian Eastern Standard/Daylight Time, roughly every second week, between March and November. Participants who miss a session will have access to recordings.

“Full Course” participants will have an additional learning experience as they will meet in self-managed small syndicate/peer groups. Depending on their physical location, these meetings will be online, or face-to-face, or a combination of each.

Reading materials will be provided as a foundation for each of the seminars and syndicate group meetings.

An outline of course dates and hours can be found in Appendix 1 (note: dates to be updated for 2024).

ABOUT PEER-GROUP SYNDICATES (FULL COURSE ONLY)

The Peer-Group syndicate component is offered only to participants of the Full Training Program. Syndicates consist of between 4–5 participants, usually grouped geographically – as much as possible. The syndicate groups will be organised around set readings with guidelines to prepare for, and run, the syndicate groups. Participants will have the freedom to structure their learning experiences according to their individual and group needs.

Human beings emerge out of relationships and are shaped by relationships. While the seminars will address the theoretical foundations of the training, the peer-group syndicates will provide a more reflective, experiential, and relational component. The creators of the training program believe this component does not just deepen the learning, but could be experienced as the “fun part” as it allows for a variety of human interactions.

When it comes to the topic of “relationships”, more traditional training programs tend to focus on “How am I in relationships?” In contrast, this training program focuses on the somatic / bodily / embodied components of our existence, and hopefully will raise curiosity and awareness of, “What is it like - what does it feel like – to be in relationship with others?”

ABOUT COURSE TUTOR CONTACT

Tutoring is offered as part of the Full Training participant support. It will be provided online by Veronik Verkest and Ernst Meyer for students who experience any personal or learning difficulties / challenges. Please note that tutoring is not a replacement for personal therapy.

Any questions regarding course structure, course work/projects will be addressed by the student coordinator, Kimberley Lee.

CPD

Participants in Australia: The training program has been endorsed by PACFA for 40 hours of CPD training (Full Training and Seminars Only programs). International participants would need to confirm with their relevant national professional associations if these CPD hours are acceptable.

ABOUT TRAINING TIMES FOR GLOBAL CITIZENS

As this training program is delivered online, it is possible for students located outside of Australia to attend both “Seminars Only” and “Full Course” sessions.

The chosen time slot of Monday, 6.00 – 8.00 pm (Sydney: AEST/AEDT) translates to the following training times for the majority of the program, delivered between March and October 2023: New Zealand: 8.00 pm – 10.00 pm; Tokyo: 4.00 pm – 6.00 pm; Berlin: 10.00 am – midday; Cape Town: 10.00 am – midday; UK: 9.00 am – 11.00 am. Please note that the time slots may vary slightly because of daylight-saving changes.

COURSE FEES

Year 1 - Seminars Only

The fee for the “Seminars Only” Program is: AUD \$1,980 (inclusive of GST). The full amount is payable on registration.

Full Course

The fee for the “Full” (no part payments) Somatic Psychotherapy Training Program is: AUD \$3,300 (inclusive of GST). The Early Bird Fee for Year 1 is \$2,970 (a discount of \$330) and needs to be paid in full by 12 December 2023.

A non-refundable deposit of \$250 is required on application. The remainder of the total fees will be payable in full (no part payments) by 20th February 2024.

Note: These fees do not include: recommended books, personal psychotherapy sessions, or individual body-therapy sessions.

HOW TO ENROL: ADMISSION PROCESS

The Full Somatic Psychotherapy Training Program will be done in several steps:

- Submit the application via the IOSP website. A non-refundable deposit of AUD \$250 is required at time of registration.
- Applicants will then be contacted for a relatively informal interview via zoom and may also be asked to provide relevant documentation of their professional training and/or registration or accreditation.
- Successful applicants will then receive an invoice for the remainder of the fee. Once final payment has been received, the applicant will be given access to the relevant course and reading materials and, in due course, to the Moodle web portal. Early bird fees are available if paid in full by the 12th December 2023. The final due date for fees is 20th February 2024 to allow for time to purchase required textbooks.

The Seminars Only Program:

- Register via the IOSP website.
- Pay the full fee at time of registration.
- Once payment has been confirmed, the applicant will be given access to the relevant course and reading materials and, in due course, to the Moodle web portal.

CONTACT IOSP

Institute of Somatic Psychotherapy: Sydney, Australia.

Website: www.iosp.com.au

IOSP Course Coordinators

- General Enquiries: contact@iosp.com.au
- Veronik Verkest: +61 412 210 339
- Ernst Meyer: +61 405 235 798
- Kimberley Lee: +61 407 068 399

APPENDIX 1

SOMATIC PSYCHOTHERAPY AUSTRALIA: TRAINING COURSE OUTLINE & DATES												
FULL TRAINING												
Seminar Only Group												
Date	2-hr Zoom Seminars	Hours	Study Materials	Hours	2-hr Peer Group	Hours	Self-Study	Tutor Contact	Project Work	Estimated Hours pw		
2024	Introduction											
WEEK 0	11-Mar	2	Readings	2		2				4		
WEEK 1	18-Mar	2	Readings	2	Syndicate 1	2	2			0		
WEEK 2	25-Mar	2	Readings	2						8		
EASTER	1-Apr											
WEEK 4	8-Apr	2	Readings	2	Syndicate 2	2	2		1	4		
WEEK 5	15-Apr	2	Readings	2						5		
WEEK 6	22-Apr	2	Readings	2	Syndicate 3	2	2		1	4		
WEEK 7	29-Apr	2	Readings	2						5		
WEEK 8	6-May	2	Readings	2	Syndicate 4	2	2	1		4		
WEEK 9	13-May	2	Readings	2						5		
WEEK 10	20-May	2	Readings	2	Syndicate 5	2	2		1	5		
WEEK 11	27-May									4		
WEEK 12	3-Jun									0		
B'day Holiday	10-Jun											
WEEK 14	17-Jun	2	Readings	2	Syndicate 6	2	2		1	4		
WEEK 15	24-Jun	2	Readings	2						5		
WEEK 16	1-Jul	2	Readings	2	Syndicate 7	2	2	1		4		
WEEK 17	8-Jul	2	Readings	2						6		
WEEK 18	15-Jul	2	Readings	2						5		
WEEK 19	22-Jul	2	Readings	2						0		
WEEK 20	29-Jul	2	Readings	2	Syndicate 8	2	2	1		5		
WEEK 21	5-Aug									6		
WEEK 22	12-Aug									0		
WEEK 23	19-Aug									1		
WEEK 24	26-Aug									4		
WEEK 25	2-Sep	2	Readings	2	Syndicate 9	2	2	1		6		
WEEK 26	9-Sep	2	Readings	2	Syndicate 10	2	2		1	5		
WEEK 27	16-Sep									4		
WEEK 28	23-Sep	2	Readings	2						0		
WEEK 29	30-Sep									4		
LABOR Day	7-Oct											
WEEK 31	14-Oct				Syndicate 11	2	2		1	5		
WEEK 32	21-Oct									0		
WEEK 33	28-Oct	2	Readings	2						4		
WEEK 34	4-Nov	2	Readings	2	Syndicate 12	2	2		1	5		
WEEK 35	11-Nov	2	Readings	2						4		
WEEK 36	18-Nov									0		
WEEK 37	25-Nov	2	Readings	2						4		
TOTAL HOURS		32		32		24	24	4	13	129		

APPENDIX 2

Module 1 Introduction to Body Psychotherapy

Teaching Objectives

- How body-psychotherapy fits into the field of psychotherapy (Historical, philosophical, practical)
- The historical roots and development of the whole field of Somatic Psychotherapy
- What Somatic Psychotherapy is, and what is not considered to be Somatic Psychotherapy (boundary to body therapies, as well as dance and movement therapies and stand-alone non-relational body interventions)
- How Somatic Psychotherapy can fit into the current map of the mental health professions

Learning Outcomes

- Be able to explain the principles of somatic psychotherapy and how body-psychotherapy fits into the field of psychotherapy (Historical, philosophical, practical)
- Be able to explain what Somatic Psychotherapy is, and what is not considered Somatic Psychotherapy
- Be able to explain how Somatic Psychotherapy fits into the current map of the mental health professions

Module 2 Sense of Self and Embodiment

Teaching Objectives

- An understanding of the origins of the sense of self
- A theoretical and philosophical understanding, and practical experience of the embodied self

Learning Outcomes

- Demonstrate an understanding of the ongoing embodied nature of human development
- Describe and evaluate our own body processes and their developmental origins

Module 3 Relational Somatic Psychotherapy

Teaching Objectives

- Understanding that psychotherapy is a relational process
- Understanding that this process is embodied
- Understanding and application of forms of non-verbal communication and their significance in the therapeutic process

Learning Outcomes

- To be aware of and communicate the felt sense of self in relationship (including non-verbal awareness and approaches)
- Be able to experience, apply and integrate body-inclusive psychotherapeutic theories into the therapeutic process
- Be able to describe and evaluate body processes as part of a relational interaction

Module 4 Trauma-Informed Practice

Teaching Objective

- Understanding the nervous system
- Awareness and understanding of how different forms of trauma affects a person
- Understanding various models of working with people impacted by trauma

Learning Outcomes

- Be able to discuss the application of various staged approaches to working with trauma (safety, processing, integration)
- Be able to discuss somatic psychotherapeutic approaches to trauma
- How to rebalance the Autonomic Nervous System and apply various models

Module 5 Making Psychotherapeutic Work Visible (Clinical Examples and Case Studies)

Teaching Objective

- How to approach body-inclusive note taking
- How to verbally present a clinical case study

Learning Outcomes

- How to take notes
- How to choose the material
- How to structure the material
- How to present a clinical case study

THE PEOPLE INVOLVED WITH IOSP



IOSP FOUNDER + COURSE TUTOR: Veronik Verkest practices as a contemporary somatic psychotherapist in private practice in Sydney where she welcomes individuals to share their embodied experience irrespective of their journey, sexuality and cultural background.

In her sessions, she brings in her training in self-psychology / intersubjectivity, neurobiology, attachment & trauma theory, infant research, meditation to attune and attend to her clients' deeply felt or buried unresolved trauma which is frequently held in the body.

Veronik is a Clinical Member of PACFA with a Diploma of Contemporary Somatic Psychotherapy, Master of Counselling & Applied Psychotherapy, an MBA, BSc (HON I Biochemistry) and extensive experience in the corporate world and life. She is also trained as a Mindfulness-based Stress Reduction (MBSR) Teacher and as an AcuEnergetics® practitioner that combines the traditional Chinese Meridian System and Chakra System in a relational embodied manner to shift subtle energies.



IOSP FOUNDER + COURSE TUTOR: Ernst Myer is a Sydney-based somatic psychotherapist in private practice.

He works extensively with former and current police and first responders who have lived with the consequences of work-related trauma injuries.

People also consult Ernst on crisis management, in particular suicidality. He is a clinical member and board member of PACFA, full member of EABP.

Outside of the therapy room he is interested in philosophy, politics and history.



STUDENT COORDINATOR: Kimberley Lee is a PACFA registered counsellor (Graduate Diploma in Counselling), certified meditation teacher, and Yoga Alliance certified trauma-informed yoga teacher. Kimberley believes in healing through developing a felt sense of Self with support and care through the process. Kimberley has lived experience with adoption and an interest in working with adopted people and their families.

She also has experience working with LGBTQI+ issues, dating and relationships, people who work in the sex industry, and helping people understand repetitive self-soothing behaviours, like drug and alcohol use.

Kimberley is a communications consultant with a BA Communications (Honours) and has worked with individuals, start-ups, corporations, government agencies and not-for-profit organisations in a variety of industries and sectors in this capacity. She is passionate about empowering people with knowledge and skills for improved communication and relationships in personal and professional contexts.

SEMINAR TRAINERS



Katrin Stauffer

Katrin PhD, is a UKCP registered Body and Integrative Psychotherapist. Originally a biochemist, she retrained as a body psychotherapist with the Chiron Centre in London and Cambridge. She works in private practice in Cambridge, offering individual psychotherapy, EMDR and supervision for psychotherapists, counsellors and complementary therapists. She teaches as a guest tutor at various institutions. She is also the author of *Anatomy & Physiology for Psychotherapists: Connecting Body & Soul* (W.W. Norton) and *Emotional Neglect and the Adult in Therapy* (W.W. Norton 2020). Katrin is the current president of EABP.

For more information see www.stauffer.co.uk



Gill Westland

Gill Westland is founder and Director of Cambridge Body Psychotherapy Centre and a UKCP registered Body Psychotherapist, trainer, supervisor, consultant and writer. She is a full member of the European Association for Body Psychotherapy. She is a co-editor of the journal *Body, Movement and Dance in Psychotherapy*. She is the author of *Verbal and Non-Verbal Communication in Psychotherapy* (Norton, 2015) and various articles and book chapters.

In 2012, she wrote *UK Body Psychotherapy Competencies*, with Clover Southwell & Michaela Boening. More recently, she has written on *Healing trauma through embodied relating: Re-establishing rhythms of relating*. (Routledge, 2020), and *Beyond Interpretative Phenomenological Analysis: Using body awareness and mindfulness meditation practices to research body psychotherapy*. In *The Art and Science of Embodied Research Design: Concepts, Methods and Cases*. (Routledge, 2021).



Sladjana Djordjevic

Sladjana has a MA in clinical psychology, is a licensed Body Psychotherapist and Somatic Experiencing Practitioner, holder of the National and European Certificate for Psychotherapy. She has been actively involved in work of the EABP since 2014 and currently is the EABP Council Chair.

Sladjana has been practising Body Psychotherapy for 15 years in an individual and group setting, and is founder and director of the Body Psychotherapy Centre in Belgrade. Sladjana is the author and leader of continuous professional development courses *Embodiment in psychotherapy* and *Trauma – path of recovery*, which are regularly being held since 2019.

She has written numerous articles about Body Psychotherapy in Serbian and English language. Some of them are: *The Role of Embodiment in Therapeutic Process: A Case Study* in a book *Body Psychotherapy Case Studies* and the chapter *Body psychotherapy and trauma* in the book *Trauma – our story*. She is specialised in working with relational and shock trauma, psychosomatic issues and early development. <https://tp-centar.org/en/home-english/>