

Dr Albert Wong - Somatic Approaches to Healing Trauma

Learn how to approach healing trauma from a somatic perspective. Whether you're a therapist, clinician, health care provider, someone who is supporting a loved one, or in the recovery process yourself—join us to learn body-mind techniques that can help you understand how to work with trauma from an embodied perspective.

The Lessons

The Map of the Territory

Lesson 1: What is Trauma?

Lesson 2: What is Somatic Psychology?

Lesson 3: Three Quotes

Lesson 4: To Feel Felt

Lesson 5: Three Phases of Trauma Treatment

Phase 1: Developing Resources and Finding Safety

Lesson 6: Survival Resources

Lesson 7: Creative Resources

Lesson 8: Other Resources

Lesson 9: Somatic Resources

Lesson 10: Grounding Resources

Lesson 11: Boundary Resources

Phase 2: Pendulation, Titration, and Working with Implicit Memories

Lesson 12: The Orienting Response

Lesson 13: The Arousal Cycle

Lesson 14: Implicit Memories

Lesson 15: Linking Implicit Memories

Lesson 16: Using Pendulation with Implicit Memories

Phase 3: Reorienting, Moving Forward and Embodying Wholeness

Lesson 17: Moving Forward: Integration and Connection

Lesson 18: Consolidation, Integration, and Next Steps

Proof Content

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	01 - Map of the Territory			264.3 MB
	02 - Phase 1 Developing Resources and Finding Safety			182.9 MB
	03 - Phase 2 Pendulation, Titration, and Working with Implicit Memories			436.8 MB
	04 - Phase 3 Reorienting, Moving Forward and Embodying Wholeness			679.2 MB
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