

Winter Program – **Sunday, January 27th, 2019****

When the Body Speaks: An Introduction to Somatic Psychotherapy

Presenter: Amy Gladstone, LCSW, Ph.D.

PROGRAM:

Many of the current clinical models of practice emphasize the role of present moment experience in therapeutic action. The body contains the roots of past experience in present time. When clinicians learn how to pay attention they discover that the body provides a new pathway to access hard-to-reach implicit material and an opportunity for profound experiences of healing. In this workshop, Dr. Gladstone will give a brief introduction to somatic psychotherapy as it augments and deepens clinical practice. She will focus on techniques and demonstrate her work as a somatic psychotherapist using clinical examples. Participants will leave with a sense of how to integrate information from the body into clinical talk therapy.

PRESENTER:

Amy Gladstone, LCSW, Ph.D., is a clinician, educator, supervisor, and workshop leader with over 25 years of clinical experience who presents locally and nationally on affect regulation, attachment and experiential methods. She is on the faculty of the Integrative Trauma Program of the National Institute for the Psychotherapies and the Sensorimotor Psychotherapy Institute. Certified in both Somatic Experiencing and Sensorimotor Psychotherapy, trained in EMDR and IFS, Dr. Gladstone is an integrative psychotherapist.

Learning Objectives: This workshop is designed to help participants:

- * Identify the focus of somatic psychotherapy as the use of mindfulness to investigate and deepen experience in the present moment.
- * Describe the protocol for a somatic psychotherapy session.
- * Identify a few experiential interventions to use with clients to deepen clinical technique.

****Snow date 2/3/19**

LOCATION: *Cresskill Senior Center*, 38 Spring St., Cresskill NJ 07626

10:30 — 11:00 AM Registration and Continental Breakfast

11:00 — 1:00 PM Program

NCAP Members and Students – No Charge • Guests \$30

2 CE credits available for psychologists (add'l. charge): Payment for CE is to be made online only, to NJPA after the program. NJPA members \$15; sustaining members N/C. NJPA non-members \$25. After the program, you can remit payment to NJPA online using a link to be distributed at the program, after which you will receive a confirmation email with a link to the CE evaluation form.

RSVP to: Joan Fiorello, Ph.D. – joangf@hotmail.com or 201-784-0312

Refund available only if cancellation received by January 18th.

This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 2 C.E. credit hours for psychologists.

Intended audience: Psychologists, psychiatrists, social workers, mental health counselors, marriage and family therapists, graduate students and undergraduate students

Program sophistication: Introductory: no prior knowledge of the specific topic is required.

The presenter has no commercial support or conflict of interest for this program.

NJPA does not endorse the presented material as the only approach to a given area of study or therapeutic approach.

NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA co-sponsored programs. No materials (physical or electronic) provided to attendees at such programs may be shared.

Location is ADA accessible. For further accommodations contact Joan Fiorello, joangf@hotmail.com or 201-784-0312. Requests must be made at least 14 days prior to the event.

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