



INTRODUCTION TO SOMATIC PSYCHOTHERAPY

April 26, 2024

**The Education Center at Eastern AHEC
Greenville, NC**

**EASTERN
AHEC**

PART OF NC AHEC

www.easternahec.net

About the Workshop

For far too long, prioritizing cognition has been an implicit bias in our world and in psychotherapy. The risk of further disembodiment increases when we rely on maladaptive attempts to manage the overwhelming social and environmental stressors of today's world. To take a more holistic approach with our clients, one that welcomes curiosity about the inherent wisdom of the body, this workshop will explore how incorporating aspects of polyvagal theory, along with somatic awareness and resourcing can guide our clients towards greater embodiment and experiences of safety and choice.

Target Audience

- Addiction Professionals
- Licensed Clinical Mental Health Counselors
- Psychologists
- Marriage and Family Therapists
- Psychiatric nurses
- Psychotherapists
- Counselors
- Social Workers
- All interested mental health professionals

Faculty

Kate Gotelli, LCSW, SEP, provides psychotherapy to individual adults and couples in her solo practice, Mindful Awakening, PLLC in Chapel Hill, NC. She is a Somatic Experiencing® Practitioner, a Certified EMDR Therapist, a Certified Daring Way™ Facilitator, a Clinical Sexologist and Certified Sex Coach with over 25 years of clinical experience in behavioral healthcare services in a variety of settings. Kate specializes in psychotherapy focused on trauma resolution, shame resilience, wholehearted living and embodied sex, and relationships. She runs weekly Daring Way™ and Rising Strong™ groups based on the research of Brené Brown. She provides clinical case consultation with other mental health clinicians and has prior affiliations with UNC School of Social Work (SSW) as an adjunct instructor, field instructor, and training consultant for the UNC-SSW and North Carolina Area Health Education Centers (AHEC).

This presenter is being supported through a partnership between the UNC-CH School of Social Work and the NC AHEC Program.

Objectives

- **Describe** the 3 organizing principles of a polyvagal approach to therapy.
- **Discuss** the window of tolerance and its relevance to somatic therapy.
- **Name** 5 components of the BASIC framework for expanding nervous system regulation skills.
- **Identify** 4 BASIC practices you can use with clients for nervous system regulation.
- **List** at least 4 types of resources, identifying both internal & external resources for each type.

Agenda

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| 8:30 a.m. | CHECK-IN |
| 9:00 a.m. | <ul style="list-style-type: none">• Principles of Polyvagal Therapy• Exploring the Window of Tolerance in Somatic Therapy |
| 10:30 a.m. | BREAK |
| 10:45 a.m. | BASIC framework for Expanding Nervous System Regulation Skills |
| 12:00 p.m. | BREAK |
| 12:15 p.m. | <ul style="list-style-type: none">• BASIC Practices for Nervous System Regulation• Internal and External Somatic Resourcing |
| 1:20 p.m. | Wrap Up/Discussion |
| 1:30 p.m. | ADJOURNMENT |

Handouts and Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Eastern AHEC Cancellation Policy

- Cancellations must be in writing (easternahec@ecu.edu).
- Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than two weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program).

Credit (No partial credit available for this program)

Category A-NC Psychology Credit:

This program will provide 4 contact hours of (Category A) continuing education for North Carolina psychologists. **No partial credit will be given.**

Contact Hours

Certificates reflecting 4 contact hours of education will be awarded at the completion of the program.

National Board for Certified Counselors Credit (NBCC)



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

Substance Abuse Counselor Credit (SAC):

Application has been made to The North Carolina Addictions Specialist Professional Practice Board for 4 hours of Substance Abuse General Skill Building hours.

Registration Information

Registration is online only at www.easternahec.net and requires a current MyAHEC account. Registration will close the day of the program.

Fee: \$65.00

The registration fee includes program materials, refreshments, and credit.

NC AHEC Photo Policy

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Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / ada-coordinator@ecu.edu.

If you would like more information on the program, please contact Mental Health Education at **(252) 744-5228** or legerel14@ecu.edu.