

## **Short Course**

### ***Integrating Somatic and Relational Approaches: Holding Space***

***with Jane Jacobs, EdD and Rosemary Segalla, PhD***

This course will explore how somatic awareness can be successfully incorporated into a relationally based psychotherapy approach. We will focus on two somatically based procedures: activation of the social engagement system and dual awareness.

**Social engagement system.** We know that when babies lack attuned responses to distress from attachment figures they may, as adults, find relationships too unsafe a place to find comfort or regulation. In the psychotherapy setting, changes we observe in our clients' bodies may be powerful indicators of distress as it was experienced in infancy. By sharing our awareness of these indicators and helping our clients find ways to soothe themselves, we can enable them to safely engage in the therapeutic relationship.

**Dual awareness.** It is crucial for clients to know they will not be overwhelmed by emotion as they begin to explore deeply disturbing experiences from the past. Within the attuned relationship the therapist helps the client develop many methods of regulating physiological arousal through breathing, imagery, movement, and other means. This is often referred to as "resourcing." The client then can learn how to be increasingly aware of the sensations associated with distressed states from the past. At this point the client is able to explore the distressed states using dual awareness: if immersion in the childhood states is too activating the client can shift awareness to the present, eliciting the safety of the therapeutic relationship and using the resourcing methods to regulate excessive arousal.

Jane Jacobs will present a case that illustrates these procedures, and Rosemary Segalla will discuss the clinical work from a self psychology perspective. The presenters will encourage participants to reflect on how they might incorporate these procedures into their practice.

Participants in this short course will be able to:

1. Describe the decision making process a therapist may use in choosing an optimal time to utilize somatic awareness in the context of relational treatment.
2. Identify 5 physical indicators of client distress.
3. Identify 4 methods of resourcing.
4. Describe the method by which a therapist facilitates the use of dual awareness.
5. Name 2 ways somatic interventions are consistent with self psychology principles.
6. Name 2 ways in which the somatic and relational approaches empower one another and strengthen therapeutic efficacy.

*This program is appropriate for clinicians at all levels of experience and offers 3 CEs.*

*\* Jane Jacobs, EdD and Rosemary Segalla, PhD, as presenters and planners, have informed us that they do not have a conflict of interest and have disclosed that they have no relevant financial relationships with any commercial interests pertaining to this educational activity. Any references to "off-label" (non-FDA approved) use of medication, products or devices will be explicitly disclosed in the presentation.*

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**Jane Jacobs, EdD** is a graduate of University of Pennsylvania and Harvard University, and completed the Somatic Experiencing Training Program for the treatment of psychological trauma. She taught at Smith College and Tufts University Medical School while practicing for 15 years in Boston. Since moving to the Washington area 25 years ago she supervised psychiatry residents and has maintained a private practice in Northwest DC, where she sees adults and couples.

**Rosemary Segalla, PhD** is a founding member and former Director of ICP+P. She has been teaching Self Psychology for many years both within ICP+P as well as in other places. She is also a member of the Group Training Faculty of the Washington School of Psychiatry where she specializes in large group behavior.

**Continuing education credit: 3 CE credits available for full attendance.** The Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P) is approved by the American Psychological Association to sponsor continuing education for psychologists. ICP+P maintains responsibility for this program and its content. ICP+P is approved by the Maryland Board of Social Work Examiners to offer Category I continuing education credit. Because ICP+P has approval from the Maryland Board, CE credits hours awarded by ICP+P may also be claimed by social workers licensed in Virginia and the District of Columbia. These continuing education credits meet the ANCC standards for nurses. Because these credits are approved by the American Psychological Association, marriage and family therapists licensed in the District of Columbia, Maryland, and Virginia will receive continuing education credit. (Marriage and family therapists in other jurisdictions and licensed counselors should inquire with their local Boards regarding continuing education credit.) Attendees from the above professional groups will earn 3 CE credits for attending the conference. Full attendance is required to receive the designated CE credit. ICP+P is accredited by MedChi, the Maryland State Medical Society to provide continuing medical education for physicians. ICP+P designates this educational activity for a maximum of 3 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CE Credit is granted to participants with documented attendance at individual workshops and completed evaluation forms for those sessions. Credit will not be granted to registrants who are more than 15 minutes late or depart more than 15 minutes early from a session. Please arrive at least 10 minutes before the scheduled start time of 9:00 am to allow time to check in.

**REGISTRATION FORM**

***Integrating Somatic and Relational Approaches: Holding Space***

*Limited space is available.*

Name \_\_\_\_\_ Degree \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_ Work / Cell / Home \_\_\_\_\_

**FEES:**

\$60 for ICP+P Members, Fellows, Unaffiliated Students  \$90 for Non-Members

For more information or to register, please visit <https://icpeast.org/short-course-integrating-somatic/> or email [administrator@icpeast.org](mailto:administrator@icpeast.org). A refund for cancellation is available up to 10 days before the seminar.

Mail-in registrations should be sent by November 1st to:  
 ICP+P, 4601 Connecticut Ave., NW, Suite 8, Washington, DC 20008