

## Somatic and Experiential Techniques in Psychodynamic Psychotherapy

*Featuring Amy Gladstone LCSW, PhD*

**Saturday, September 26, 2020**

Program: 9:00 am-12:30 pm (US Eastern/New York Time)

**Virtual Event**

Online Zoom Webinar

Many current models of clinical practice emphasize the role of direct experience in therapeutic action. Through the work of Alan Schore and others, clinicians understand the importance of evoking right brain, present moment processes in long term psychotherapy. But easier said than done when our patients compartmentalize and dissociate!

What's a clinician to do? Well, the body contains the roots of past experience in present time and it can provide both an access route to dissociated material as well as a means of regulating affect.

This workshop will provide an introduction to the use of somatic and experiential techniques in long term psychotherapy. These techniques will be illustrated through the presentation of a psychotherapy case in which somatic and experiential methods were instrumental in addressing and healing relational trauma. Transcripts from sessions will be included. As part of the workshop, conference participants will observe the presenter interacting with a "class" of four people. "Class" members will react to key concepts highlighted in the didactic material and will also participate in demonstrations of somatic interventions. The wider audience will be invited to ask questions at the end of the presentation. Workshop participants will come away with an understanding of the role of the body in augmenting and deepening clinical practice in addition to some ideas about how to implement these techniques with patients.

At the conclusion of this conference, participants will be able to:

1. Explain the focus in somatic/experiential psychotherapy on present moment experience.
2. Observe differences in the interventions designed for compartmentalization and those for dissociation.
3. Select a few interventions to use with clients to deepen clinical technique.
4. Identify moments in long term treatment that lend themselves to the application of somatic/experiential techniques.

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

### About our Presenter:



**Amy Gladstone, LCSW, PhD** is a clinician, educator, supervisor, and workshop leader with over 30 years of clinical and teaching experience. She designed and taught courses on affect regulation and modern attachment theory for Rutgers Social Work Doctoral Program. She is currently on the faculty of the Integrative Trauma Program of the National Institute for the Psychotherapies as well as the Sensorimotor Psychotherapy Institute where she coteaches with Janina Fisher PhD, training psychotherapists in New York and nationally. Certified in both Somatic Experiencing and Sensorimotor Psychotherapy and trained in EMDR, Dr. Gladstone is an

integrative psychotherapist. In her private practice she combines psychodynamic and somatic/experiential approaches to treatment. She presents widely at Institutes and Professional Associations on trauma, somatic psychotherapy and the application of modern attachment theory to treatment. Dr. Gladstone is currently a full time faculty member of Seton Hall School of Social Work. As a teacher and trainer, she is known for her ability to apply theory to practice and to make material skill-based, relevant, and relatable.



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### Registration Form

Name \_\_\_\_\_ License or Degree \_\_\_\_\_

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

Email \_\_\_\_\_ Phone \_\_\_\_\_

***PLEASE NOTE: Recording in any form of this live streaming event is NOT permitted.***

#### Conference Fees

- \$75 ICP+P Members
- \$35 ICP+P 1<sup>ST</sup> + 2<sup>ND</sup> Year Members, MITs, Emerging Professionals, Graduate Student Members, Fellows, and Unaffiliated Students
- \$90 Non-Members
- \$60 International Attendees (Outside US)

For more information, to request reasonable accommodations, or to register online, please visit [www.icpeast.org/conferences](http://www.icpeast.org/conferences) or email [administrator@icpeast.org](mailto:administrator@icpeast.org). A refund for cancellation is available up to 10 days before the conference. To register by mail, send this page and payment to:

ICP+P  
4601 Connecticut Ave., NW, Suite 8  
Washington, DC 20008

**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. As our CE program receives oversight from a licensed social worker, the CE credits we award are highly likely to be recognized by licensing boards in Virginia and the District of Columbia. These continuing education credits meet the ANCC standards for nurses. Marriage and family therapists licensed in the District of Columbia, Maryland, and Virginia may submit these CE credits to their licensing boards. (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 3.0 CE credits for attending the CE activity. 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 *3.0 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

*Amy Gladstone LCSW, PhD and the planners have informed us that they do not have a conflict of interest and have disclosed that they have no relevant financial relationship with any commercial interests pertaining to this educational activity. Additionally, the presenters have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during this presentation. This presentation will not contain any references to off-label (non-FDA approved) use of products or devices.*

CE Credit is granted to participants with documented attendance at individual workshops. Credit will not be granted to registrants who are more than 15 minutes late or depart more than 15 minutes early from a session.