



EXCELSIA
COLLEGE
— Sydney —



Special Topics in Counselling (Somatic Therapy)

32.5 hours across 5 days – a professional development unit for counsellors and other allied health professionals*

Limited places, book early!

2022 dates: 7, 8, 9, 10, 11 February 2022

Time: 9:30am–4:30pm

Cost: \$1,000

Overview

This unit provides students with a working knowledge and skills of a range of recognised and effective body-focused psychotherapy modalities that they can use to deepen the counselling and therapy process and facilitate lasting change. It is recognised that therapeutic modalities that include the body in the healing process significantly reduce chronic stress and emotional armouring patterns resulting from traumatic childhood experiences. Clients engaging in body-focused counselling and therapy frequently usually report a high level of health and wellness and healthy identification with their body and its expressions.

Depending on the COVID-19 situation at the time, the skills taught to students may include simple touch modalities such as holding a client's head or feet, modalities that are ethically safe and highly effective in enabling traumatised clients to reclaim a positive sense of embodiment. Alternatively, body-focused modalities that do not involve touch between the lecturer and students will be taught and practised.



* Attendees will join Master of Counselling students completing this unit as part of their degree training. Part of Session 1 will address degree student assessment requirements.

Learning Outcomes

On successful completion of this elective students should be able to:

- demonstrate a working knowledge of the history, basic concepts, and practices of body-psychotherapy
- demonstrate understanding of the principles underpinning somatic awareness and their applications in counselling and psychotherapy
- apply a range of active body-psychotherapy and mindfulness techniques within the context of a psychodynamic approach to counselling and psychotherapy
- discuss core principles of relational body psychotherapy to their work with clients
- successfully apply a small range of somatic education techniques to their work with clients
- demonstrate understanding of psychosomatic principles and use effective practical skills
- demonstrate understanding of the ethical ramifications involved in using a body-focused approach to counselling and psychotherapy.



Presenter

Dr Werner
Sattmann-Frese

Werner Sattmann-Frese studied conventional medicine and body-oriented psychotherapy from 1977 until 1984.

Since then he has been working as a psychotherapist, mainly in private practice.

Werner practised body-oriented psychotherapy in a German psychosomatic clinic from 1984 to 1988 and in private practice in Australia ever since.

Since 1992 he has also been supervising psychotherapists and training students in psychotherapy, psychosomatic medicine, and holistic bodywork.

Holding Master and PhD degrees in Social Ecology, Werner has a strong interest in the interrelationships between personal, social, and environmental sustainability. 'Following the completion of my PhD in 2005, I have turned the focus of my work towards the integration of personal growth and ecological change.'

Location

Excelsia College, 69–71 Waterloo Road, Macquarie Park, NSW 2113. The College is a secure site. Upon arrival please come to the front door where a College representative will be waiting to direct you to the correct location. There is ample onsite parking available. Macquarie Park Metro Station is approximately 5–7 minutes' walk from the College. Bus routes also stop outside the College.

Meals and facilities

Meals are the responsibility of attendees, with Macquarie Shopping Centre within walking distance of the College. A student centre meals area is available, which include teas and coffee-making facilities, a microwave, and fridge. Bathroom facilities are available on site.

Cancellation policy

Excelsia College reserves the right to cancel the professional development unit in the event of insufficient numbers, presenter illness and/or due to unforeseen events outside the control of the College. In the event this occurs, attendees will be notified and will receive a full refund.

Attendees are required to finalise their payment by the due date. Attendees may withdraw from the professional development no later than one week before the commencement of the professional development. While it is acknowledged that life circumstances can unexpectedly prevent people attending, there is no provision for a refund after 31 January 2022.

Attendees wishing to withdraw from the professional development must put this request in writing and submit by email to student.services@excelsia.edu.au

Registration details

Counselling professional development name: PD582 Special Topics in Counselling (Somatic Therapy) **Unit period:** 2022 Summer 7, 8, 9, 10, 11 February 2022

Cost: \$1,000 **Final payment date:** 31 January 2022 **Final withdrawal date without financial penalty:** 31 January 2022

Please send your completed registration form to: student.services@excelsia.edu.au

Upon receipt you will be issued a tax invoice with payment details and a receipt when payment is made. All phone inquiries go to (02) 9819 8862. Please leave a message. We will reply as soon as possible.

Name

Employer/Company name

Address

Email

Telephone

Date of birth

 / /

Australian citizen/permanent resident

International