

SOMATIC TRAUMA THERAPY 12 DAY PROFESSIONAL ONLINE TRAINING WITH BABETTE ROTHSCHILD 2025 -2026 (17)

THIS TRAINING embraces three major goals:

First, to make a relevant bridge between trauma theory and trauma practice;
Second, to make non-touch somatic tools available to the trauma practitioner;
Third, to equip therapists to distinguish and help clients who 1) are *not* good candidates for processing trauma memories and 2) those who *are* good candidates for processing memories .

These goals underlie the principles addressed in both *The Body Remembers*, Volumes 1 and 2, putting into direct practice the principles, theory, and tools presented in those books as well as many others.

This training is grounded in the belief that the therapist working with trauma, must become familiar with many theories, techniques, and treatment models to ensure that therapy will always be tailored to the needs of the individual client. Therefore, it is designed to enhance, not replace, skills and knowledge already held by the professional participants. In the past, practitioners from many disciplines -- psychoanalysis, psychodynamic, EMDR, cognitive behavioural, mindfulness, hypnosis, gestalt, body psychotherapy, TA, among others -- have all found this training to be a complement not a conflict.

Workshop modules will be conducted online with a combination of lecture, discussion, films, exercises, video and demonstrations, role-played therapy practices and client consultations. Relevant handouts supplementing the required texts will be provided as well as a Certificate of Completion.

The aim is to replicate the previously offered in-person 12 day training as closely as possible including plenty of interaction. Babette will be teaching with assistants. The assistants will be present in practice sessions in the breakout groups and offer assistance throughout.

Between the parts of the training participants are required to form small peer groups to practice and consolidate the learning. This can be done remotely or in person (depending on circumstances) and requires sharing your contact details with others.

A second year for those wishing to become *certified* in Somatic Trauma Therapy is available by application. Please discuss the details of this with Babette during the 12 day course. It is organised directly by Babette.

COURSE CONTENT:

Reducing risks of trauma therapy, Pierre Janet's phase-oriented treatment structure, and distinguishing trauma recovery from trauma memory resolution provide the foundations of the entire training.

The importance of making and learning from mistakes is always emphasized facilitating a safer and more supportive learning environment. Each 4-day module builds on the previous one, for continuity of knowledge and skills.

Part 1: Focuses on Stabilization and Safety. Theoretical material includes: treatment planning, psychology of stress and trauma - including the role of dissociation; physiology of stress and trauma - including how to facilitate clear thinking and integration; both autonomic and sensory nervous system branches will be detailed and applied to principles for stabilization; defining types of trauma clients; "putting on the brakes" for containment, and safety, applications of mindfulness, and regulating hyperarousal. Experience with basic body awareness, mindfulness, muscle toning, boundaries, and the use of resources will provide the basis for direct practice during this module.

Part 2: Peter Levine's SIBAM model is featured as a multifaceted tool that can be used to enhance stabilization as well as to increase association and resolution of trauma memories. The model will be taught in steps culminating in practice sessions with role-played clients. Addressing issues of self-care, including avoiding risks of vicarious trauma and compassion fatigue, and learning to consciously adjust resonance and empathy will round out these 4 days.

Part 3: The Bodydynamic "running technique" will be introduced as an imaginal, mind/body integrative procedure for reawakening the flight reflex and reducing hyperarousal. Graduated training in the model will make it accessible to therapists for their clients with applications in both Phase 1 and Phase 2. Participants will also be supervised in making relevant choices of techniques both during triad role-plays and during client consultation. Integration of both theoretical and practical material from all three workshops will be included, reinforcing the bridge between theory and practice, training and actual work place situations. Treatment planning will be further discussed and practiced.

REQUIRED READING (books not included in tuition, pre-reading recommended):

- Herman, J. L. (1992). *Trauma and recovery*. New York: Basic Books
- Levine, P. (1997). *Waking the Tiger*, Berkeley: North Atlantic Books
- Levine, P. (2012). *In an Unspoken Voice*, Berkeley: North Atlantic Books
- Lott, D.A. (1999). *In Session*. New York: WH Freeman & Co.
- Rothschild, B. (2000). *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. New York: W.W. Norton
- Rothschild, B. (2003). *The Body Remembers CASEBOOK: Unifying Methods and Models in the Treatment of Trauma and PTSD*, New York: W.W. Norton
- Rothschild, B. (2005). *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*. New York: WW Norton.
- Rothschild, B. (2010). *8 Keys to Safe Trauma Recovery*. New York: WW Norton.

- Rothschild, B. (2017). *The Body Remembers*, Volume 2: Revolutionizing Trauma Treatment
- van der Kolk, B.A. McFarlane, A.C. & Weisaeth, L. (1996). (Eds.). *Traumatic stress*. New York: Guilford
- Watters, E. (2010). *Crazy Like Us: The Globalization of the American Psyche*. New York: Free Press

BABETTE ROTHSCHILD,

was a Clinical Social Worker, has been a practitioner since 1976 and a teacher and trainer since 1992. She is the author of six books, (translated into more than a dozen languages including Danish, German, French, Spanish, and Japanese) all published by WW Norton. Her newest, *The Body Remembers, Volume 2: Revolutionizing Trauma Treatment*; her classic bestseller, *The Body Remembers, Volume 1--The Psychophysiology of Trauma and Trauma Treatment; The Body Remembers CASEBOOK: Unifying Methods and Models in the Treatment of Trauma and PTSD; Help for the Helper--The Psychophysiology of Compassion Fatigue and Vicarious Trauma; 8 Keys to Safe Trauma Recovery; and Trauma Essentials: The Go-To Guide*.

She is also the Series Editor of the WW Norton 8 Keys to Mental Health Series (12 titles and growing). After living and working for 9 years in Copenhagen, Denmark she returned to her native Los Angeles. There she is writing her next books while she continues to lecture, train, and supervise professional psychotherapists worldwide. For more information, visit her website: www.trauma.cc

WHO IS ELIGIBLE TO ATTEND?

You should have a qualification in psychotherapy, counselling, or clinical psychology, be seeing clients and able to implement the course content. The training is for Continuing Professional Development. **It is not a beginners training.**

DATES

ALL THURSDAY TO SUNDAY

PART 1 October 2-5, 2025

PART 2 May 7-10, 2026

PART 3 October 1-4, 2026

TIMES: ~UK time 3.00 p.m. to 10.00 p.m. daily. Babette will be teaching from Los Angeles and the times reflect an early start for her.

The total hours will be the same with several mini breaks throughout the day and a half hour dinner break.

Each training is limited to 24 participants.

Please note that changing between different trainings that Babette offers is usually not possible.

COST: £1980.00 payable as a deposit of £495.00 followed by a payment of £495.00 on 1st September 2025, and the next payment of £495.00 on 1st April 2026 and a final payment of £495.00 on 1st September 2026.

The full fee is payable if for any reason a participant has to withdraw from the course, irrespective of the reason.

BOOKING

Please send brief details about your professional qualifications and experience. If you fit the training criteria, you will be asked to pay a deposit and your training contract will be sent to you to sign and return. **Deposits are non-refundable.**

Payment via Bank Transfer to:

The Co-operative Bank Community Directplus Account
Account title: CAMBRIDGE BODY PSYCHOTHERAPY CENTRE
Sort Code: 089299
Account Number: 65264959
International Bank Account Number: GB89 CPBK 0892 9965 2649 59
Bank Identification Code CPBK GB22