

# Somatic Skills for Therapists



*If you're not using your  
body you're not using  
your whole brain.*

**Saturday March 2 10am to 5 pm**

The role and power of the body has been largely ignored in therapy, yet all of life and its expression is experienced and learned through our physicality. By bringing consciousness to bodily experience we access the wisdom of the somatic self in the healing process and gain more resources for living. Through group, individual and partner explorations participants will develop skills for themselves and their clients using techniques from various somatic disciplines. Workshop will be in Olympia WA.



- Participants will gain understanding of hierarchical nature of autonomic nervous systems and what that means for clients.
- Participants will devise ways of infusing somatic interventions in their current therapy practices.
- Participants will gain an understanding of sensory processing and its effects on emotion and relationships.

**Cost: \$120** includes handouts  
6 CEU's available from WMHCA .

To register contact: [maekessler@gmail.com](mailto:maekessler@gmail.com) or (360) 302-2552

*Karen Kirsch* is a Registered Somatic Movement Therapist and Laban Movement Analyst, with a Masters in Somatic Psychology and training in Interpersonal Neurobiology, Body Mind Centering, Psychodrama, Laban Movement Analysis, Bodydynamics, and other mind/body disciplines.