



# Empowered Boundaries:

Somatic Exercises for Healthy Anger,  
Assertiveness and Personal Agency  
*Trauma Training for Therapists*

Many clients with trauma struggle to engage their fight response in an effective way. For some, anger is hyper-aroused, as seen in clients who are highly reactive, combative and experience violence and rage. For others, anger is hypo-aroused, such as in clients who respond passively, have difficulty setting boundaries, or feel shame, fear, dissociation or collapsed defeat when standing up for themselves or stepping up in the world. Inspired by the principles and practices of Somatic Experiencing, this hands-on 2-day workshop will introduce participants to clinically relevant neuroscience and attachment theory, as well as practical tools to use with clients.

**Learning Objectives:** Participants will leave with a better understanding of:

- The importance of understanding procedural/body memory when treating trauma
- The cycle of activation and the role of thwarted self-protective responses in lack of boundaries or anger issues
- Body reading and tracking the felt sense
- The principles of titration and embodied containment when working with survival energies and impulses
- Practices to safely explore boundaries and self-protective movements, to build capacity to mobilize a more empowered and assertive sense of self

Incremental strategies ranging from recognizing physiological aversion responses (the subtle signs the body says “no” that are often overridden or dismissed), to more active experiential exercises will be presented, along with cautions and contra-indications to prevent overwhelm and keep somatic exercises within one’s scope of practice and window of tolerance.

**Orchard Park Office Centre - Ignatius College**

5420 Highway 6 North, Guelph, ON

Room 236 through yellow East Entrance doors

**August 18-19, 2016, 9am-4pm**

\$325 + HST before July 18

\$395 + HST regular rate

**Trainer: Sarah Schlote, MA, RP, CCC, SEP**

Founder and director of The Refuge: Centre for Healing and Recovery

Lead trainer for Trauma Trainings from The Refuge

**To register:** 1-855-7REFUGE or [sarah@healingrefuge.com](mailto:sarah@healingrefuge.com)

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