

# SOMA Embodiment training in Portugal

Touch & Movement for Emotional Trauma Healing



*The body needs stability so that emotional trauma can be renegotiated*

**SOMA** work has been developed through years of accumulated professional experience and practice by Sonia Gomes Silva and Marcelo Muniz.

SOMA has been taught since 2012 in countries like Switzerland, Germany, France, Austria, Denmark, Portugal and Brazil. What is unique about their work is how it combines the remarkable approaches of their forerunners with the new pieces they have developed from their own findings and research in relation to releasing emotional trauma from the body.

**SOMA** owes a debt of gratitude to the insights and conceptual frameworks created by four great masters: Peter A. Levine (Somatic Experiencing); Stephen Porges (Polyvagal Theory); Ida Rolf (Structural Integration) and Hubert Godard (Tonic Function - Movement Work).

**Embodiment** is an essential aspect to be addressed by anyone working with Trauma Healing.

**Embodiment** is defined as a conscious perception of our body's presence. We find it in coherence and fluidity, tracking through the sensations in the continuous process of movement. This allows the person to express his/her authentic capacities and at the same time, enjoy graciousness of gesture and optimum tonus in the encounter with a fellow human being.

A deeper quality of Embodiment can be achieved through Touch and Movement Education. With this procedure, the practitioner may be able to stimulate an Internal Release that will promote a new functional manifestation. From that, new possibilities of self-expression giving better function towards health can emerge.

As we deal with trauma, we start to notice the inherent complexities intertwining, between Body, Mind & Brain. These often create restrictions, which become reflected in a freezing or narrowing of the inner and outer spaces, consequently diminishing the life force energy.

**SOMA'S** approach acknowledges that traumatic experiences can cause blocks that remain stuck in the body in many levels, thereby reducing the body's capacity for Embodiment, Orientation, Integration and Perception.

In order to complete traumatic resolution we first need to work with the following: the perceptual system and the gravitational organization. Education in orientation is required. At this stage we will incorporate continuity and movement fluidity, tracking and embodiment explorations in order to expand perception and to address biological rhythms for self-regulation.

In this training, each day, participants will practice specific protocols of touch skills, movement and tracking exercises in order to:

- 1) Expand Perception;
- 2) Restore Mobility;
- 3) Unblock Traumatic restrictions of movement related symptoms in order to re-establish equilibrium.

## **TO WHOM IS THIS TRAINING?**

The program is envisioned for Somatic Experiencing® Practitioners, students who have completed the first module of the Intermediate Level of training and it will be accessible to Bodyworkers and professionals trained on diverse therapeutic approaches within the trauma-healing segment.

## THE STRUCTURE OF THE SOMA TRAINING:

The SOMA training in Portugal is made of 4 modules of 5 days. Full certification requirements include:

- Attendance of all 4 modules of 5 days each;
- Five personal sessions provided by qualified SOMA providers;
- Two individual supervision sessions (or 6 hours group supervision) carried out by SOMA's supervisors;

## DATES:

SOMA 1 - 04.07.2018 - 08.07.2018

SOMA 2 - 17.10.2018 - 21.10.2018

SOMA 3 - 27.02.2019 - 03.03.2019

SOMA 4 - 24.07.2019 - 28.07.2019

## TEACHERS:



**Sônia Gomes:** PhD in Clinical Psychologie. Clinical Psychologist since 1978, Psychologist/Advanced Rolfer, Movement Teacher/SEP and international Faculty member of SETI. SE (Somatic Experiencing) international teacher in all levels through SETI/ABT.

Teaches many SE complementary courses all over the world (Europe, Brasil, USA and Asia). Educational Director of the European Committee for Teachers candidates. Director of National and International Affairs of ABT; Co-Founder of SE in Brazil. Has been studying with prof. Hubert Godard in Brazil and Spain.

Sônia Gomes is known for her love and caring, the mastery of SE and body therapies, her wonders in demos and personal sessions. She adopts a multidimensional integrative approach to her teaching, therapy and clinical practice. Fundamental also, is her commitment to the relief of suffering resulting from trauma and somatic experiencing as a means to enhance personal development.



**Marcelo Muniz:** has been an advanced Rolfer and Movement Teacher for 25 years. He is a member of The Rolf Institute Faculty in the US and he teaches Rolfing in Brazil. He is also a Craniosacral Therapist and a Somatic Experience Practitioner. He has studied with Hubert Godard in Brazil and Germany for the past 10 years.

The quality of Marcelo's presence and his emotional skills give the opportunity for a profound but also smooth learning. He has been teaching the Soma Method since 2011 in Brazil, Switzerland, Germany and Austria. As a Rolfing and Movement teacher and S.E. practitioner, he brings to the context of healing trauma fundamental elements in our organization regarding the gravitational field, which stabilizes and reinforces the adequate answer from the Autonomous Nervous System. Marcelo's passion lies in opening the possibility for new emotional responses in the present time, responses that allows a personal empowerment for the future. These answers are possible through a better embodiment quality and a change in the perception of yourself and the others.

## PROGRAM CONTENTS

### **SOMA 1 - Learning Concepts and tools of Touch & Movement**

- 01) Summary work of: Peter A. Levine (SE); Stephen Porges - (Polyvagal Theory); Ida Rolf (Structural Integration); Hubert Godard (Tonic Function - Movement Work)
- 02) How traumatic experiences can impact Body, Mind & Brain and create their blockages
- 03) Embodiment = A path to restore trauma and self-regulation
- 04) Embryological development and spatial organization; haptic system and gravitational field
- 05) The inner and outer space organization through movement in the gravitational field
- 06) The polyvagal theory applied to touch

- 07) Bodily sensation/language = interception - exteroception and proprioception.
- 08) Demos using touch & Movement within resonance
- 09) Practice of protocols to reach stability in the body orientated to space, balance, posture and movement patterns
- 10) Fundamentals of quality of touch and presence
- 11) Touch resonance and perception
- 12) Body language in static and dynamic states
- 13) Tonic function and haptic system
- 14) Embodiment as transferential element
- 15) Core Stability
- 16) Coordination, time, space and motion
- 17) How to distinguish inhibition and restriction in perception and their relations with expressivity and impressivity
- 18) How to stimulate the continuity and movement coordination and its self-expression

## *SOMA 2*

- 01) Learn new approaches to tissue and joint mobilization and repatterning movement
- 02) Restoring Mobility
- 03) The phenomenology of spatial integration
- 04) How trauma remains stuck in the body structure thereby reducing the body's capacity for embodiment, perception of the other and orientation
- 05) Evoking support, stability and spatial orienting using touch and movement coordination
- 06) Exploration in meaning/ faith and body awareness
- 07) The kinesfere and peripersonal space
- 08) Creating stability in the body as a whole
- 09) Vergence to expand perception

### **SOMA 3 - Integration of SOMA in the clinical work**

- 01) Shock and trauma related to timing and functions
- 02) First imprint in delivering
- 03) Types of trauma: Transgenerational effects of trauma (existential threat, loss, bonding)  
Consequences of trauma
- 04) Diagnosis- biography- personality split from trauma and surviving split
- 05) Where injury meets emotions? Surviving parts active
- 06) Communication with NS/emotions and connective tissue
- 06) Plasticity reached by integration in communication
- 07) Development of affective system
- 08) GHIA: Response to stress lasting effects on deep brain structure
- 09) Fractal geometry - similar pattern in trauma (GHIA)
- 10) Gesture of character (hologram)
- 11) Similar pattern in bonding trauma, shock and physical injury
- 12) Complexes traumas and syndromes
- 13) How to modulate hormones of stress

## SOMA 4

- 01) Body representing structures for basic orientation
- 02) Emotional experiences and expression, when they meet trauma
- 03) Emotion and feeling are restrained in trauma
- 04) How the pre-frontal cortex is related to emotional stability and sense of identity
- 05) Understanding emotions related by an integrative neural circuit
- 06) Emotions and the process of consciousness
- 07) Resonance, rhythm and synchronicity
- 08) Focusing: support trauma healing regarding its memories (implicit or explicit)
- 09) How to track traumatic emotional energy, associated with the stored memories through three levels of nervous system organization:  
Interoceptors/ exteroceptors and proprioceptors integrating with the triune brain, enlighten by the SE's map
- 10) Embodiment for complex traumas
- 11) Unblock restrictions in the body and movement that correspond with symptoms and behaviors to establish a balance in the autonomic nervous system
- 12) Integration and the principle of wholeness



*Organizer:* Susana Silva

*Welcome in this journey! It will be a pleasure to  
be there for you.*

Further information:  
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# REGISTRATION

Name: \_\_\_\_\_

Profession: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Telephone number: \_\_\_\_\_

I herewith register for the below stated class / training on the basis of the terms and conditions indicated below.

- Complete SOMA Training
- SOMA 1
- SOMA 2
- SOMA 3
- SOMA 4

## Payment Modality

- I will pay the 4 modules at once (with 200 euros discount)
- I will pay each module one by one

Please check the payment conditions.

Working hours: 10 am - 1 pm and 3.00 pm - 6 pm. All classes are held in Lisbon, in portuguese language with translation into english.

Registration shall be binding. For cancellations up to a maximum of 2 months prior to the training, a service fee in the amount of 100 euros shall be payed. These terms shall also apply in the event of sickness. Should you cancel your participation in the training later then 2 months before the training begins, the entire training fee shall be payable unless you provide us with a replacement. Should the number of registrations be insufficient until 2 months before the beggining of the training, this will be canceled. In this case the participants will get the money they paid for the training back. Accomodation is not included in the training costs.

The classes will be filmed and available to all students from the Soma training 2018/2019 as study material. If you don't wont your image to be in this filming, please let the organizer know.

\_\_\_\_\_  
(Place, date)

\_\_\_\_\_  
(Signature)