



Department of Human Services
Human Services Institute
Professional Development Seminars

“Somatic Healing Practices for Trauma”

Date: Wednesday, May 4, 2022

Course times: 9:30 am – 12:30 pm

Virtual Live Interactive

About the Course:

This workshop will teach social workers how to identify and treat psychophysiological symptoms of trauma and how to utilize somatic healing practices. The workshop will include lecture and experiential practices on somatic healing practices to heal trauma and PTSD. Principles of the trauma resolution model, *Somatic Experiencing (SE)* developed by Dr. Peter Levine will be reviewed including, titration, pendulation and orienting. Participants will learn a variety of skills to negotiate symptoms of trauma that clinicians typically avoid. Clients typically leave sessions with a greater tolerance for difficult bodily sensations and increased vitality.

About the Instructor:

Sara Kossove, LCSW, LCADA, ACSW, LLC, SEP, RYT is a Licensed Clinical Social Worker, Licensed Clinical Alcohol and Drug Counselor, and a Somatic Experiencing Practitioner. Sara obtained a Master’s in Social Work from Yeshiva University, Wurzweiler School of Social Work and her Bachelor’s Degree in Psychology from Rutgers University. Sara specializes in Individual Psychotherapy, Trauma Therapy, Addiction and Clinical Supervision. Sara consults with Colleges, Universities and organizations as an instructor of Somatic Therapy. With over 20 years of clinical experience and training. Sara’s scope of practice includes treating anxiety, depression, PTSD, relationship and communication issues, and other stress-related issues. Sara helps families who are battling addiction; she provides invaluable resources and education on fundamentals of addiction.

Who Should Attend:

This is an intermediate level workshop for Social workers and mental health practitioners interested in learning Somatic Healing practices.

Course Objectives:

1. Apply Somatic Healing Practices in the Social Work practice.
2. Use the principles of the trauma resolution model, *Somatic Experiencing (SE)* developed by Dr. Peter Levine.
3. Discover a variety of skills to negotiate symptoms of trauma.

Course Outline:

9:30-10:15: Define Somatic Healing Practices.

10:15-11:00 Discuss and review the Psychophysiological and Biological responses of Somatic healing

11:00-12:00: How to apply *Somatic Experiencing (SE)* interventions and negotiating trauma.

12:00-12:30 Discuss references, resources. Questions and Answers.

Delivery Method:

Course will be delivered Virtual Live Interactive.

System requires an internet connection and that cameras remain on during the duration of the workshop.

To receive a certificate (for CEs):

Evaluations will be emailed within 48 hours of completion of the workshop. A Certificate of Completion will be provided after the course to attendees that complete the entire course and return the evaluation.

The cost is \$40.00 per person. Refunds are not available.

Make check payable to:

County of Bergen

Mail to:

Department of Human Services

One Bergen County Plaza, 2nd Floor

Hackensack, NJ 07601

To register for the workshop

Call: 201 336-7425

Or email tcannon@co.bergen.nj.us

Somatic Healing Practices for Trauma, Course #4137, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by Bergen County Department of Human Services, Human Services Institute as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 04/28/2022 - 04/28/2024. Social workers completing this course receive 3 Clinical continuing education credits.