



The New England Society for the Treatment of Trauma and Dissociation

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The Institute for Continuing Education

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Implicit Conversations, “Not Me” Self States and Dissociation: A Sensorimotor Psychotherapy Perspective

Pat Ogden, Ph.D.

Saturday, January 26, 2013

9:00 am to 5:00 pm

The National Heritage Museum

33 Marrett Road

Lexington, Massachusetts

6.0 CEs and Lunch are included in your registration fee

Unconscious processes and communications that take place beneath the words during the therapy hour are arguably more significant than content. These implicit processes, visibly reflected in gesture, posture, prosody, facial expressions, eye gaze, movement habits and affect, take shape before the more rational and linguistic left-brain and neocortex are fully developed. They reflect the “implicit self” which might be relatively unified, or comprise several dissociative parts of the self. A renewed interest in these implicit processes is emerging, not only for the purpose of making them conscious, but also for inquiring into the role of the implicit parts of both therapist and patient in clinical practice. Highlighting implicit, “embodied” mentalizing and the centrality of body experience as a primary source of therapeutic action, this workshop will explore working within a clinical process that is “safe but not too safe” (Bromberg 2006) to foster adaptive affect regulation, and integration of dissociative parts. The Theory of Structural Dissociation will be illustrated and contrasted with “not-me” self states that result from attachment figures’ lack of recognition of parts of the child. Concepts will be illustrated through excerpts of videotaped therapy sessions of both adults and children, and brief experiential exercises.

About Dr. Ogden

Pat Ogden, PhD, is a pioneer in somatic psychology and the founder/educational director of the Sensorimotor Psychotherapy Institute, an internationally recognized school specializing in somatic–cognitive approaches for the treatment of posttraumatic stress disorder and attachment disturbances. She is co-founder of the Hakomi Institute, faculty of the Naropa Institute and University from 1985-2010, a clinician, consultant, international lecturer and trainer, and first author of *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* and is currently working on two books, *The Body as Resource: Sensorimotor Interventions for the Treatment of Trauma* and *Sensorimotor Psychotherapy for Children and Adolescents*.

PRE-REGISTRATION IS REQUIRED

Members: **\$125** / Member agency/retiree: **\$75** / Member student: **\$50**

Non-members: **\$150.00** / Non-member agency: **\$100**/ Non-member Student: **\$75**

If you are attending Dr. Ogden's Friday, January 25th event through the Sensorimotor Psychotherapy Institute (SPI) you can receive a 10% discount off this registration! Please contact NESTTD at 508-598-5553 or info@nesttd-online.org.

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