



Certificate in Somatic Transactional Analysis

BRIEF COURSE INFORMATION



January 2024

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INTRODUCTION

Starting in **January 2024**, the Physis Scotland Certificate in Somatic Transactional Analysis course will be delivered in-person over 6 days of interactive and experiential training, over a 4-month period.

This course is suitable for mental health professionals who are interested in working with the body and looking to deepen their work with clients, increase the complexity of their therapeutic palette, or looking to anchor and integrate their working style in somatic psychotherapy theory. The certificate is suitable for practitioners from any modality who are already in practice and have had some experience of long-term work; from trainees in advanced training to seasoned practitioners.

The underpinning philosophical frame of this Certificate is one that considers the bodymind (Dewey, 1925/1981) as central to how we identify and relate and therefore central to therapeutic change and therapeutic relationship. It sees the somatic as a key gateway to working with unconscious process and a powerful tool for manifesting change.

This way of working is often briefly attended to in core training and tends to emerge as an area of interest for practitioners when beginning to work with more complex presentations, or when stuckness, stagnation, pain or any other unexplained "irrational" difficulties arise in therapeutic work.

The Certificate course will be delivered in person and will offer plenty of space for play, experiential learning and group process. There will be an emphasis on application to practice through triad work, observed practice and supervision,

as well as an opportunity for integration with a broad range of theoretical concepts from transactional analysis, psychoanalysis, body psychotherapy and trauma informed psychotherapy, along with some new concepts developed and authored by the trainer.

This dynamic training will enable you to:

- Become aware of your own body process and defences.
- Become aware of and apply bodymind input to the therapeutic relationship and interventions.
- Gain an understanding of trauma process.
- Gain knowledge of a wide range of theoretical concepts of somatic orientated psychotherapy.
- Develop your own sense of style of application of somatic Transactional Analysis in practice.

COURSE DATES FOR 2024

13th/14th January 2024

23rd/24th March 2024

27th/28th April 2024

TRAINER

Ronen Stilman, TSTA-P

VENUE

We are delighted to offer the Certificate in Somatic Transactional Analysis in our beautiful premises in the West End of Edinburgh. Physis Scotland is located on the third floor of 22 Drumsheugh Gardens, Edinburgh, EH3 7RN.

All training dates will start at 10am and finish at 5pm each day.

COURSE STRUCTURE

The Certificate consists of three taught modules over three weekends and one assessment.

Module 1: Mapping the Territory - Getting to know your bodymind, establishing contact, space and pace.

- Overview of course and group contracting.
- Exploring motivations and identifying your learning edges.
- Communicating safety in somatic context - experimenting with grounding, rhythmic attunement and proxemics.
- Unearthing Trauma and Adverse Childhood Experiences.
- Listening with the body - experimenting with script protocol, body armour, social pain.
- Understanding the role of somatic process in unconscious process.
- Emerging ethical dilemmas.
- Observed skills practice and supervision.

Module 2: Expanding the Frame - Moving through new territories, stretching beyond your comfort.

- Reframing stuckness in somatic and theoretical terms.
- Deepening contact - kinesthetic responses, unconscious process and parallel process.
- Beyond Ego states - revisiting the role of the somatic in mental health.

- Linking body structure with personality structure.
- Emerging ethical dilemmas.
- Observed skills practice and supervision.

Module 3: Standing in Your Boots - Developing your own style, taking space and experimenting with flow.

- Assessments.
- Somatic work in systemic context.
- Physis and the erotic.
- Revisiting your edge.
- Clarifying what you might need from supervision going forward.
- Closure and moving away.

ASSESSMENT

There will be an assessment during the final weekend where you will be asked to design a body orientated activity for a client/couple/group (anywhere between 2-10 minutes).

You will be asked to facilitate the exercise with the group followed by facilitating questions and answers about the theoretical underpinnings of your thinking. In addition, there will be an opportunity for group feedback about your activity, facilitation and theory.

Following attendance of all three modules and successful completion of

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assessment in Module 3, you will receive a Certificate from Physis Scotland in “Somatic Transactional Analysis”.

FEEDBACK

Student feedback is collected informally throughout the course, and through a feedback form at the end of the final module. At any point students are invited to contact the course tutor if they are in need of academic or pastoral support. Administrative queries should be directed to Olivia Burroughs, Physis Scotland Programme Manager on enquiries@physisscotland.co.uk or 07927 557217.

TRAINER BIOGRAPHY

Ronen Stilman, TSTA-P



Ronen TSTA(P) MSc (TA psychotherapy) is a UKCP and COSCA registered psychotherapist, supervisor and trainer, working with individuals, couples and practitioners in his Edinburgh centre practice and in Cyberspace. He has a keen interest in Humans and how they relate and identify in the context of culture, politics and society, integrating his background in technology and organisational change.

FEES

Certificate fee: £864 (Inc. VAT) (3 taught modules over 3 weekends). £150 non-refundable deposit plus 3 x £238 if self-funding. If you are being sponsored through your organisation, the fee is £1224 (Inc. VAT). £150 non-refundable deposit plus the remaining balance before the commencement of the course. Please note, if your sponsoring organisation is a charity, the course fee is £864 (Inc. VAT).

A deposit as indicated above is required to secure your place. The balance may be paid in full 1 week before the start of the course, or spread over 3 instalments if self-funding, paid in January, March, and April. Please complete the appropriate section of the registration form to take up the instalment payments option.

HOW TO APPLY FOR THE CERTIFICATE IN SOMATIC TRANSACTIONAL ANALYSIS

To apply for the Certificate in Somatic Transactional Analysis, you need to complete and return an application form, along with transferring your deposit in order to secure your place.

If you would like to apply for the course and have not received an application form with this booklet, please contact enquiries@physisscotland.co.uk or 07927 557217 to request your application form. Please also contact us if you have any other questions about the course. The deadline for applications for the Certificate is **29th December 2023**.

CONTACT US

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