



SARAH SCHLOTE 2017 NL CONFERENCE PRESENTER

CONFERENCE INFO

CONFERENCE SCHEDULE

MEET THE PRESENTERS

TRAVEL & LODGING INFO

REGISTER NOW!

Sarah Schlote, MA, RP, CCC, SEP



Bio: Sarah is a Registered Psychotherapist and Somatic Experiencing Practitioner in Guelph, Ontario, Canada who specializes in working with stress, trauma, PTSD, attachment, and dissociation. She is inspired by the work of the top trauma experts worldwide, and aside from completing the SE training she has also completed training in EMDR, the Touch Skills Training for Trauma Therapists, the touch and attachment-focused Somatic Resilience and Regulation training for early developmental trauma, and the structural dissociation model

of parts work. She supplements her work by drawing on elements of other approaches, including mindfulness, Body Memory Recall, Bodydynamics, Gestalt therapy, the Healing Shame model, Sensorimotor Psychotherapy, ego state work, and respect for indigenous traditions, among others. Involved in the field of animal-assisted interventions since 2003, with a therapy dog program and in the creation of standards of practice, she later trained in Integrative Equine-Facilitated Wellness at Generation Farms in British Columbia. Her current focus is on formulating the EQUUSOMA approach, a trauma-informed and trauma-focused

model incorporating Somatic Experiencing, attachment-focused therapy, touch and ego state work.

Sessions

Somatic Experiencing, Attachment and Touch

Somatic Experiencing was developed by Peter Levine, and is a method of trauma renegotiation and resolution that works with undischarged preparatory and defensive actions, as well as other experiences of stress and survival activation held in the body and nervous system as procedural memory. SE includes a strong touch component to support regulation, coherence and organization in the body, which is also used when working with early developmental trauma for the purposes of the repair of attachment ruptures and supporting resilience in the nervous system. This workshop will build on the previous presentation about Sensorimotor Psychotherapy, an approach that shares a significant theory base with SE, by exploring the principles of pendulation and titration in working with activation and touch in the context of NL. This presentation will also explore working with the four components of attachment (safe haven, secure base, proximity seeking and separation distress) from a psychophysiological standpoint, the importance of practitioner therapeutic presence, as well as ethics around touch in trauma treatment.

[CONFERENCE INFO](#)

[CONFERENCE SCHEDULE](#)

[MEET THE PRESENTERS](#)

[TRAVEL & LODGING INFO](#)

[REGISTER NOW!](#)

Share this:

