

Trauma One

Trauma-healing Practice 101

Course Format: online lectures and readings

Course Objectives: To gather theoretical understanding of the Pleasure Process and practical applications of trauma-focused practice

Students will learn to:

- Define various forms of traumatic experiences
- Recognize complex/developmental trauma
- Identify the impact on significant and intimate relationships
- Identify ongoing physical, emotional, and mental effects of trauma

Students will be able to:

- Understand safe containment of the traumatic effects
- Educate clients on the mechanism of traumatic experiences
- Educate clients on safety and cultivate safety to expand learning
- Make appropriate referrals for further treatment

Participants

This course is suitable for students of Somatic Sex Education (and Sexological Bodywork) and other qualified practitioners in the field of sexuality, trauma, and bodywork who intend to be well-informed of the potential presence of complex traumatic experience and its impact on their work with their clientele. Those who complete the course might wish to go on to Trauma201 to learn practical ways and techniques to implement a trauma-healing dimension in their work. The information presented helps create a safer container for potential presentations of trauma effects (e.g. intense emotions or behaviour patterns).

Final Assignment

Successful completion of this course requires an introspective project (paper or other formats) on the student's personal relationship to the topic of trauma.

