

Trauma Two

Trauma-healing Practice 201

Prerequisite: Trauma 101, Ethics & Dual Relationships + a suitable combination of trauma-specific education, experience, and personal therapy

Course Format: Five (5) in-person sessions followed by 20 hours of supervision hours



Course Objectives: to deepen understanding of effects of trauma on the Pleasure Process, their presentations in practice, and practical ways of resolving traumatic experiences

Students will learn:

- To define roles of desire, pleasure, embodiment, and integration
- To recognize individual traumatic effects and their role in the healing process
- To understand the tripartite approach to healing trauma
- To conceptualize a course of action (number of sessions, techniques, practices)
- To develop a repertoire of approaches to effectively respond to specific individual needs

Students will be able to:

- Create safe containment for the traumatic effects in the person
- Educate clients effectively to self-regulate in anxiety provoking situations
- Educate clients effectively to self-reflect in states of conscious trance
- Respond creatively and effectively to individual expressions of trauma
- Recognize and support the process of integration
- To implement the tripartite approach to healing trauma
- Make appropriate referral 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 implement a trauma-healing dimension in their work with their clientele. The information presented here forms the foundation for a trauma-focused practice which can help heal trauma through a course of active and integrative pleasure-seeking practice.

Final assignment: Successful completion of this course requires a narrative project (paper or other formats) on the professional application of the course content in the student's practice.

Certification: Students who choose to be certified in the Perfect Touch method are required to undergo 20 hours of supervision with the instructor within nine (9) months of completion of the course. The supervision hour can be held online or in-person, one-on-one or in a group with other course graduates.