

Trauma Two

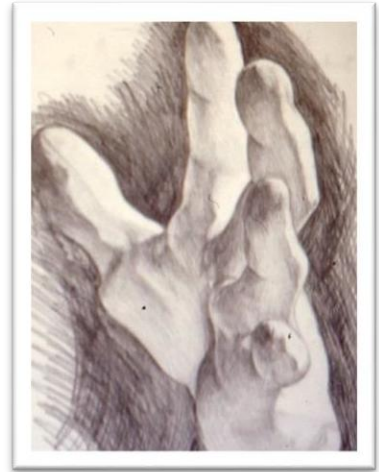
Trauma, Pleasure, and Healing

Prerequisite: Trauma One *or prior learning*

Course Format: Five (5) in-person sessions (7.5 hours)

followed by (optional) 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 symptoms, triggers, and their role in the healing process
- To understand the three-part 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 symptoms and triggers in the person
- Educate clients effectively to self-regulate in anxiety provoking situations
- Educate clients effectively to self-observe in states of conscious trance
- Respond creatively and effectively to individual triggers and signs of trauma
- Recognize and support the process of integration
- To implement the three-part 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 student's experience of the course and its practical applications.

Certification: Students who choose to be certified in the **Perfect Touch** method are required to undergo **20 hours** of supervision with the instructor ***within the year*** following the 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.