EMBODIED RECOVERY: FOR EATING DISORDERS
Trauma-Informed, Relationally-Oriented, and Somatically Integrated Treatment
Training For Somatically Integrated Providers
Level One: 18-Hour Training in Durham, NC

Eating disorders are one of the most misunderstood, misdiagnosed, and mishandled of all mental health concerns - often considered difficult to treat and prone to relapse. Today, current “evidenced-based” treatment approaches demonstrate limited outcomes and indicate a need for further advancement in treatment modalities.

EMBODIED RECOVERY is a cutting-edge approach to the treatment of disordered eating that weaves together the latest research and treatment models from pioneers such as Peter Levine, Dan Seigel, Stephen Porges, Pat Ogden, Bonnie Bainbridge, and Allan Schore creating a multifaceted tapestry of the current understanding of interpersonal neurobiology, attachment, traumatology, and the role of somatic organization in the development and treatment of disordered eating.

- Learn how the attachment and defensive system are expressed through eating disorder symptoms
  - Explore the connection between trauma, attachment, eating, and digestion
  - Deepen somatic practices that work with the attachment and defensive systems
  - Develop skills in comprehensive assessment, team procedures, and treatment planning
  - Identify the link between developmental movement patterns and character strategies
- Discover new tools for accessing the somatic building blocks that support early affect regulation and attachment

REGISTER Today!
September 22nd-24th
CHAPEL HILL, NC

Pre-requisite: Psychotherapist with training in somatic approaches such as Somatic Experiencing or Sensorimotor Psychotherapy or the equivalent (Somatic Psychology or SEP practitioner).
CEU credits included through Commonwealth Educational Seminars

For information please contact training coordinator:
Mary Lorenz, NCLMBT, SEP at (919) 656-5023 or mary.lorenz@gmail.com

Register at www.embodiedrecovery.org
PAULA is a somatic-based psychotherapist, Certified Eating Disorders Specialist, and Somatic Experiencing™ practitioner in NC. She has a private practice in Chapel Hill, and has worked in the field of eating disorders for over two decades. Paula served as the Eating Disorder Coordinator at Duke University CAPS for nine years providing services to college-age students, managing a multidisciplinary treatment team, and overseeing campus policies related to disordered eating. She has provided movement therapy at Carolina House treatment center and has taught extensively on the etiology and treatment of eating disorders through workshops, professional trainings, and conferences. Paula is the co-creator of ‘Ai Pono, the first intensive outpatient program for eating disorders with Dr. Anita Johnston, author of Eating in the Light of the Moon. Paula is the creator of Eating, Attachment & Somatic Education (EASE)™, a professional training that integrates attachment, eating and body image with Somatic Experiencing™. Paula has been working with researchers to begin to study the use of somatic interventions with the eating disorder population.

RACHEL is a somatically integrative psychotherapist, dually licensed in counseling and therapeutic massage and bodywork. She is a Certified Advanced Practitioner in Sensorimotor Psychotherapy and has advanced training and 25+ years experience in diverse somatic therapies including Craniosacral Therapy, Energetic Osteopathy, Oncology massage and Aromatherapy. Rachel worked as a primary therapist at Carolina House for 4 years. There she developed the Embodying Recovery group therapy protocol which formed the basis for her contribution to the EMBODIED RECOVERY treatment model. Currently, as the Director of Somatic Programming at Carolina House, Rachel is spear-heading the implementation of EMBODIED RECOVERY in their residential, partial hospitalization and intensive out-patient treatment programs. In her private practice in Chapel Hill, NC, Rachel works with trauma, eating disorders, and dissociative disorders. She has extensive experience as a teacher and presenter, focusing on accessing the body’s unique capacity to give voice to the subconscious and to lay the foundation for healing and maintaining psychological and physical health.

REGISTER TODAY!

September 22nd-24th

Location: Hyatt Place, 7840 NC-751, Durham, NC 27713
Schedule: 9:00am-5:00pm 22nd, 23rd, 24th
Cost: $600 (Deposit of $150 to hold space. Full payment due by August 1, 2017.

Cancellations received by August 1st will receive a full tuition refund minus $25; cancellations received after the deadline will receive a tuition refund less the $150.00 deposit. No refund after September 15th.

Course size is limited to 15 participants.

Continuing Education credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions: Psychologists, Social Workers, Licensed Professional Counselors, Marriage and Family Therapists.

This training is designed for psychotherapists trained in Somatic Experiencing or Sensorimotor Psychotherapy or equivalent (SEPs or Somatic Psychotherapist) who have minimal to moderate exposure to the etiology and treatment of disordered eating.

Interested in lodging at Hyatt? Contact website: https://durhamsouthpoint.place.hyatt.com