

WORKING TOGETHER

We shape our self
to fit this world

and by the world
are shaped again.

The visible
and the invisible

working together
in common cause,

to produce
the miraculous.

I am thinking of the way
the intangible air

passed at a speed
round a shaped wing

easily
holds our weight.

So we may, in this life
trust

to those elements
we have yet to see

or imagine,
and look for the true

shape of our own self,
by forming it well

to the great
intangibles about us.

~ David Whyte

PROGRAM DIRECTOR



Maggie McGuire, Ph.D.,
is a licensed psychologist,
child & family therapist,
somatic psychotherapist
and longtime practitioner
and teacher of Buddhism.
Certified as a Sensorimotor
Psychotherapist (Trauma),
Body/Mind Centering®
Teacher, and Yoga Teacher,

and trained in a variety of hands-on and somatic
movement practices, she incorporates narrative
& hypnotherapeutic approaches, body-centered
techniques, and mindfulness into the psychological
healing process. She has worked extensively for
the past 35 years with traumatic stress, attachment-
based disturbances, and life-threatening illness,
and brings a heartfelt presence to the process of
recovering our wise and compassionate nature.
As clinical director of Wellspring Mental Health
and Wellness Center, she supervises clinicians
in training, and offers professional trainings.

WELLSPRING MENTAL HEALTH
& WELLNESS CENTER

Is a non-profit organization ensuring that mental
health and wellness services are accessible to all
members of the community. It sponsors research
projects and training programs, supports clinicians-
in-training through graduate and post-graduate
internships and supervision, and provides space
for independent practitioners to offer a variety
of services, including, psychotherapy, massage/
bodywork, physical therapy, reiki, and acupuncture.

FOR GENERAL INQUIRY

Please contact Maggie McGuire, Ph.D.
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PO Box 147, Hardwick, VT 05843

VPA workshop June 11, 2010
*Awakening From the Trance of Trauma:
Pathways of the Embodied Mind*
Single Day Workshops
September 10, 2010
November 19, 2010
January 14, 2011
February 25, 2011
May 13, 2011

TRAUMA, ATTACHMENT
&
THE BODY/MIND

Principles & Practices of Relational,
Developmental & Somatic Psychology



PROFESSIONAL TRAINING
WITH
Maggie McGuire, Ph.D.
And Guest Faculty
2010-2011

*If you want to know how the wind is blowing, you
can look at the sand. Our body moves as our
mind moves. The qualities of any movement are a
manifestation of how mind is expressing through
the body at the moment.*

Bonnie Bainbridge Cohen
Sensing, Feeling and Action

TRAUMA, ATTACHMENT & THE BODY/MIND

At the core of our being there is an indestructible “*tender soft spot*,” a place of openness through which life moves. It is the source of our basic goodness. When encountering threatening situations, we instinctively attempt to protect that soft tender spot in the center of our being. Over time, the protective layer becomes the habit of mind that thinks this small hut we have built for ourselves is who we are, and we become disconnected from our wise resourceful center. We forget that the only real safety is found in our innate wisdom and compassion, that the only sure protection for our vulnerability rests in openness.

Traumatic stress occurs when we are overwhelmed by life-threatening experiences and are unable to process or assimilate various reactions (cognitive, emotional, and physical). Failure to integrate these experiences results in post-traumatic stress disorder. **Relational injury** resulting from disturbance in early attachment experiences can lead to limiting beliefs about ourselves and the world and to a wide variety of adult relational problems. Understanding how the brain, mind and body process, remember, and perpetuate traumatic & impaired developmental patterns holds many keys to their successful treatment.

COURSE OF STUDY

CEU 120 credits

In this program mental health clinicians will develop *ways of knowing* – ways of thinking, perceiving, experiencing, and acting that enable openness and responsiveness to life. Cognitive approaches and verbal dialogue will be integrated with *embodied awareness* – mindful explorations of sensing, feeling, and action that underlie how the body/mind processes information and integrates emotional and cognitive meaning-making. We will consider the fundamental nature of self as a *relational being*, integrating body, mind, spirit and relationship within a neurodevelopmental process. In working with the effects of *trauma*, we will introduce ways of stabilizing the reactive mind and carefully disentangling the sticky web of defensive patterns that naturally arise when safety eludes us and we are overwhelmed by threat of harm.

Clinicians will learn to help clients increase their integrative capacity through awareness of unconscious somatic patterns and their connection to cognitive schemas, to reveal innate wisdom beneath the armoring, to restore a pathway to the core of their being, and to reconnect them with the energy, resources, and potentialities implicit in each person.

THIS TRAINING PROGRAM will enable participants to articulate and demonstrate an integrated, embodied awareness of and skill in applying knowledge in the following areas:

WAYS OF KNOWING *Mindfulness & Information Processing*

- A mindfulness-based model of information processing that differentiates & integrates aspects of knowing.
- A therapeutic framework guiding the steps and the methods of somatic psychotherapy.

EMBODIMENT *Body Psychology & Embodied Awareness*

- An understanding of the nervous system and the perceptual-motor process underlying information processing and the organization of experience.
- An understanding of body systems, and the ways in which each body system contributes to one's developmental process and plays a role in the expression of mind.
- Key principles and practices of body psychology, embodied awareness and movement.

RELATIONAL BEING *Attachment & Beyond*

- A framework for relational being that underlies healthy relating *within* (ourselves) and *between* (self and other).
- An understanding of the prenatal and early life developmental process occurring within a relational framework that shapes attachment patterns and establishes an embodied sense of self.
- Attachment patterns in psychotherapy.
- Therapeutic guidelines and strategies that support the development of a mature relational self, especially the capacity for affect regulation and a reflective stance toward oneself.

TRAUMA *Touching the Trauma Membrane*

- Factors that contribute to and perpetuate the disabling effects of traumatic stress patterns.
- Key principles and practices that help resolve the persistent effects of trauma and restore balance to the body/mind.
- A phase-oriented treatment approach aimed at establishing resources for stabilization, accessing and resolving traumatic memories, and integrating a dynamic embodied sense of self.

COURSE SCHEDULE

SESSION I *September 9-12, 2010*

Ways of Knowing

Embodiment I: Explorations in Body Awareness & Movement

Praxis: Integrating & Refining Therapeutic Principles & Practices

September 10 – OPEN TO THE PUBLIC

SESSION II *November 18-21, 2010*

Relational Being: Attachment & Beyond

Praxis: Integrating & Refining Therapeutic Principles & Practices

November 19 – OPEN TO THE PUBLIC

SESSION III *January 15-16, 2011*

Trauma I: Touching the Trauma Membrane

Praxis: Integrating & Refining Therapeutic Principles & Practices

January 14 – OPEN TO THE PUBLIC

SESSION IV *February 24-27, 2011*

Trauma II: Touching the Trauma Membrane (continued)

Praxis: Integrating & Refining Therapeutic Principles & Practices

February 25 – OPEN TO THE PUBLIC

SESSION V *May 12-15, 2011*

Embodiment II: Explorations in Body Systems & Body Psychology

Praxis: Integrating & Refining Therapeutic Principles & Practices

May 15 – OPEN TO THE PUBLIC

Weekend Schedule

Class begins each day at 9:30 am. There will be an optional early morning yoga/movement/meditation on Saturday & Sunday 7:30–9 am. There will also be an evening session on Saturday. We will end mid-afternoon on Sunday.

Thursday 1–5, 6:30–8:30

Friday 8:30 am–12:30 pm, 2–5 pm

Saturday 8:30 am–12:30 pm, 2–5 pm

Sunday 8:30 am–1 pm

DEEPENING THE STUDY

As therapists, the more deeply we embody ourselves, the more fully present we are for our clients. Therefore, somatic experience is at the foundation of all our classes. Out of the depth of this self-awareness comes the sensitivity of deep listening and authentic speaking, and the ability to facilitate embodiment, energetic sequencing, and physiological state changes in the client. Students are encouraged to invest in a regimen of daily practices and continual study in order for the training to become deeply embedded and fully integrated.

In small group settings, we will cultivate a learning environment within which we can safely explore our knowing and not-knowing, allow for our resources and our doubts, and find support and expression.

The training is offered in five four-day weekends over the course of one year at the Bishop Booth Conference Center, Burlington, VT. Residency is encouraged but not required. A single-day workshop option is available each weekend on Friday. Enrollment is limited, with priority given to participants enrolled in the intensive training program.

COURSE SCHEDULE

For those applying for the intensive training program, please submit a resume of your ...

REGISTRATION

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ Email _____

_____ Intensive Training Program

_____ Single-Day Workshop (Date: _____)

FEES

Intensive Training Program

\$25 Application Fee (Non-Refundable)

\$3600 Course Fee

Single-Day Workshops

\$150 Course Fee

PAYMENT

Please send check, payable to *Wellspring*, with completed registration registration form and written application, to:

Wellspring Mental Health & Wellness Center
PO Box 147, Hardwick, VT 05843

Program fee is payable prior to start of training unless other payment arrangements are made. Financial Aid is available through VSAC grants, limited scholarships and work study.

Once we receive your registration form and written application, we will arrange for a brief conversation prior to confirming acceptance into the program.

LODGING & MEALS

Lodging & meals are available if you wish, and will be charged as a separate fee.

Lodging \$35/person/night (double)

\$50/person/night (single)

Meals Breakfast \$7 Lunch \$10 Dinner \$15