

## Trauma Statement

The Certificate in Sexological Bodywork practitioner training is a 7-month entry level program on teaching clients to develop somatic awareness through erotic embodiment skills. It is not a training in how to work specifically with trauma. It is, however, trauma-informed - by which we mean, you will learn about what trauma is neurologically, how to recognize when a client is experiencing a traumatic response, how to support clients in: grounding, creating safety and developing agency and the importance of referring to appropriate health care practitioners.

The word trauma has been used internationally in a wide variety of ways, resulting at times in miscommunication amongst practitioners. The trauma we are referring to in this statement is when there have been traumatic events that have happened in a way that is both too much and too fast for the nervous system to process resulting in behavior patterns developing and continuing. Working with this type of trauma is complex and requires advanced level training and experience.

Sexological bodywork may be useful in supporting people through other experiences which people sometimes also call trauma. A trauma-informed practitioner learns how to recognize the differences, and what is appropriate and useful to do in different situations.

The Certificate in Sexological Bodywork practitioner training is not a place to come to work through your own trauma. It is taught somatically, with a focus on embodied awareness and touch. A central methodology used is for students to learn bodywork through giving and receiving the practices themselves. A certificate course which involves giving and receiving touch as part of the core content and methodology is not a useful place to work on trauma. If you are interested in taking the training, it is important you work through any trauma you may be experiencing first, and enroll in the training once you are in a resourced place where you have developed awareness and choice. That is, when you are able to ground and create a sense of safety and agency for yourself when exposed to events which may have at one time triggered you.

The facilitators are, however, experienced in supporting people experiencing trauma and emotional overwhelm and as the course content focuses on embodiment and learning to ground, create safety and develop agency through a client-centered approach, you are in a safe supported space should unexpected content arise.

Not all students in this field want to work in the area of trauma but for those who seek further training we offer several trainings to choose from:

Somatic Experiencing® International - <http://traumahealing.org>

Compassionate Inquiry with Dr. Gabor Maté - <http://compassionateinquiry.com>

Tension & Trauma Releasing Exercises (TRE®) - <https://traumaprevention.com>

Certificate in Traumatic Stress Studies - <https://traumaresearchfoundation.org/programs/certificate-program/>

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