

Somatics of Common, Complex Emotions

Learning Objectives

1. Discuss how somatic interventions can access pre-verbal states
2. List at least three common, complex emotional states
3. Describe how behavioral or somatic patterns can be expressions of affect
4. Summarize how we can work with affect states to settle the physiology
5. Utilize somatic methods for helping the physiology return to homeostasis
6. Note body changes we might expect to see in relation to at least one of the following emotions: heartbreak, despair, excitement
7. Note behaviors that would typically be associated with at least one of the following emotions: humiliation, joy, gratitude, disgust
8. Discuss the pro-social value of at least two complex emotions
9. List at least one disorder (psychological, somatic or behavioral) of each of the following emotions: humiliation, anguish, despair
10. Apply somatic methods for working with complex affect states
11. Use touch to support changes in complex affect states.
12. Identify the developmental task related to at least one of the following: despair, betrayal, heartbreak or disgust.
13. Discuss how the change in somatic patterns can in turn support change in the brain.