

Somatics of Emotion Learning Objectives

1. Discuss how somatic interventions can access pre-verbal states
2. List at least three non-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: joy, anger, fear, sadness
7. Note behaviors that would typically be associated with at least one of the following emotions: excitement, anger, gratitude, fear
8. Discuss the pro-social value of emotions
9. List at least one disorder (psychological, somatic or behavioral) of each of the following emotions: fear, anger, sadness
10. Apply somatic methods for working with affect states
11. Use touch to support changes in affect states
12. Describe how one affect state can transition to another
13. Summarize the observer's response to at least 2 of the following affect states: gratitude, sadness, excitement, anger.