

# Somatic Practice

Trainings with Kathy L. Kain

## Somatic Skills Online Learning Objectives

### MODULE 1

**At the conclusion of this module, participants will be better able to:**

1. List at least three ways a client's somatic awareness can be supported
2. Identify three body layers
3. Note body changes we might expect to see in relation to the following autonomic nervous system responses: transition into sympathetic system dominance, transition into parasympathetic nervous system dominance
4. Use at least two guided client practices to support better physiological regulation
5. Apply at least three somatic interventions to support a client's physiological regulation
6. Identify body changes that would be expected if a client's vigilance system is down-regulating
7. Identify the two aspects of the parasympathetic system that are articulated by the Polyvagal Theory
8. List two types of physiological responses that are mediated by the Dorsal Vagal Complex
9. Describe a treatment plan related to a regulation-focused form of trauma recovery

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### MODULE 2

**At the conclusion of this module, participants will be better able to:**

1. Discuss the relationship between sensory-motor development and the threat response
2. List at least two of the sensory systems involved in threat perception
3. Describe the relationship between interoception and neuroception
4. Apply at least two methods for supporting interoceptive development
5. List three ways in which the practitioner can enhance their focus in the online format
6. Describe two forms of coupling dynamics
7. Apply intentional touch to support somatic titration
8. Identify a somatic method for supporting client differentiation of body sensation
9. Discuss the difference between a local form of somatic attention as compared to a global form of somatic attention

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### MODULE 3

**At the conclusion of this module, participants will be better able to:**

1. Identify two primary differences between developmental and shock trauma
2. Describe two elements that are commonly found as part of a “trauma structure”
3. Note three symptoms commonly associated with complex trauma
4. List a common somatic symptom associated with the influence of traumatic stress on: the endocrine system, the immune system, or the digestive system
5. Use at least two guided client practices for supporting healthier balance in the dorsal and ventral parasympathetic systems
6. Identify body changes that would be expected from increased coherence between at least two of these body systems: skin, muscle, bone, fascia, fat
7. Apply intentional touch interventions for working with the mediastinum
8. List two of the body diaphragms
9. Describe two common elements of a treatment plan for complex trauma