



Restorative
Resources

CPF and its clinical counterpart, Restorative Movement Psychotherapy (RMF), integrate multiple pathways, both ancient and cutting edge, to help individuals and collectives to access their own most potent healing space. The pathways integrated into CPF and RMP include current neurobiological research such as Stephen Porges's Polyvagal Theory, Dance/Movement therapy, expressive arts, and developmental psychology.

CPF and RMP have been developed over years of working with individuals and groups around the world who have experienced and continue to experience extreme trauma including torture, genocide, war, and natural disasters. It is a phasic, developmental framework that specifically addresses and honors the complexities of working across cultures and the impact that long-term trauma has on survivors' lives. Both models seek to evoke the profound resiliency present in human beings as a pathway to restoration and recovery

This training series will benefit all mental health professionals who work with survivors of trauma and wish to integrate body-based and creative arts approaches into their work. The work is applicable to individual, family, group or community contexts.

Other professionals, including bodyworkers, movement practitioners, and health care providers are welcome to participate. Please call prior to registration.

This course series addresses the nature of the therapeutic relationship and social engagement through several mediums including creative, somatic, breath, rhythm and movement based interventions. We will explore multiple pathways to address the implicit nature of the trauma response and develop creative approaches to navigate the explicit realm.

beauty humor dignity

The Center Post Trauma and Resiliency Framework

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The CenterPost Trauma & Resiliency Framework ("CPF") derives its name from the Kreyol words Poteau Mitan, which describe the potent healing and transpersonal space that is integral to many ancient forms of healing. The name acknowledges the influence of Haiti's Fran Guinee tradition of Vaudu – the oldest form of Vaudu which arrived on Haiti's shores with the slave ships.

The essence of Vaudu is universality – our interconnectedness with all of life. Spirit and grace are considered to be ever present. Vaudu tradition holds the principle that we have an innate capacity to heal which is sourced through our innate capacity to love.

www.restorativeresources.net



Restorative Resources offers a 4 part training series in CPF and RMP. Part 1 may be taken as an individual course or as the pre-requisite for parts 2,3 and 4. All courses are a Friday late afternoon/evening, Saturday and Sunday. Part 1 can be taken as a stand alone course, and is a prerequisite for parts 2-4. Cost, location, times are updated on www.restorativeresources.net regularly. This training series is suitable for anyone working with trauma, has been taught in Norway, Indonesia , Australia, and Haiti, and is referenced in the International Society for Traumatic Stress Studies Second Edition of Effective Treatments for PTSD (Guilford Press, 2008). Each weekend course provides 18 Counseling and Social Work CEU's.



1. Part 1 (This course may be taken as an individual course):

Somatic and Creative Arts Approaches to Working with Survivors of Trauma

In this workshop, participants are introduced to the application of somatic psychology and creative arts therapies to work with survivors of severe trauma, such as mass trauma (natural and human-made disasters) and extreme interpersonal violence. The workshop includes a sampling of the literature on somatic and creative approaches to working with this population. The emphasis is on cross culturally congruent resource and strength oriented approaches to trauma therapy. This is a very experiential course, so dress comfortably!

**2. Part 2 (This course must be taken as part of the series which also includes part 3 and 4):
The Center Post Framework for Mind-Body Psychotherapy: Living and Theoretical Foundations Course**

This course is an embodied exploration of current theoretical material and scientific research. The emphasis of this course is applied learning to cultivate somatic self-awareness for the clinician. This course strongly emphasizes mitigation of secondary trauma and self-care. We begin to work with dampening arousal in the nervous system, and promoting internal states of calm and social engagement. Resourcing through the body helps to dampen negative affect and restore connection to positive affect and pleasure through somatic awareness, breath, and movement — the biological, physiological and body-based underpinnings of all human experience.

3. Part 3:

Engaging the Whole

Current psychotherapeutic techniques are strongly influenced by an increasing awareness that affect intolerance and dysregulation, rooted in our biology and bodies, contribute to ongoing distress in traumatized clients. RMP is a powerful method to assist clients to manage affect intensity and to regulate emotions – in essence, to “get their bodies back”.

Non-verbal systems for assessment and diagnosis are introduced, and participants begin to increase skills to work non-verbally with clients, thereby addressing the implicit nature of trauma, through the direct experience of the body. Topics include affect regulation and dysregulation, boundary work and social engagement.

4. Part 4:

Reaching Out—The Social and Collective Body

Working with the principles of mindfulness, somatic awareness, the developmental sequence, corporal memory, primary and secondary portals to the body, the therapeutic relationship and social engagement, this workshop will teach creative, somatic, breath, rhythm (including drumming) and movement-based interventions that address the implicit nature of the trauma response and promote creative approaches for navigating the explicit realm. In this workshop, we focus on group and community-based work. This workshop can also include a section on large scale disaster response. All workshops are highly experiential, and additional specialty courses are offered. Examples of additional courses are Creative Therapies for Children, Prop Shop: Working with Balls, Boards and Bands, and Roots, Rhythm and Ritual.