

# How are SP therapists trained?

An SP practitioner is a mental health professional who has completed one or more comprehensive courses offered by the Sensorimotor Psychotherapy Institute (founded by Dr. Pat Ogden, 1981). Practitioners are expected to hold the qualifications to practice psychotherapy in their region.



SP for the Treatment of Trauma:  
*80 contact hours*



SP for the Treatment of Attachment Injury:  
*180 contact hours*



SP Certification:  
*140 contact hours*



Pat Ogden, PhD, Founder  
Sensorimotor Psychotherapy Institute

# Does SP work?

Therapists and clients alike report that a Sensorimotor Psychotherapy approach leads to increased connection with the body and a new way of being in the world and engaging with others.

Preliminary evidence from research suggests the following effects:

## Improvement in:

- Work functioning
- Social functioning
- Overall health
- Body awareness
- Receptivity to soothing

## Reduction in:

- Interpersonal problems
- Anxiety
- PTSD symptoms
- Dissociation
- Depression



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# Sensorimotor Psychotherapy



*...because the body knows.*

# What is Sensorimotor Psychotherapy?

Sensorimotor Psychotherapy (SP) is a method that draws upon the natural wisdom of the body (posture, movement, and the nervous system) to tap into the innate drive in all of us to heal, adapt, and develop new capacities.

## How does SP work?

The effects of trauma, neglect, and abusive or emotionally painful relationships with childhood caregivers are held in our nervous systems, posture, and movement habits, as well as in unresolved painful emotions and limiting beliefs. To change these patterns, clients learn to mindfully follow the natural intelligent processes of body and mind. New information that often remains unnoticed in conventional therapies is revealed by paying attention to both aspects - body and mind. This can accelerate healing and lead to more lasting change.

## What can I expect in a session?

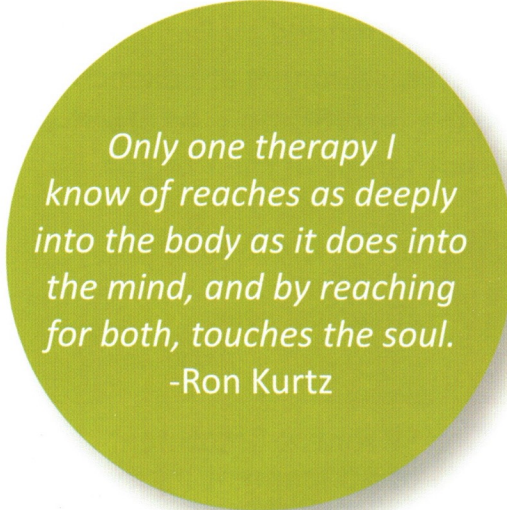
SP is a talking therapy, and treatment takes place in a traditional counseling setting. Your therapist will help you become aware of the way that your body holds the problems you have come to therapy to resolve. As the client, you are in control of what to explore.

You may choose to work with strong emotions (that have been suppressed, or are overwhelming), limiting beliefs (such as "I will never be good enough"), trauma symptoms (like panic or nightmares), or physical symptoms (like racing heartbeat or physical pain). Your therapist will guide you to become mindfully aware of your posture, movement, and physical sensations so you can utilize your body's intelligence to help you resolve issues and meet your goals.

SP can be used in individual, group, couple, and family psychotherapy, and in combination with other modalities such as EMDR, Cognitive-Behavioral Therapy, and talk therapies.

## Who is SP for?

Adults, children, and adolescents who suffer from unresolved trauma, relationship problems, or who want to reduce stress and improve their quality of life, can all benefit from SP.



*Only one therapy I know of reaches as deeply into the body as it does into the mind, and by reaching for both, touches the soul.*

-Ron Kurtz

## Does SP have any limitations?

SP may need to be adjusted for use with clients whose ability to be mindfully aware is limited in some way, such as by age, psychosis, disability, or acute distress. SP is adaptable to individual needs, and can be modified based on a person's strengths, difficulties, capacities, and goals.