




Sensorimotor Psychotherapy® Level 1 Training

Clarity Singapore is a proud partner of the
 Sensorimotor Psychotherapy Institute

**Sensorimotor Psychotherapy (SP)
trainings are now available in
Singapore!**

**DEVELOPED BY LEADING TRAUMA EXPERT
DR. PAT OGDEN AND COLLEAGUES.**

**A BLENDED, BOTTOM-UP,
SOMATIC APPROACH THAT CAN
HELP ACCESS COMPLEX AND
NON-VERBAL TRAUMA SAFELY.**

**ADDRESSES EMOTIONAL,
PSYCHOLOGICAL AND
PHYSIOLOGICAL IMPRINTS
OF TRAUMA.**

**SP PROVIDES POWERFUL TOOLS
TO PROCESS TRAUMA AT THE
NERVOUS SYSTEM LEVEL FOR
DEEP, LASTING HEALING.**

The Power of Sensorimotor Psychotherapy in Trauma Work

Sensorimotor Psychotherapy (SP) is a body-centered approach that helps clients recognize and regulate **trauma-linked physical sensations** (e.g., tension, numbness) **while rebuilding nervous system safety**.

By addressing implicit bodily memories, **SP is good for attending to complex PTSD, dissociation, and attachment wounds**.

"...SP has transformed my clients. Not only have they made progress, they have maintained their gains. They typically experience a sense of awe, as they become aware that they already possess the tools to heal. A client with complex trauma summed up the benefits of the SP approach, "There is more correspondence between my body and my brain!" R.L. Level I Alumnus

"SPI's Certification Training has met and far exceeded my expectations and is, by far, the hardest and the best clinical training I have ever taken since beginning my study of clinical psychology. The teachings I learned through the training revolutionized my work with clients and have provided a trusted road-map and practical tools that I draw upon in literally every client session. While the Level III is incredibly challenging and demanding, I am grateful for the precision of the skills that called upon me to rise to a level of proficiency that has, over the months, integrated into increasing clinical mastery." Marilynn Chophel, MFT, Certified Sensorimotor Psychotherapist

Level 1 Curriculum

- This training teaches body-oriented interventions to track, name, and safely explore trauma-related somatic activation, helping clients rebuild a sense of self.
- Students will learn accessible techniques to address limiting somatic patterns, disrupted emotions/cognitions, and the fragmented self common in trauma.
- By completion, participants will apply core SP methods for trauma and adapt them for complex cases.

Note. There are 3 modules in level 1. This course contributes to 78.0 CPD hours.

Requirements

- A recognised post-graduate degree in psychotherapy, social work, psychology, or counselling.
- **Full** attendance + evaluation submission within 7 days for CE credit.

To Find Out More & Register

Scan QR code or head over to
www.clarityforpractitioner.com



About the Lead Trainer

Tracy Jarvis, MSc, UKCP, is a renowned psychotherapist with over 20 years of expertise in trauma, neuroscience, and Sensorimotor Psychotherapy.

A co-developer of UCL's Psychology and Trauma MSc and former Managing Director of PESI UK, she integrates cutting-edge science with somatic trauma treatment in her teaching, writing, and private practice. Learn more: **tracyjavis.net**.



Training Dates

Note. Level 1 is a 14/15-day course.

MOD
1

6 - 10 APRIL 2026

ONLINE, 2.30 - 7.45PM

MOD
2

12 - 15 / 16 MAY 2026

**IN-PERSON, 9.00AM - 5.30PM /
ONLINE, 2.30 - 7.45PM**

MOD
3

13-18 JULY 2026

ONLINE, 2.30 - 7.45PM

Timing: SG Standard Time, UTC +8

Module 2 is planned to be in-person in Singapore, subject to a minimum enrollment of 20 participants. Final confirmation will be made latest by 15 Jan 2026. **Confirm your spot early to help make it happen!**

Tuition

SGD 4,000

(excludes post-training consultations).

Instalments are available upon request, but full payment is to be made before the course start date.

An Earlybird price is available if you register before 31 Oct 2025!

Read about our Course Policies

Scan QR code or head over to
www.clarityforpractitioner.com



The Biological Foundation of Sensorimotor Psychotherapy

A "Neurocepted"
Threat to Safety

For PTSD survivors, trauma isn't just an event—it's a **physiological imprint**.

When our nervous system fails to reset after stressful experiences -

or when chronic hyperarousal (overactivation) or hypoarousal (shutdown) becomes our baseline - we may develop **"faulty neuroception"**.

Maladaptive
Neuroception

This disrupts our ability to accurately assess safety or threat, leaving us trapped in misaligned survival responses.

The Body Develops A
"Hyper Alarm System"

When neuroception is impaired, everyday interactions, environments, and **even benign stimuli can unconsciously echo past trauma** - flooding us with distress and depleting our capacity to manage ordinary stressors, much less find joy in daily experiences.

"The body's response to trauma is **not a cognitive choice**. Healing must engage the physiological state - the foundation of our lived experience - before we can meaningfully address the story."

Stephen Porges, *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe*

Traumatic implicit memories, which cannot be verbally recalled, often surface through sensorimotor reactions - such as **disrupted arousal, emotional disturbances, defensive reflexes, and medically unexplained physical symptoms.**

*We 'Remember'
Trauma With Our
Bodies*

(Ogden et al
2006)

Since these memories cannot be accessed through verbal recollection, they often stay **fragmented and unchanged over time.**

(Van der Kolk &
Van der Hart,
1989)

*Trauma-Informed is
Being Body-Informed*

Discussing trauma without **first establishing stabilisation** can **reactivate unresolved implicit memories**, sparking dysregulated arousal and defenses.

Bottom-Up Approaches Address Trauma's Bottom-Up Hijacking of the Nervous System

Instead, therapists should focus on:

- **Body sensations & movement** over just the story.
- **Implicit memory** over only explicit recall.
- **Nervous system regulation** over just talk therapy.

"Because neuroception is automatic and often unconscious, **client's attempt to change it via top-down strategies will fail.**"

*Pat Odgen & Janina
Fisher, Sensorimotor
Psychotherapy:
Interventions for Trauma
and Attachment*

Sensorimotor Psychotherapy Helps To

- ✓ **Rebuild body awareness** by tracking sensations. Observe moment-by-moment organization of sensorimotor experience in the client.
- ✓ **Interrupt dissociation** with embedded relational mindfulness and neuroregulatory intervention skills.
- ✓ **Restore agency** using movement (e.g., "What does your body need to do now?") and sensorimotor processing.

LEVEL

1

SP FOR THE TREATMENT OF TRAUMA

LEVEL

2

SP FOR DEVELOPMENTAL &
RELATIONAL INJURY

COMING SOON

LEVEL

3

SP CERTIFICATION - ADVANCED
INTEGRATIVE TRAINING

COMING SOON

"Clients who feel betrayed by, fearful of, disappointed in, or angry with their bodies will find explanations for why they might have developed these attitudes, learn to understand their adaptive functions, and through this understanding, begin to cultivate more salubrious attitudes."

*Pat Odgen & Janina Fisher, Sensorimotor Psychotherapy:
Interventions for Trauma and Attachment*

The Future of Trauma
Therapy is Here, and it
is Body-Led!



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 **Clarity Singapore Limited**



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Brought to you by
Clarity For Practitioners

**A service of Clarity Singapore
providing developmental resources
for mental health workers.**

**Clarity Singapore is the sole partner of the
Sensorimotor Psychotherapy Institute in providing
the SP certification trainings in Singapore.**