

## **Using the Body to Heal: How Somatically Based Modalities Increase Stabilization and Change**

**Learning Objective:** After attending this presentation, participants will be able to:

1. Have a basic knowledge of Polyvagal Theory.
2. Have an understanding of various somatic therapy modalities.
3. Identify how working with somatic therapies can improve client regulation
4. Increase awareness of own somatic experiences and how this impacts the therapeutic relationship.

**Abstract:** Body based therapies have finally become more mainstream and understood despite being researched and used for over 25 years. In this presentation, information will be provided about the theoretical foundation for somatic therapies along with different types of somatically based modalities. Additionally, the presenters will discuss how using these types of modalities can improve outcomes for those suffering with mental health issues; especially for people diagnosed with PTSD and Complex PTSD. Finally, experiential exercises will be used to further enhance learning about how somatic therapies are used and to gain awareness of one's own nervous system.

**Presenters:** Caron J. Leader, MSW, LCSW, ACSW, SEP, Within Sight, LLC and Julie M. Bellamy, MSW, LCSW, GC-C, Within Sight, LLC

**Bio:** Caron J. Leader, LCSW, ACSW, SEP partner and psychotherapist, was raised in Evansville, Indiana and has lived in Evansville most of her life. She graduated from the University of Cincinnati with a Bachelor of Arts degree and received her Master of Social Work degree from the University of Southern Indiana in 1996. Caron worked at the AIDS Resource Group of Evansville, Southwestern Behavioral Healthcare and Catholic Charities before starting in private practice. She has also worked as an adjunct professor at the University of Southern Indiana. She currently co-owns Within Sight, LLC in Evansville, Indiana.

Caron treats children, adolescents and adults. She has extensive training in Sandtray Worldplay, Expressive Play Therapy, Cognitive Behavioral Therapy, and Client-Directed Outcome-Informed therapy. She is a Certified EMDR (Eye Movement Desensitization & Reprocessing) therapist and a Somatic Experiencing Practitioner (SEP). Caron utilizes this training to help people with anxiety, AD/HD, depression, grief, trauma and life transition issues. Caron is also a certified administrator of the Myers-Briggs Type Indicator (MBTI) and the Fundamental Interpersonal Relations Orientation-Behavior (FIRO-B) which she uses in psychotherapy as well as in business consultation.

**Bio:** Julie Bellamy, LCSW, GC-C, partner and psychotherapist, is a native of Tell City, Indiana. She received her Bachelor of Science degree in Biology from the University of Evansville and worked as a registered medical technologist for over a decade. She

received her Master of Social Work degree from the University of Southern Indiana and has worked as a Licensed Clinical Social Worker for many years starting her career with working as an in-home family therapist and in skilled nursing facilities. Julie been working in private practice for over 14 years.

Julie is a Certified Grief Counselor and works with grief issues across the spectrum. She is also Certified in EMDR (Eye Movement Desensitization and Reprocessing) and trained in Developmental Needs Meeting Strategy, Sandtray Wordplay, Expressive Play Therapy and Somatic Trauma Therapy. Julie uses her extensive training in these interventions to assist clients with a variety of concerns including those based in trauma, anxiety and family of origin issues. She treats adults in her practice and enjoys working with couples.