

# **Touch Skills Training for Trauma Therapists with Kathy L. Kain, PhD.**

## **Daily Class schedule**

### **Module 1**

#### **Day 1**

- 9:30-10:00 Introduction and overview
- 10:00-10:45 Lecture: Anatomy and function of different body structures: Skin, muscle, bone, fascia.
- 10:45-11:00 Break
- 11:00-11:30 Establishing intention for touch intervention, context for use in psychotherapy setting.
- 11:30-12:30 Practice exercise in triads – touching skin. Debrief.
- 12:30-2:00 Lunch
- 2:00-2:30 Demo – working with muscle
- 2:30-3:30 Practice – working with muscle
- 3:30-3:45 Break
- 3:45-4:30 Complete practice and small group debrief working with muscle
- 4:30-5:30 Large group debrief of exercise; begin orientation to practice for day 2

#### **Day 2**

- 9:30-10:00 Lecture on working with bone
- 10:00-10:30 Demo, working with bone
- 10:30-11:00 Practice, working with bone
- 11:00-11:15 Break
- 11:15-12:30 Practice and small group debrief
- 12:30-2:00 Lunch
- 2:00-2:45 Lecture and demo – fascia
- 2:45-3:45 Practice, fascia
- 3:45-4:00 Break
- 4:00-4:45 Final practice, small group debrief – fascia
- 4:45-5:30 Group debrief, Q&A

#### **Day 3**

- 9:30-10:30 Lecture: Context of touch in psychotherapy; scope of practice; how activation and other physiological states manifest in tissues.
- 10:30-11:00 Review of traumatic stress physiology
- 11:00-11:15 Break
- 11:15-12:30 Lecture and demo – working with kidney/adrenal system to support physiological regulation
- 12:30-2:00 Lunch
- 2:00-3:30 Practice – kidney/adrenal, regulation exercise
- 3:30-3:45 Break
- 3:45-4:15 Group debrief, Q&A
- 4:15-5:00 Lecture and demo re: hypervigilance/safety.
- 5:00-5:30 Practice – vigilance system/brain stem response

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### **Day 4**

9:30-10:30	Complete practice – vigilance system
10:30-11:00	Group debrief, Q&A.
11:00-11:15	Break
11:15-12:30	Lecture and demo, work with enteric nervous system
12:30-2:00	Lunch
2:00-3:30	Practice, enteric nervous system
3:30-3:45	Group debrief, Q&A
3:45-4:00	Break
4:00-4:45	Lecture and demo, working with scars/trauma related to injury or surgery
4:45-5:30	Practice, working with injury trauma

### **Day 5**

9:30-10:30	Complete practice
10:30-11:00	Group debrief
11:00-11:15	Break
11:15-12:30	Lecture, demo: Working with metaphor of body systems
12:30-2:00	Lunch
2:00-3:30	Practice, working with body metaphor
3:30-3:45	Break
3:45-5:00	Working with matrix and alignment of attention and presence
5:00-5:30	Group debrief, Q&A

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## **Daily Class schedule**

### **Module 2**

#### **Day 1**

- 9:30-10:00 Review of previous module, Q&A  
10:00-11:00 Lecture: Motor and Sensory Development and their relationship with self-protective responses in the context of traumatic stress  
11:00-11:15 Break  
11:15-12:30 Lecture, demo: Relationship between motor and sensory development and the capacity for self-regulation, threat response cycle and perception of safety. Global High Intensity Activation and the threat response cycle. Relationship to dissociation  
12:30-2:00 Lunch  
2:00-3:30 Practice – working with motor reflexes  
3:30-3:45 Break  
3:45-4:15 Complete practice  
4:15-4:45 Group debrief, Q&A  
4:45-5:30 Scope of practice, treatment planning

#### **Day 2**

- 9:30-10:30 Lecture, demo – working with early motor reflexes, continued  
10:30-11:00 Practice, early motor reflex repair  
11:00-11:15 Break  
11:15-12:30 Complete practice  
12:30-2:00 Lunch  
2:00-2:30 Group debrief, Q&A  
2:30-3:15 Lecture, demo – working with auditory and other sensory disruption  
3:15-3:30 Break  
3:30-5:00 Practice – working with auditory and other sensory disruptions  
5:00-5:30 Group debrief

#### **Day 3**

- 9:30-11:00 Lecture, demo – coupling dynamics, traumatic coupling dynamics  
11:00-11:15 Break  
11:15-12:30 Practice – working with traumatic coupling  
12:30-2:00 Lunch  
2:00-2:45 Complete practice  
2:45-3:30 Group debrief  
3:30-3:45 Break  
3:45-4:30 Lecture, demo – working with global response  
4:30-5:30 Practice – working with global response

#### **Day 4**

- 9:30-10:00 Complete practice  
10:00-10:30 Group debrief  
10:30-11:00 Lecture – working with traumatic response to high velocity injury  
11:00-11:15 Break

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11:15-12:30 Demo – high velocity injury  
12:30-2:00 Lunch  
2:00-3:30 Practice – high velocity injury  
3:30-3:45 Break  
3:45-4:30 Complete practice  
4:30-5:00 Debrief  
5:00-5:30 Lecture – how trauma impacts fluid systems

#### **Day 5**

9:30-10:00 Demo – working with regulation, fluid systems  
10:00-11:00 Practice  
11:00-11:15 Break  
11:15-11:45 Group debrief  
11:45-12:30 Lecture, demo – trauma structures, coherence through different body layers  
12:30-2:00 Lunch  
2:00-3:30 Practice – coherence  
3:30-3:45 Break  
3:45-5:30 Working with somatic shame, group debrief

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### **Module 3**

#### **Day 1**

9:30-10:00	Review, Q&A
10:00-11:00	Lecture, demo – working with trauma associated with falls
11:00-11:15	Break
11:15-12:30	Practice – falls
12:30-2:00	Lunch
2:00-2:45	Complete practice
2:45-3:15	Debrief
3:15-3:45	Lecture, demo – working with keystone systems, back through body layers
3:45-4:00	Break
4:00-5:30	Practice

#### **Day 2**

9:30-10:00	Debrief, Q&A
10:00-11:00	Lecture – working with trauma structures, early trauma
11:00-11:15	Break
11:15-12:00	Demo – working with diaphragms
12:00-12:30	Practice
12:30-2:00	Lunch
2:00-3:00	Complete practice
3:00-3:30	Debrief
3:30-3:45	Break
3:45-4:30	Review of polyvagal theory, physiology of traumatic stress
4:30-5:30	Lecture – working with mediastinum

#### **Day 3**

9:30-10:30	Demo – mediastinum
10:30-11:00	Practice
11:00-11:15	Break
11:15-12:30	Complete practice
12:30-2:00	Lunch
2:00-2:30	Debrief
2:30-3:30	Lecture, demo – working with deep shock states, viscera
3:30-3:45	Break
3:45-5:30	Practice

#### **Day 4**

9:30-10:15	Complete practice
10:15-11:00	Debrief, Q&A
11:00-11:15	Break
11:15-12:30	Working with dorsal vagal physiology
12:30-2:00	Lunch
2:00-3:30	Practice – dorsal vagal physiology and trauma
3:30-3:45	Break

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3:45-4:15 Debrief  
4:15-5:30 Endocrine system response to trauma

#### **Day 5**

9:30-11:00 Practice – coherence in physiological systems  
11:00-11:15 Break  
11:15-11:45 Debrief  
11:45-12:30 Working with attitude as held in tissues  
12:30-2:00 Lunch  
2:00-3:30 Practice  
3:30-3:45 Break  
3:45-5:30 Working with respiratory response to traumatic stress, final Q&A