

# BEHV 7018 INTEGRATED PRACTICES 3: EMOTIONS, EMBODIMENT AND CONNECTION

**Credit Points** 20

**Legacy Code** 102372

**Coordinator** Amanda Webb ([https://directory.westernsydney.edu.au/search/name/Amanda Webb/](https://directory.westernsydney.edu.au/search/name/Amanda%20Webb/))

**Description** This unit presents and explores ways of working therapeutically with trauma. The interpersonal neurobiologists' focus of Mind/Body connection features in detail in this unit. Work with emotions, embodiment and the counsellor/client relationship as instruments of therapeutic change will be considered. Students will learn what it means to be a trauma-sensitive therapist and develop techniques and methods for working across the spectrum of trauma responses including dissociation. A range of psychotherapeutic models will feature such as somatic therapies, sensorimotor psychotherapy, emotionally focused therapy, and notions of 'felt sense'. Complementary modes of healing, such as mindfulness, breathwork and the practices of yoga and meditation will be considered for what they can offer to a trauma-informed approach to therapy. Students will develop skills in working with emotions and nonverbal communication, as well as recognizing how the 'spoken' incorporates the physical.

**School** Social Sciences

**Discipline** Counselling

**Student Contribution Band** HECS Band 4 20cp

**Level** Postgraduate Coursework Level 7 subject

**Pre-requisite(s)** WELF 7009 AND WELF 7013 AND WELF 7010 AND WELF 7006 AND WELF 7014

**Co-requisite(s)** WELF 7002

**Restrictions**

Students must be enrolled in 1817 M Psychotherapy and Counselling.

**Assumed Knowledge**

Concurrent or previous study of any foundational subject in counselling.

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Reflect constructively on the concepts of emotion, embodiment and connection and explore their implications for the practice of psychotherapy and counselling.
2. Critically analyse how findings from contemporary neuroscience can be integrated into trauma-informed therapy from an interpersonal perspective.
3. Evaluate concepts and use of emotions and somatic awareness across different approaches to psychotherapy, including sensorimotor psychotherapy, somatic response therapy, gestalt

therapy, the PTSD trauma model, emotionally focused therapy, constructivist self-development theory (CSDT)

4. Recognise and demonstrate the use of emotions, ♦efelt sense♦f and somatic awareness within a therapeutic relationship, to assist clients to connect with themselves and others, particularly in relation to healing from trauma.
5. Effectively practice interpersonal counselling under supervision

## Subject Content

1. Examination of the mind/body relationship in response to trauma from the perspective of contemporary neuroscience.
2. Exploration of working with emotions and somatic responses in the context of the talking therapies.
3. Understanding the specific features of the therapeutic relationship in the context of working with trauma.
4. Consideration and experiential learning of trauma informed therapeutic models, such as sensorimotor psychotherapy, neurosequential therapy, and emotion focused therapy.
5. Understanding the context and application of complementary practices such as mindfulness, EMDR, yoga, meditation and breathwork in counselling and psychotherapy.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Critical Review	1,500 words	30	N	Individual
Report	2,000 words	35	N	Individual
Practical	2,000 words	35	N	Individual

Prescribed Texts

- Badenoch, B. (2017). *The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships (Norton Series on Interpersonal Neurobiology)*. WW Norton & Company.

Teaching Periods

## Autumn

**Parramatta - Victoria Rd**

**Day**

**Subject Contact** Penny Gardner ([https://directory.westernsydney.edu.au/search/name/Penny Gardner/](https://directory.westernsydney.edu.au/search/name/Penny%20Gardner/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=BEHV7018\\_22-AUT\\_PS\\_D#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV7018_22-AUT_PS_D#subjects))