



## ETHICAL ISSUES IN THE INTEGRATION OF AIKIDO PRINCIPLES INTO TRAUMA TREATMENT

This Training is intended for Psychotherapists and Mental Health Professionals. No prior martial arts experience required.

**Date:** Friday, November 8th, 2019

**Location:** Two Cranes Aikido, 8512 20th Ave. NE, Seattle WA 98115

**Fee:** \$120.00, \$100.00 if registered before October 1st

**Schedule:** 9:00AM-12:15PM, 1:30-5:00 PM

9-10:30 - Introduction to aikido principles of open-heartedness and their relationship to the neurobiology of trauma. Ethical issues in the use of innovative approaches.

10:45-12:15pm: Polyvagal theory, freeze and collapse, as addressed through aikido principles

12:15-1:30 pm Lunch break - Instructors available for consult

1:30-3:00 pm: Creating safety, moving out of freeze and collapse. Aikido strategies for the embodied experience of becoming un-trapped. Ethical issues in the use of touch and non-touch energy.

3:15-5:00 pm: Power, disempowerment, & reclaiming power via aikido techniques. Wrap-up and case discussion

**Registration:** [www.twocranesaikido.com](http://www.twocranesaikido.com)

Questions and requests for accommodations for people with disabilities should be made by October 15 and addressed to [acericola@twocranesinstitute.org](mailto:acericola@twocranesinstitute.org)

### Presenters:

Laura S. Brown, Ph.D. ABPP, Shodan and Trauma Therapist for forty years.

Kimberly S. Richardson, MA, LMT, 6th Dan, Chief Instructor of TCI & Aikido teacher for thirty-five years.

Other therapists / Aikido instructors will also be assisting.

Washington State Psychological Association has approved this CE Workshop. CEUs offered: 6

Washington State Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Washington State Psychological Association maintains responsibility for this program and its content.

*Two Cranes Institute, is a non-profit, educational organization, serving the community since 2010.  
8512 20th Ave.NE, Seattle, WA, 98115 ~ 206-523-5503 ~ [www.twocranesaikido.com](http://www.twocranesaikido.com)*

## **Learning Objectives:**

1. Participants will demonstrate acquisition of the core principles of aikido, focusing on peace-making, reconciliation of conflict, open-heartedness and relational connection.
2. Participants will demonstrate familiarity with basic neuroscience of trauma research that informs the aikido movements being introduced in the class.
3. Participants will be able to describe how the polyvagal system, and particularly dorsal vagal states, manifest in the body.
4. Participants will learn and be able to demonstrate specific movement strategies that assist clients in moving their bodies from a state of dorsal-vagal freeze and SNS arousal to ventral vagal connectivity and engagement of the parasympathetic system, and will be able to demonstrate the use of aikido techniques for connection and open-heartedness.
5. Participants will learn and be able to demonstrate strategies to assist clients in noticing where they are capable of being powerful in their bodies and be able to demonstrate how to show clients ways to move out of a state of feeling trapped, thus overcoming learned helplessness at the embodied level.
6. Participants will learn how to utilize aikido open-heartedness techniques to deepen the therapeutic relationship with traumatized individuals.
7. Participants will demonstrate an understanding of the ethical issues involved in integration of concepts from aikido when they have not had aikido training.
8. Participants will demonstrate an understanding of how to respect boundaries of touch by converting touch-based techniques into non-touch based techniques.

## **Refund policy:**

No refund available for cancellation after October 31, 2019

TCI is a not for profit organization. We declare no commercial support or conflict of interest related to this workshop.