



Sensorimotor Psychotherapy from a Distance: Engaging the Body, Creating Presence, and Building Relationship In Online Therapy

because words are not enough



Dear Colleagues,

Many of you attended live or have watched the recording of a free webinar that Dr. Bonnie Goldstein and I offered, entitled, Sensorimotor Psychotherapy from a Distance: Engaging the Body, Creating Presence, and Building Relationship in Online Therapy.

We recognized right after presenting the webinar that we had not attended to critical sociocultural factors relevant to the coronavirus and to online therapy. So I wanted to record a follow up presentation to address this and also some of the questions that came up in response to the webinar. I hope that this supplemental recording provides further support to the vital work you all are doing during this challenging time.

SP from a Distance: The Follow Up

- Exploring considerations of privilege and marginalization to embrace flexibility in online therapy delivery
- Adapting interventions to a variety of conditions for therapists and/or clients in online therapy
- Addressing some of the themes from questions submitted by participants in the first webinar

Note: If you haven't watched the initial webinar, I recommend doing that before viewing the 1-hour follow-up.

Both recordings are available to watch for free on our COVID-19 SP Resources webpage >

I also want to let you know that next week, SPI is opening registration for our April LIVE webcast by senior faculty member Dr. Janina Fisher: Helping Clients Survive the Experience of Fear and Threat. This will be a three hour, in-depth program that is approved for 3 CEs. Watch for your invitation to come Monday and act quickly to save your seat - space is limited!

I hope these resources will offer inspiration, support, and some practical tools for the essential work you are doing, not only now in crisis, but each and every day.

Sincerely,

Dr. Pat Ogden



Sensorimotor Psychotherapy Institute

...because words are not enough