

Stockholm, Sweden

Developmental Somatic Psychotherapy™

developmental process embodied within the clinical moment
with Ruella Frank, Ph.D.

2019 - 2021 European Training Program



Developmental Somatic Psychotherapy, created by Ruella Frank, Ph.D., is a relational and movement-oriented psychotherapy within a contemporary gestalt therapy framework. Inspired by the work of developmental psychologists, motor theorists, and somatic educators, Developmental Somatic Psychotherapy is a template for understanding and working with early psycho-physical blocks as they emerge in the present moment of the therapy session. Attending to movement patterns within therapy is particularly powerful when guided by current developmental thinking. Psychotherapists from all training modalities are welcome.

Training Schedule

Module One

May 10 – 13, 2019

Module Two

October 11 – 14, 2019

Module Three

May 8 – 11, 2020

Module Four

October 9 – 12, 2020

Module Five

May 7 – 10, 2021

Trainings meet for four days per module, 9:30 am – 4:30 pm

Ruella Frank, Ph.D., is founder and director of the Center for Somatic Studies, and faculty at Gestalt Associates for Psychotherapy and the New York Institute for Gestalt Therapy. Ruella was a student of Laura Perls, one of the founders of Gestalt Therapy. She teaches workshops throughout the United States, Canada, Mexico, South America and various European countries.

Ruella is the author of several chapters in various publications, as well as the book *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, (2001, GestaltPress, available in 4 languages) and co-authored *The First Year and The Rest of Your Life: Movement, Development and Psychotherapeutic Change* (2010, Routledge Press, available in 3 languages). Her training video *Introduction to Developmental Somatic Psychotherapy*, now subtitled in French and Russian, is available at www.somaticstudies.com.

For further information and to apply, visit the Center's website at www.somaticstudies.com or send an email to with your contact information to ruellafrank@gmail.com