Elizabeth Dennison ➤ Author, Educator, and Somatic Psychotherapist

M.Ed., S.E.P., L.M.T., MA in MFT

8 Goffe St., Hadley, MA
(413) 313-6192 / beth.dennison@gmail.com

www.ClearingTrauma.com
www.WeCoregulate.com

OVERVIEW

Beth Dennison brings 50 years of teaching, somatic psychotherapy, supervision, and study of neuroscience to her writing, training, and practice. She has a lifelong history of cultivating embodiment and a high capacity for clear, organized thinking. She has applied this rare and useful combination to healing developmental trauma, finding efficient antidotes to shame, and creating effective strategies to cultivate co-regulation and embodiment in relational space.

WORK EXPERIENCE

Trainer, Founder, Principal, Center for Body Up Co-Regulation (2018 - Present)
Developing and teaching Body Up Co-Regulation skills, writing, developing online exercises for co-regulation and connection.

Somatic Psychotherapy/Trauma Educator
Embodyworks (2004 - Present)
Private Practice: Somatic Experiencing®, Supervision for Somatic Experiencing and massage therapists, PACT couples work.

Somatic Experiencing Advanced Assistant
SE Trauma Institute (2003 - Present)
Teaching SE to therapists. Offering case consults.

Faculty, Connecticut Center for Massage Therapy (1996 - 2009)
Taught: Personal Potential, Professional Potential, Anatomy, and Energetic Fundamentals. Curriculum development.

Teacher, Area Leader
Re-Evaluation Co-Counseling (1994-2005)
Counseled community leaders and trainees. Lead classes, support groups, and workshops on peer counseling and women's issues.

Psychotherapist, Teacher, Presenter
Self-employed (1985 - 1994)
Provided crisis intervention, wellness education, and holistic psychotherapy. Taught counseling skills, personal development, stress management, and yoga for IBM, Burlington College, and the public.

Psychotherapist, Consultant, Intern Program Director, Pathways to Well-Being (1981-85)
Provided holistic counseling and consulting services to individuals, families, and groups. Clients included IBM, Howard Mental Health, and the University Medical Center Crisis Clinic. Designed and administered an intern program for university students.

Co-Director, Trainer, Dhamma (1979-81)
Led "Professional Training in Depth and Transpersonal Psychology", workshops in stress management, and meditation. Obtained 501C3 status.

School Counselor
Cambridge School of Weston (1973-78)
Counseled students and faculty, Led stress management groups.

PUBLICATIONS

The Co-Regulation Revolution: Tap the Power of Embodied Connection for Trauma Healing & Anti-Oppression Work (2023)
Body Up! A Handbook to Nourish Your Nervous System and Your Relationships (2018)
Clearing Trauma For Everyone, 5-book series plus Workbook and Office Manual (2007-12)

EDUCATION

2010 - MA in Marriage and Family Therapy, Antioch New England, Keene, NH
1995 - Graduate, Clinical Program, Connecticut Center for Massage Therapy, Westport, CT
1973 - M.Ed. in Counseling, Antioch Graduate School of Education, Keene, NH
1971 - BS in Education, Case Western Reserve University, Cleveland, OH

FURTHER TRAINING

2021 - Internal Family Systems Online Circle, IFS Institute
2019-20 - Bodynamics, Boston MA
2012-15 - Psychobiological Approach to Couples Therapy (PACT), Madison, NJ
2002-04 - Somatic Experiencing Certification Training in Trauma Work, NYC, San Francisco, CA
1987-90 - Contemplative Psychotherapy: Professional Peer Supervision Group, Shelburne, VT
1983-84 - Psychosynthesis Training, Vermont Center for Psychosynthesis, Burlington, VT
1972-73 - Internship and Gestalt Training, Associates for Human Resources, Concord, MA

LICENSURE AND CERTIFICATION

Massachusetts Massage Therapy
        License # 5686

Certified Somatic Experiencing®
        Practitioner 2004

HOBBIES and INTERESTS

➢ Interpersonal neurobiology, identity, and trauma.
➢ Co-regulation & Body Up Co-Regulation.
➢ Re-evaluation Co-Counseling, especially liberation/oppression theory and practice.
➢ Embodiment practices: Contact Improvisation, Aikido, yoga, tennis, sailing, hiking, and bodysurfing.