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# Somato Emotional Concept

We have all seen and experienced the expressions of emotion in the body. When a particular muscle group is injured a memory of that experience is formed in the affected tissue. Expressions of traumatic events can become trapped in tissue memory. Along with cognitive therapies, osteopathic techniques help release lingering problems associated with injuries, physical trauma, car accidents, challenging life experiences and is a highly effective approach for PTSD, Fibromyalgia and Chronic Fatigue Syndrome. Working with the somato-emotional connections is another approach to removing road blocks to recovery and the final key to assisting clients with letting go. In this presentation, Dr. Sanet discusses the value of reading body language and identifying somato-emotional connections.

**DATE:** Friday, November 21, 2008  
**LOCATION:** Homewood Lecture Theatre  
**TIME:** Lunch - 11:30 a.m.  
Presentation - noon to 1 p.m.

**REGISTER:** Cathy Barber,  
519-824-1010, extension 2580  
**RSVP by:** Tuesday, November 18  
*Lunch provided by Homewood.*

**This event is an accredited group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons Canada. Twenty-five percent of the time for these rounds will be devoted to interactive learning.**

**Educational Objectives:**

- 1) Understand the somato-emotional connection as it relates to trauma experiences
- 2) Osteopathic techniques help release lingering problems associated with injuries.



Steven A. Sanet, D.O.

Steven A. Sanet, D.O is a graduate of Nova-Southeastern University of the Health Sciences College of Osteopathic Medicine, where he completed a fellowship in Osteopathic Manipulative Medicine. Dr. Sanet is the founder of the Osteopathic College of Ontario (OCO) and the Osteopathic Health and Wellness Institute (OHWI) and is a Clinical Professor at the Philadelphia College of Osteopathic Medicine. Dr. Sanet is a world-renowned speaker and has lectured in Asia, Europe and North America.



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