

SANDRA KAY LAUFFENBURGER

Registered Psychodynamic Psychotherapist PACFA 020209
Somatic Movement Psychotherapist ASPA

Academic Education

B.Ed. (Science) – 1973, University of Illinois, Urbana, Illinois, USA
M.Sc. (Science) – 1975, University of Cincinnati, Cincinnati, Ohio, USA
Dip. (Adult Psychotherapy) – 2002, Intl College of Psychotherapy, Sydney, NSW
Grad. Dip (psychology) – 2008, Charles Sturt University, NSW
B.Soc.Sci.(Hons)(Psych) – 2010, Charles Sturt University, NSW

Professional Affiliations and Memberships

PACFA - Psychotherapy and Counseling Federation of Australia (professional member)
ASPA – Australian Somatic Psychotherapy Association (professional member)
IAPSP – Intl. Assoc. of Psychoanalytic Self Psychology (professional member)
EAPSP – Empathink Association of Psychoanalytic Self Psychology (professional member)

Career Highlights and Positions

Psychodynamic Psychotherapist and Supervisor

Private Practice from 1999 to present

I see approximately 25 to 28 clients per week, and work successfully with a variety of presentations including trauma-related presentations, anxiety, depression, personality disorders, borderline, DID, OCD, trauma, abuse, addictions and perversions. During my training and subsequent to it, I have been in continuous, professional, weekly, one-on-one supervision to ensure I offer professional clinical therapy for my clients. I began supervising psychotherapists, social workers, psychologists, and somatic therapists in 2009.

Lecturer in Counselling

2014

I designed the curriculum and presented a semester-long applications course for the University of Canberra's Counselling Department (Faculty of Health) titled "Using Somatics and Movement in Counselling".

Lecturer in Self Psychology – 2007 to present

I present lectures on the theory, application, and associated ideas that inform Self Psychology. I lecture at the annual EAPSP conference, as well as upon invitation. I have presented short courses for the Marymead organization (Canberra), for the Australian Psychological Society, and I organize and run regular reading/case study groups for the Canberra community.

Presentations

Psychological/Psychodynamic presentations:

“Languaging the Dynamic Non-verbal, co-presented at the PACFA 2014 conference, Sydney, June 2014.

“Moving Somatic Psychotherapy Forward”, presented at the ASPA 2014 conference, Melbourne, May 2014.

“Moving the Body into Self Psychology” presented at the EAPSP 2014 conference, Canberra, March 2014.

“Working Implicitly and Procedurally: Self-psychology with Non-verbal Populations”, co-presented with Maeve Larkin at EAPSP 2011 Conference, Melbourne, March 2011.

“The Alternating States of Tara: working Self-psychologically with borderline and vertical split presentation”, invited opening presentation at EAPSP 2010 conference Melbourne, March 2010.

“A Self-psychological approach to working with OCPD”, invited speaker, EAPSP 2008 conference, Melbourne, 2008

“‘As long as there is a majority here’: Self psychology and Dissociative Identity Disorder, invited speaker at EAPSP 2007 conference, Melbourne, 2007

“Chronic Pain as a Trauma System” presented at AASP Conference, Sydney, May 2006

“Chronic Pain as a Trauma System” invited speaker at EAPSP 2006 Conference, Canberra, January 2006

“Working and Playing across the Affect Spectrum with Somatics, Movement and Psychotherapy”, presented at Empathink, Melbourne, April 2004

“Affecting the Psychoid”, presented to the Canberra Jung Society, Canberra, February 2004

“Working across the Spectrum: Somatics, Movement, Psychotherapy”, presented at the annual AASP conference, Melbourne, October 2003

Publications

Psychological/Psychodynamic publications:

(2015 in press) Moving beyond embodiment – An animated approach to psychotherapy. Chapter published in *Alternative approaches to counselling and psychotherapy*. Oxford UK: Oxford University Press.

(2009). Problematising chronic pain treatment: A qualitative study using Foucauldian-informed discourse analysis, Honours thesis (unpublished), Charles Sturt University.

(2009). Finding the Best Psychodynamic Support for Dance Movement Therapy, in Dunphy, K., Guthrie, J. & Loughlin, E.(eds). *Dance Therapy Collections No. 3*, Melbourne: DTAA.

(2007). Self-psychology of Heinz Kohut as a Psychodynamic Framework for Dance Movement Therapy, *Dance Therapy of Australia Association Journal, Summer volume*.

(2003). Attunement, *Dance Therapy of Australia Association Journal, Winter*, 13-18.

(1994). Kestenberg and Object Relations, *Bulletin of the International Dance Therapy Institute of Australia, Nov. No. 2*, 3-5.