

**Curriculum Vitae**  
**Elizabeth Dennison, M.Ed., S.E.P., L.M.T.,**  
**M.A. in Marriage and Family Therapy**

8 Goffe St.  
Hadley, MA  
413 313-6192

beth.dennison@gmail.com  
[www.ClearingTrauma.com](http://www.ClearingTrauma.com)  
[www.WeCoregulate.com](http://www.WeCoregulate.com)

**Beth Dennison** brings 50 years of teaching, somatic psychotherapy, supervision and study of neuroscience to designing learning experiences that rewire our brains for connection and co-regulation. Her groundbreaking book on Body Up! Co-Regulation provides a much needed remedy to the disconnection and dysregulation that pervade modern culture.

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. She is committed to communicating and applying new information from current brain research in her user-friendly graphic books and presentations for clients, clinicians, students and the public.

**Employment:**

**BODY UP! CO-REGULATION SPECIALIST** (Center for Body Up Co-Regulation  
2018-present)

Founder, Center for Body Up Co-Regulation: developing and teaching Body Up Co-Regulation Skills, Author, developing online exercises for co-regulation and connection.

**SOMATIC PSYCHOTHERAPIST, TRAUMA EDUCATOR** (Embodyworks  
Northampton/ Hadley, MA 2006-present)

Private Practice: Somatic Experiencing<sup>®</sup>, Jin Shin Do<sup>®</sup> Body-Mind Acupressure, Supervision for Somatic Experiencing and massage therapists, PACT couples work, Classes in co-regulation. Presented co-regulation exercises at PACT Level II training.

**SOMATIC EXPERIENCING ADVANCED ASSISTANT** (Somatic Experiencing Trauma  
Institute, 2003-present)

Teaching SE to therapists in small groups. Offering case consults.

**TRAINER, TRAUMA EDUCATOR** (Embodyworks  
Northampton/Hadley, MA 2004-present)

Speaking, training and developing books and materials to make current research from neuroscience clinically applicable for professionals, students, and clients involved with P.T.S.D. Mostly small local workshops.

**TRAUMA THERAPIST, MASSAGE THERAPIST** (Shoreline Center  
Guilford, CT 2004-2009)  
(Northampton, MA 2006-present)

Private Practice: Somatic Experiencing<sup>®</sup>, Jin Shin Do<sup>®</sup> Body-Mind Acupressure, massage and supervision for massage therapists.

FACULTY

(Connecticut Center for Massage Therapy  
Newington, CT 1996-2009)

Teaching Personal Potential, Professional Potential, Palpation, and Energetic Fundamentals. Curriculum Development. This work included developing a safe group container for 20 diverse souls to learn touch skills on each other. Volatile trauma histories surfaced regularly.

TEACHER, AREA LEADER, PRESENTER

(Re-Evaluation Co-Counseling  
Lower Hudson Valley, NY 1994-2005)

Counseled community leaders and trainees. Lead classes, support groups and workshops on peer counseling and women's issues.

MEDICAL MASSAGE THERAPIST

(Hands On! Physical Therapy  
Englewood, NJ, 1994-98)

Provided massage therapy and patient education (1 hour sessions) as indicated by M.D. prescription. Patients included stress related, post op, chronic pain, and accident victims.

PSYCHOTHERAPIST and WELLNESS EDUCATOR

(Self employed  
NYC, NY, 1991-94)

Provided crisis intervention, wellness education, and therapy for individuals.

PSYCHOTHERAPIST, TEACHER, PRESENTER

(Healthroots,  
Shelburne, Vt., 1985-91)

Private practice in holistic psychotherapy. Taught counseling skills, personal development, stress management, and yoga for IBM, Burlington College and the public.

PSYCHOTHERAPIST AND CONSULTANT

(Pathways to Well Being,  
Burlington, Vt. 1981-1985)

Provided holistic counseling and consulting services to individuals, families, and groups. Clients included IBM, Howard Mental Health, University Medical Center Crisis Clinic.

INTERN PROGRAM DIRECTOR

(Pathways to Well Being  
Burlington, Vt., 1981-83)

Designed and administered intern program for university students. Trained and coached students in developing and leading stress management programs for their peers. Supervised research and writing of a pamphlet on nutrition: "Feed Your Health".

CO-DIRECTOR, TRAINER

(Dhamma Ashram,  
Robinhood Me., 1979-81)

Led "Professional Training in Depth and Transpersonal Psychology", workshops in stress management, meditations. Obtained 501C3 status. Developed and taught "Resonance Massage" and "Self-Care for Energy Workers".

YOGA TEACHER

(Cambridge Yoga group  
Cambridge, Ma. 1974-77)

Taught yoga classes for 60 -100 people. Advised students on the yogic approach to health issues. Taught meditation.

TEACHER, HIGH SCHOOL COUNSELOR

(Cambridge School of Weston,  
Weston, Ma. 1973-77)

Counseled students and faculty, taught math, science, and peer counseling.

**PUBLICATIONS:**

Body Up! A Handbook to Nourish Your Nervous System and Your Relationships  
 Clearing Trauma For Everyone - *short graphic booklets, developed as trauma education tools for clients, therapists and workshop participants. Self published, available via [www.ClearingTrauma.com](http://www.ClearingTrauma.com)*

Book 1 : Basics and Reducing Shame

Book 2 : Resource, Titrate, Discharge

Book 3 : Threat and Safety

Book 4 : Regulating Ourselves and Each Other

Book 5 : Building Sturdy Relationships

Clearing Trauma Office Pack

Clearing Trauma Workbook

**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

Undergraduate Scholar

**FURTHER TRAINING:**

2019-20 Bodydynamics

Boston MA

2014-15 Integral Somatic Psychotherapy Training

Amherst, MA

2012-15 Psychobiological Approach to Couples Therapy (PACT)

Madison, NJ

2002-04 Somatic Experiencing Certification Training in Trauma Work

NYC, San Francisco

1995-97 Jin Shin Do Certification Training

CT/NY/MA

1997-99 Computer Graphics training, Westchester Community College

Peekskill, NY

1987-90 Contemplative Psychotherapy: Professional Peer Supervision Group

Shelburne, VT

1984-85 Resonant Kinesiology Training

Burlington, 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

New York State Massage Therapy License # 007942-1

National Certification in Therapeutic Massage and Bodywork, # 02811300

Registered Jin Shin Do® Acupressurist 1998

Certified Somatic Experiencing ®Practitioner 2004

**HOBBIES and INTERESTS:**

Interpersonal neurobiology, identity, trauma and spirituality. Body Up Co-Regulation

Re-evaluation Co-Counseling - especially their liberation/oppression theory and practice

Contact Improvisation, Aikido, yoga, Egoscue, tennis, sailing, hiking, bodysurfing Homeopathy,

holistic health, reading and talking about internal and relational experience.