

LIVE LEGACY INTERVIEW

Pat Ogden

The Body Holds the Story:
Sensorimotor Psychotherapy,
Trauma & the Embodied Mind



THU 15 JAN 2026

7-9 PM (UK) 2-4 PM (ET)

online event via Zoom*

Creator of the Sensorimotor
Psychotherapy method

With Special Guests:



Bessel van der Kolk

Professor of Psychiatry
at Boston University
School of Medicine and
President of the Trauma
Research Foundation



Ed Tronick

Developmental and
Clinical Psychologist.
Distinguished
Professor, University
of Massachusetts
Boston.

For over forty years, Pat Ogden has reshaped how clinicians understand trauma and the role of the body in therapeutic change. As the founder of Sensorimotor Psychotherapy, she has shown how movement, posture and physiological states carry early relational and survival experiences that often sit outside language.

In this live online Legacy Interview, she is joined by psychiatrist Bessel van der Kolk and developmental psychologist Ed Tronick, two figures who have each helped lead and shape their respective fields, for a rare dialogue bringing together somatic psychotherapy, developmental science and psychoanalytic thinking. With interviewer Jane O'Rourke, they explore the practical realities of working with the body in therapy, including tracking somatic cues, responding when the nervous system becomes the primary communicator, and the importance of the therapist's own embodied presence.

mindinmind.org.uk/pat-ogden/

BOOK TICKETS

MIND*in***MIND**

Interviewing Leaders in Mental Health

mindinmind.org.uk

*A recording will be made available to ticket holders