

Somatic Psychotherapy Center Expands Trauma Therapy Across NYC

A somatic psychotherapy center expands trauma therapy across NYC, improving access to body-centered approaches for emotional healing and recovery.

BROOKLYN, NY, UNITED STATES, October 17, 2026 /EINPresswire.com/ -- New York City — [17th Oct, 2026] — Somatic Psychotherapy Center, a body-based therapy practice serving clients in Brooklyn and Manhattan, has expanded its trauma therapy services to reach a broader population across New York City. The expansion increases access to somatic, body-based approaches to trauma, anxiety, and grief for residents seeking treatment options beyond conventional talk therapy.

Expanded Access Across Brooklyn and Manhattan

The expansion allows Somatic Psychotherapy Center to offer sessions through its somatic therapy clinic in Brooklyn as well as through [licensed somatic psychotherapists in Manhattan](#), giving clients in both boroughs access to body-based therapy. The center states that the expansion is intended to reduce wait times for new clients and to accommodate increased demand for [somatic anxiety treatment in Brooklyn](#) and Manhattan.

Range of Trauma-Informed Modalities



EMDR trauma therapy



Hakomi somatic therapy in Brooklyn

Somatic Psychotherapy Center offers a range of trauma-informed treatment modalities delivered by licensed clinicians. These include Somatic Experiencing therapy, a body-oriented approach focused on resolving symptoms associated with stress and trauma.

EMDR trauma therapy, a structured method used to process traumatic memories. The center also provides Internal Family Systems (IFS) therapy, an approach that addresses distinct internal parts of a client's psychological experience, and grief and loss therapy for individuals processing bereavement or significant life transitions.

Hakomi and Sensorimotor Psychotherapy Services

Among its body-based offerings, Somatic Psychotherapy Center provides [Hakomi somatic therapy in Brooklyn](#), delivered by certified Hakomi therapists who apply mindfulness-based techniques to explore the connection between physical sensation and psychological experience.

The center also offers Sensorimotor Psychotherapy, a body-centered treatment approach that incorporates physical awareness and movement into the processing of traumatic experience. The combined availability of Hakomi-trained clinicians and Sensorimotor Psychotherapy practitioners is a distinguishing feature of its clinical staff relative to other providers in the region.

Sybil Ottenstein, LMHC-D, CHT, Founder and Clinical Director at Somatic Psychotherapy Center, said: ""Relational trauma requires relational healing. Most people who come to us have already done good work in talk therapy and still feel stuck, because the body speaks its own language and it isn't words. It's felt sense, memory, metaphor, movement. Our clinicians are trained to speak that language, slowly and through relationship, across Hakomi, Somatic Experiencing, EMDR, and ketamine-assisted psychotherapy.""



Sensorimotor Psychotherapy



Somatic Experiencing therapy

Clinical Approach

Somatic Psychotherapy Center's treatment model is grounded in the principle that trauma and chronic stress can manifest physically, and that addressing bodily sensation alongside cognitive and emotional processing may support treatment outcomes. Clinicians at the center hold state licensure in their respective disciplines and receive training in one or more somatic modalities offered by the practice.

Service Availability

The center accepts new clients for individual therapy across its Brooklyn and Manhattan locations, with intake coordinated through its clinical administrative staff. Session formats, modality selection, and treatment planning are determined on an individual basis following an initial consultation.

About Somatic Psychotherapy Center

Somatic Psychotherapy Center is a psychotherapy practice based in New York City, providing body-based and trauma-informed mental health services to clients in Brooklyn and Manhattan. Sybil Ottenstein, LMHC-D, CHT, Founder and Clinical Director, created the practice for people who have gained insight through traditional talk therapy but still feel stuck. The center's clinical team includes licensed psychotherapists trained in modalities such as Somatic Experiencing, Hakomi, Sensorimotor Psychotherapy, EMDR, and Internal Family Systems.

Media Contact

Contact Person: Sybil Ottenstein, Owner

Address: 36 Waverly Ave, Brooklyn, NY 11205

Phone: (929)577-6670

Email: sybil@somaticpsychotherapycenter.com

Website: <https://somaticpsychotherapycenter.com/>

Sybil Ottenstein

Somatic Psychotherapy Center

+1 9295776670

hello@somaticpsychotherapy.com

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/949819393>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors

try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.