



## **SomaPsych** is honoured to offer this **Foundations of Integrative Somatics Training**

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***SomaPsych & Healing Motion** are partners in the co-creation and co-facilitation of the 20HR Foundations of Integrative Somatics Training & 300HR Integrative Somatic Facilitator Trainings across the globe.*

[Visit Healing Motion](#) | [Read more about our Partnership](#)

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# Training Dates & Locations, 2026

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At SomaPsych, we believe in depth over frequency. Rather than hosting a high volume of trainings, we intentionally offer fewer, deeply immersive experiences that prioritise quality, connection, and integration.

Each training is thoughtfully curated to ensure participants receive meaningful attention, embodied learning, and the time needed to absorb and apply trauma-informed principles in a lasting way.

Because of this commitment to depth and quality, our trainings often fill quickly. If you're ready to experience this transformational learning journey, we invite you to join us for our next cohort.

## Online & Live

March 27th - 29th, 2026 | Timezone: NZDT

[Register Here](#)

## Whanganui-a-Tara, Te | Wellington

May 15 - 17 | @ Lady's Home of Compassion

[Register Here](#)

## Ōtautahi | Christchurch

July 17 - 19 | @ The Bridge Hub, South Brighton

[Register Here](#)

## Online & Live

November 20 - 22, 2026 | Timezone: NZDT

[Register Here](#)

## Times

**Day 1** - 5:30p - 7:30p | **Day 2** - 9:00a - 4:30p | **Day 3** - 9:00a - 4:30p

## Who is This Training For?

*\*The list below offers an insight into previous students' professions. This list is not exhaustive of the professions suitable for this training.*

Social workers

Mental Health or Pastoral Counsellors

Physicians (MD, DO, ND, DC & others) & Physician Assistants

Educator

Emergency Medical Personnel

Movement Therapists

Yoga Therapist / Yoga Teacher

Complementary & Alternative Medicine Professional

Other Wellness Professionals

Human Resource Manager & Business Owners

## Training Content

This introductory training goes beyond traditional education - it is a practical, embodied learning experience designed to transform both your offerings and the spaces you hold. You will gain immediately applicable, evidence-based tools, methods, and interventions to help you cultivate a more trauma-informed approach within your classes, business, organisation, or community.

Through an integrative and holistic lens, you will explore the connections between empowerment and resilience - engaging in personal reflection, using intentional language, creating expansive spaces, offering supportive solutions, and facilitating authentic choice-making.

## What Is Trauma-Informed?

Trauma is a universal human experience that shapes how individuals and communities relate to the world. Understanding its impact allows us to create environments that promote safety, dignity, and belonging.

Being trauma-informed means recognising the influence of past experiences on behaviour, meeting others with empathy and compassion, and cultivating spaces that are inclusive, accessible, and supportive of growth and healing.

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## Why Trauma-Informed Practice Matters

Trauma affects how we think, feel, connect, and engage—with each other and within systems and institutions. Many of these structures were built through and continue to perpetuate trauma.

Becoming trauma-informed invites a paradigm shift: seeing people in their full complexity and supporting transformation through awareness, regulation, and equity-centred practices.

This training offers an interactive and experiential introduction to trauma-informed principles. Participants will explore how trauma manifests in the mind and body and learn practical tools to integrate safety, connection, and regulation into their work and relationships.

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## A Foundation for the Integrative Somatic Facilitator Training

As an introductory training, this experience lays the groundwork for SomaPsych's 300HR Integrative Somatic Facilitator Training. It introduces the key concepts of embodied intellect, somatic awareness, and self-regulation - the cornerstones of trauma-informed facilitation.

By learning to centre and regulate ourselves, we build the capacity to hold space for others and engage in social and systemic change from a place of grounded

awareness. This foundational training prepares participants to deepen their practice through further study in the 300HR program.

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## **During This Training, Participants Will Learn:**

- How trauma anatomically affects the nervous system
  - How to identify trauma symptoms and trigger responses
  - How to apply a humanistic approach in your work
  - Tools to promote biological resilience, self-regulation, and resolution
  - Current protocols and best practices in trauma-informed care
  - Invitational language and facilitation for choice-making
  - Community building and outreach strategies
  - The principles of trauma stewardship and self-care
  - How to create safer, more inclusive, and accessible spaces
  - The concept of post-traumatic growth and how to hold hope as a possibility
  - Embodied social justice and systemic change
  - Facilitation methods for healthcare practitioners specific to their populations
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## **Is This Training Right for You?**

This educational training promotes self and collective healing through experiential, embodied, and collaborative learning. While the weekend may include moments of self-reflection and personal insight, the training is not designed as a personal healing or therapy space.

To honour the purpose and integrity of the experience, participants are asked to refrain from sharing detailed personal trauma or healing stories during sessions.

If you feel you would benefit from additional support or emotional regulation tools before attending, we recommend our 10-Hour Nervous System Regulation Online Workshop.

If you require one-on-one trauma support, please seek care from a licensed professional.

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## Concepts Covered

- (Re)Defining Trauma from a somatic and neurobiological perspective
  - ACEs and Attachment Considerations
  - Self-Care within Community Care
  - Trauma-Informed Practices
  - Physiology of Trauma & Triggered Responses
  - From Dissociation & Disembodiment to Embodiment
  - Systemic Trauma and Social Justice
  - Creating and Holding Safer, More Inclusive Spaces
  - Grounding & Resourcing Techniques for Practitioners and Participants
  - Threat Response & Self-Regulation for Co-Regulation
  - Community Building & Scope of Practice
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## Included

- Experiential, embodied, and collaborative learning  
Course manual and guided learning resources  
*(Please let us know if you would like a printed or digital copy)*
- Pre-readings and resources for continued learning
- Lead facilitator support
- Access to a global community of trauma-informed facilitators

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## Certificate of Completion

To earn a Certificate of Completion or Continuing Education Credits, participants must:

- Attend all training days in full
- Demonstrate active participation
- Complete a brief post-training reflection

These requirements ensure that each participant contributes to building a safe, connected, and engaged learning community.

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## Accessibility

In-person training sessions will take place at desks or tables. Please bring any additional supports you may need (e.g., cushions). A projector will be used for presentations. Printed copies of course content are available upon request - please contact [info@somapsych.org](mailto:info@somapsych.org) before the training.

If you require assistance to make this experience more accessible or comfortable, contact our team in advance so we can accommodate your needs.

This training is a transformational learning experience, and some topics or exercises may be activating for participants. While facilitators provide supportive guidance, this training is not a substitute for clinical or therapeutic care. Please ensure you are well-resourced and take space as needed throughout the process.

# Pricing

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## Equity In Investment - Choosing Your Tier

We are committed to offering trainings, mentorships and opportunities that are of the highest quality, affordable and accessible while striving to keep equity and mutual exchange at the soul of how we serve. We offer tiered pricing as we recognise that we live in systems of inequity and believe this is a way to find some more balance within this.

We find that the deepest engagement and greatest benefit comes when there is a meaningful mutual exchange. There is an invitation to reflect on your access to resources and privilege, the value of this work, what you can genuinely afford, and what you might pay for comparable training programs. By committing to what is truly within your means you make it possible for others to show up within theirs and we are all grateful for this.

Find out more about [tiered pricing](#).

### All prices are in New Zealand Dollars (NZD)

#### IN-PERSON

**TIER 1: \$690** – For those who are financially well-resourced and who are able to contribute to our scholarship fund. Reflects the value of the course in Western economic markets.

**TIER 2: \$575** – For those on medium incomes and access to financial resources who also are able to contribute to our scholarship fund.

**TIER 3: \$490** – For those on low incomes, caring responsibilities and from marginalized communities.

## ONLINE

**TIER 1: \$550** – For those who are financially well-resourced and who are able to contribute to our scholarship fund. Reflects the value of the course in Western economic markets.

**TIER 2: \$460** – For those on medium incomes and access to financial resources who also are able to contribute to our scholarship fund.

**TIER 3: \$380** – For those on low incomes, caring responsibilities and from marginalized communities.

## Organisational Discount

Groups of 3–5 participants from the same organisation will receive 10% off their selected tier. For groups larger than five, we recommend exploring a tailored organisational training to best meet your team’s needs. View organizational trainings [here](#) or email [info@somapsych.org](mailto:info@somapsych.org) to explore this option. As you choose your tier, we encourage thoughtful reflection on your capacity and the value this training will bring to you and your organisation. By selecting the tier that aligns with your financial situation, you support equitable access for everyone.

## Finance Policy

By purchasing the 20HR Foundations of Integrative Somatics Training, you agree to these terms and conditions regarding refunds and payments. [View finance policy here.](#)

## Scholarships

In addition to tiered pricing, we provide scholarships with the aim of contributing to more equity in access to trauma-informed trainings for underrepresented minorities (e.g. refugee/asylum seeker, LGBTQIA+, low socio-economic background, person with a disability). We aim to contribute to a more inclusive culture in who has access to holding and entering these spaces. Specifically, we would love to support individuals with a vision to use this opportunity to provide access to these spaces for minority groups / their community. For this training, partial scholarships of 50% off tuition are available. We’d love to hear from you via this [application form](#).



## Training Facilitator

### Amanda Hanna

**BA Psych - MA Psych, Integrative Somatic Facilitator  
300hr TCTSY-F, 1000hr E-RYT, YACEP, Certified Mindfulness & Meditation  
Trainer, Somatic Dance Teacher, Shaking Medicine Facilitator**

Amanda is a dedicated somatic practitioner with over 500 hours of trauma-informed training, including a focus on social justice and inclusivity. She holds a Master's in Psychology, where her thesis explored **Everyday Experiences of Rest in Today's Society**, bridging contemporary research with embodied practice toward social justice and liberation for all. Amanda weaves science with embodied wisdom, crafting spaces where curiosity thrives and empowerment takes root.

Her integrative approach is nervous system-focused, polyvagal-informed, collectively-minded, and grounded in a deep reverence for all things ecosomatic and alive. She specialises in nervous system support, hormone balancing, and the profound connection between physical and mental wellbeing.

Through workshops and trainings, Amanda shares her expertise in trauma-informed facilitation, resilience, nervous system regulation, neuroscience, and embodied practices. Her work supports individuals in discovering their inner strength and voice within supportive, respectful environments.

Committed to expanding understanding of stress, adversity, and trauma, Amanda offers tools for personal restoration and growth, tailoring her approach to each individual's or group's unique journey.

I look forward to working alongside you,

Amanda Hanna