Foundations of Integrative Somatics

20HR Training Certification

Lead Facilitator
Amanda Hanna

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*

SOMAPsych

1 // Training Dates & Locations, 2026

Online & Live

- April 10th - 12th, 2026 | Timezone: NZDT
  Register Here

- November 20 - 22, 2026 | Timezone: NZDT
  Register Here

In-Person

- Whanganui-a-Tara, Te (Wellington) | May 15 - 17
  @ Ladys Home of Compassion
  Register Here

- Ōtautahi | Christchurch | July 17 - 19
  @ St Albans Community Centre
  Register Here

Times

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

02 // Integrative Somatics

This training is for those seeking a holistic, body-based approach to understanding themselves and the people they work alongside. It is designed to transform the spaces you hold by offering integrative tools that support both your own nervous system and those within your care, community, or organisation.

This training in trauma-informed & body-based practices is for anyone seeking practical tools to work with stress, complexity, and human connection in a more sustainable and embodied way.

Through an integrative and holistic lens, we explore the relationship between resilience and empowerment, not as abstract concepts, but as lived, physiological experiences within the body. When we begin to recognise and relate to the body's innate capacity for resilience, something shifts. We move from simply managing stress to actively supporting regulation, adaptability, and choice.

This work invites a deeper trust in the body, where empowerment is no longer something we strive for externally, but something that emerges from within as the nervous system becomes more resourced, responsive, and supported.

Throughout the training, you will engage in personal reflection, learn to use intentional and inclusive language, create spaces that foster safety and expansion, and develop a toolkit of practical, evidence-informed somatic approaches. These are tools you can integrate immediately...into your work, your relationships, and your everyday life.

03 // Who is This Training For?

The list below reflects a range of professions represented in previous cohorts. This training is intentionally interdisciplinary and designed to support individuals working across diverse systems and contexts.

We work with individuals across frontline services, healthcare, education, corporate organisations, and community-based settings, each bringing unique lived experience, professional expertise, and relational dynamics into the space.

~ 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

04 //
Being Trauma-Informed (and Somatically Aware)

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.

When we integrate a somatic and nervous system lens, this understanding deepens. We begin to see that trauma is not only a story held in the mind, but a **physiological experience held in the body.** It shapes how we respond to stress, connect with others, and move through the world moment to moment.

Trauma affects how we **think, feel, and relate, both individually and within the systems and institutions we are part of**. Many of these structures were built through, and continue to perpetuate, patterns of stress and disconnection.

05 //
Being Trauma-Informed (and Somatically Aware)

Becoming trauma-informed and somatically aware invites a **paradigm shift:**
not just asking “what happened to someone?”
but also “what is happening within their nervous system right now?”

From this place, we can begin to support regulation, restore a sense of safety, and create conditions where choice, connection, and resilience can emerge.

This training offers an interactive and experiential introduction to trauma-informed and somatic principles. Participants will explore how trauma manifests in both the mind and body, while learning practical, evidence-informed tools to support nervous system regulation, connection, and sustainable ways of relating, within their work, relationships, and communities.

Change begins not through information or efficiency, but through **embodiment**. Understanding our own systems & mind-body connection allows us to re-enter communities, workplaces, and institutions with presence, clarity, and resilience, creating transformation from the inside out.

07 // Meet Your Facilitator

Amanda Hanna

Founder of SomaPsych

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 specializes 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.

08 // What will you learn?

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

nd accessible spaces in your community.

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

1.

Develop a trauma-informed lens in your facilitation and relationships

Learn how to recognise and respond to nervous system states in real time, allowing you to create spaces that feel safer, more attuned, and responsive to the needs of those you work with.

2.

Build an embodied understanding of the nervous system

Move beyond theory into lived experience, gaining practical somatic tools to support regulation, resilience, and sustainability within your own body and your day-to-day life.

3.

Deepen your awareness of context, power, and lived experience

Begin to recognise how social, cultural, and environmental factors shape the nervous system, supporting you to work with greater sensitivity, inclusivity, and care across diverse spaces.

11// Student Testimony

“This training is a must-do for every human. If we understand more about what happens in our bodies when we feel and behave, we would have more insight into how to be more compassionate to others and ourselves — and live in a much kinder world.”

“SomaPsych have a beautiful way of working and teaching and have deep knowledge about the nervous system and how to support it. If we all had this knowledge, our world would be a little better for it.”

“Amanda's training was nothing short of incredible. Filled with warmth, joy, and a deep respect for the humanity within each of us. It is not often in these spaces that such practices honour so well the intersectional context one may be facilitating or simply existing within.”

Tiered Pricing

We are dedicated to providing high-quality, affordable, and accessible trainings, with equity and mutual exchange at the heart of what we do. Our tiered pricing reflects our commitment to addressing systemic inequities, inviting you to reflect on your resources, privilege, and the value of this work. By choosing what you can genuinely afford, you help make this work accessible to others.
Learn more about our tiered pricing here.

1

Tier 1

For those who are financially well-resourced. Reflects the value of the course in Western economic markets.

In-Person: $690 NZD

Online: $550 NZD

2

Tier 2

For those on medium incomes and access to financial resources.

In-Person: $575 NZD

Online: $460 NZD

3

Tier 3

For those on low incomes, caring responsibilities and from marginalized communities.

In-Person: $490 NZD

Online: $380 NZD

****View Financial Policy Here.**

Scholarships & Organisatonal Discount

Scholarships

For this training, partial scholarships of 50% off tuition are available.
We aim to support individuals with a vision to use this opportunity to provide access to these spaces for minority groups / their community.

Apply. | Learn More

Organisational Discount

Groups of 3–5 participants from the same organisation receive a 10% discount on their selected tier.

For groups larger than five, we recommend exploring a tailored organisational training designed to meet your team's specific needs. To learn more, you can view our organisational training options or email info@somapsych.org.

Ready to embark on a journey of transformation?

Online & Live

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1.

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.

2.

Accessibility

In-person sessions will take place at desks or tables—please bring any supports you may need (e.g., cushions). A projector will be used for presentations, and printed course content is available on request at info@somapsych.org.

If you need accessibility or comfort accommodations, contact our team in advance. This is a transformational learning experience; some exercises may be activating. Facilitators provide guidance, but this training is not a substitute for clinical care—please ensure you are well-resourced and take breaks as needed.

FAQs

Will I receive a certificate upon completion?

Yes — you will receive a Certificate of Completion for the 20HR Foundations of Integrative Somatics training.

Can this training count toward CPD hours?

We recommend checking with your employer or relevant professional body prior to registration. Many participants enrol in this training as part of their continuing professional development, often supported by their organisation.

Is this training right for you?

This training is an educational experience that promotes both self and collective learning through experiential, embodied, and collaborative approaches.
While the weekend may include moments of personal reflection and insight, it is not designed to be a personal therapy or healing space.
To honour the integrity of the group and learning environment, 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 foundational regulation tools prior to attending, we recommend beginning with our 10-Hour Nervous System Regulation Online Workshop.
If you are currently seeking one-on-one trauma support, we encourage you to work with a licensed practitioner.

FAQs

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As you select your pricing tier, we invite you to reflect on your current financial capacity and the value this training will offer to you and your organisation.
Choosing a tier that aligns with your circumstances helps support equitable access for others in our community.