



SomaPsych is honoured to offer this **20HR Intro To Trauma-Informed Practice Training**

SomaPsych & LegacyMotion are partners in the co-creation and co-facilitation of the 20HR Intro To Trauma-Informed Practice Training & 300HR Trauma-Informed Facilitator Trainings across the globe. SomaPsych facilitates trainings across Aotearoa and online, whilst LegacyMotion facilitates trainings online, South Africa, the US & Europe.

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Training Dates & Locations, 2024	1
Who is This Training For?	3
Training Content	4
Pricing	9
Registration	10
Training Facilitator	11

Training Dates & Locations, 2025

Tauranga

February 21st - 23rd, 2025 | @ Tauranga Coastguard, Sulphur Point

[Register Here](#)

Online & Live

May 2nd - 4th, 2025 | Timezone: USA with LegacyMotion

[Register Here](#)

Whanganui-a-Tara, Te | Wellington

June 27th - 29th, 2025 | @ Lady's Home of Compassion

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Ōtautahi | Christchurch

18th - 20th July, 2025 | @ The Bridge Hub, South Brighton

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Ahuriri | Napier

August 15th - 17th, 2025 | Hawkes Bay Coastguard

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Online & Live

November 21st - 23rd, 2025 | Timezone: NZDT

[Register Here](#)

Who is This Training For?

**The below list offers an insight into previous students' professions. However the list is not limited to the professions that this training is suitable for.*

Social workers

Mental Health or Pastoral Counselors

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 training is more than an education, it is a practical learning experience to transform your offering and the spaces you occupy. This experience will offer you immediate evidence-based tools, methods, and interventions to instantly cultivate a more trauma-informed approach in your current spaces, classes, business, organization, and offerings. It is an integrative and holistic approach to discovering the connections between empowerment and resilience through personal exploration, invitational language, safe space creation, supportive solutions, and facilitating choice-making.

What is Trauma-Informed?

Trauma is an experience shared by all; whether experienced firsthand or knowing people who have experienced it, it is something we come into contact with any time we work with humans. It is our responsibility to know and understand the impacts trauma has on individuals and communities, how behaviours manifest and how we can work alongside and support people in every field and industry. This training gives you foundational tools and insights into what it means to be human and interact with others in a way that promotes safety, dignity and belonging.

Trauma-informed means taking into account past trauma and the resulting coping mechanisms when attempting to understand the behaviours of those we are working alongside. It means bringing empathy and compassion to every interaction and creating a safe and accessible space for all. Beyond this, it means holding hope as a possibility for all and creating space for post-traumatic growth.

Why Trauma-Informed?

Trauma not only impacts how an individual functions and navigates the world, it influences how they relate to others and how communities relate to them. It impacts our society as a whole; institutions, systems, and structures have been built through trauma and continue to perpetuate it. In order to disrupt the cycle we must learn the nuances of how trauma shows up in the mind, body, and all interactions and dynamics. Becoming trauma-informed is a paradigm shift, it means seeing each person in their full diversity and intersectionality and allowing them the dignity to evolve, heal, and transform. Through this, we begin to work towards the types of workplaces, systems, and institutions that we want to see; ones that are human-centred and equity-driven.

Each session will be interactive and discussion-based to ensure engagement and relatability. There will also be practices throughout each session to keep people moving and experiencing the learnings firsthand so they can ask questions and make sure it's landing effectively for them.

Becoming a Trauma-Informed Practitioner

SomaPsych emphasizes embodied intellect throughout this training and creates space for curiosity and exploration. Somatics and psychology intersect by highlighting the relationship between Mind+Body and recognizing the importance of embodied practices and emotional regulation for enhancing trauma-informed practices and offerings.

Becoming a trauma-informed practitioner asks us to continuously practice the ability to regulate our own nervous system, strengthening our ability to healthily fluctuate from calm to distress and back again. The training content and schedule are uniquely designed to equip students with educational tools to promote biological

resiliency, self-regulation and resolution, whilst integrating the practical & embodied experience of these tools throughout.

By learning how to center and regulate ourselves, we build our capacity to not only face individual challenges but we are better equipped to acknowledge the injustices and oppressive systems of our society. As we explore topics such as social justice and systemic change, students are better equipped to hold the multitude of emotions that may arise whilst staying regulated. By doing so, we make room for dialectical thinking and discussion within the group, knowing that we can hold our emotions and stay grounded as we hear the views and perspectives of others. When we can channel whatever emotion we hold in the moment, we can transform it into a force for good, a catalyst for change.

During this training, participants will discover:

- How trauma anatomically affects the nervous system
- How to identify trauma symptoms and trigger responses
- How to take a humanistic approach in all that you do
- Tools to promote biological resiliency, self-regulation and resolution
- Protocol and best practices in the field
- Invitational language and facilitating choice-making
- Community building and outreach methods
- Trauma stewardship and the importance of self-care
- How to create safer, more inclusive and accessible spaces
- What post-traumatic growth is and how to hold hope as a possibility
- Embodied social justice and systemic change
- Facilitation methods for healthcare practitioners specific to the populations you are walking alongside

Is this training right for you?

This is an **educational** training that promotes self & collective healing through experiential, embodied, and collaborative learning. The weekend may hold components of self-reflection & personal healing. However, to respect the intention and purpose of this training, we ask that students refrain from sharing in-depth about personal trauma and/or healing journeys.

If you feel that at present you require more support and emotional regulation tools before attending this training, please see our 10HR Nervous System Regulation Online Workshop.

If you require 1-1 support for trauma restoration, please seek support from a licensed professional.

Module Outlines

Module 1

- Welcome & Group Agreements
- Defining Trauma
- ACEs and Attachment Considerations
- Self-Care and Resourcing
- Trauma-Informed Practice

Module 2

- Self-Care and Community Care
- Trauma & the Nervous System
- Physiology of Trauma & Triggered Responses
- Mind/Body Connection
- Dissociation & Disembodiment to Embodiment
- Systematic Trauma and Social Justice

Module 3

- Creating and Holding Safer and More Inclusive Spaces
- Grounding & Resourcing Techniques for Practitioners & Tangata Whai Ora
- Invitational Language
- Workshop - Challenges You Face
- Threat Response & Self-Regulation for Co-Regulation
- Community Building & Scope of Practice

Included

- Experiential, embodied, and collaborative learning
- Course manual and guided learning resources (**please let us know if you'd like a *printed* or *digital* version of the course manual**)
- Pre-readings and resources for further learning
- Lead facilitator support
- Access to a global community of trauma-informed facilitators

Certificate of Completion

In order to earn a Certificate of Completion or Continuing Educations Credits, participants must be present for all training days. Students must show active participation in the training itself and complete a small post-training reflection.

These guidelines for completion are to ensure that we are building a safe and robust community during this transformational learning experience.

Accessibility

Throughout the training we will be studying at desks - please bring any extra support you may need, such as cushions. We will be using a projector at the front of the room for training content. A printed version of the content can be made for you upon request, please reach out to the team at info@somapsych.org before the training.

Should you require any assistance to make this experience easier and more comfortable, please reach out to the team before the training at info@somapsych.org so that we can do our best to accommodate your needs.

This is a transformational learning experience and some topics and exercises might be triggering for some participants. While the lead facilitators will be available for limited support, this training is not a substitution for clinical and alternative health protocols. Please be sure that you are well-resourced and leave space for yourself in this learning process.

Pricing

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: \$546.25 – 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: \$373.75 – 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 organisational trainings [here](#) or email 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 Trauma Informed Facilitator 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](#).

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Times

Friday 6:00pm - 9:00pm NZT

Saturday 9:00am - 6:00pm NZT

Sunday 9:00am - 6:00pm NZT

Email info@somapsych.org for further queries.

Training Facilitator



Amanda Hanna

**BA Psych - MA Psych Student, Integrative Somatic Practitioner
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 social justice and inclusivity. Currently pursuing a Master's in Psychology, she combines academic knowledge with practical expertise. Amanda's integrative approach focuses on nervous system support and hormone balancing, recognizing the link between physical and mental wellbeing.

Through regular workshops and trainings, Amanda shares her knowledge on trauma-informed facilitation, resilience, nervous system regulation, neuroscience, and embodied practices. Her work aims to empower individuals to discover their inner strength and voice in a supportive, respectful environment.

Amanda is committed to enhancing our understanding of stress, adversity, and trauma while providing tools for personal restoration and growth. By blending extensive training with compassionate, evidence-based practices, she tailors her approach to each individual's or group's unique journey.

I look forward to working alongside you,
Amanda Hanna