



SomaPsych is honoured to offer this
20HR Trauma-Informed Facilitator Training

In-Person

14th - 16th June 2024

Wellington

@ Lady's Home of Compassion

Times

Friday 6:00pm - 9:00pm NZT

Saturday 9:00am - 6:00pm NZT

Sunday 9:00am - 6:00pm NZT

The Approach

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

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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.

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



Who is this training for?

~ Suitable for - Yoga Teachers, Body Workers, Coaches

This foundational training offers methods and interventions to cultivate a more trauma-informed approach in your current studio and body-based offerings. For yoga teachers and those in the health and wellness industry, this training will allow an understanding of the physiology behind trauma and how to facilitate safer spaces.

~ Suitable for - Mental Health Practitioners, Community Social Workers, and Psychologists

Professional training for those in the mental health or healthcare industry and holding community spaces to understand and incorporate an understanding of the nervous system and how to resource this for yourself and others in the spaces you occupy. You may utilize this training to incorporate the body and movement-based practices into your work. This training brings an understanding of the physiology behind trauma and how to work with individuals in a safe manner for all. This training will allow you to understand trauma from the bottom-up: how the body is affected during certain circumstances and events mentally, physically and emotionally.

~ Suitable for - Human Resource Professionals, Managers, Business Owners

Trauma is an emotional injury that affects who we are, how we act and how we navigate every part of life. Integrating trauma-informed principles into an organization means operating from a place of understanding trauma, and recognizing the negative effects of the trauma within the organization and in the communities it works within. Through understanding trauma's impacts on the workforce, you will be better resourced to approach organisational processes from a

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trauma-informed lens. As a business professional, this will help to mitigate the harm that can be perpetuated through a misunderstanding of human behaviour. This training supports the creation of a safe and supportive work environment for all to thrive.



Certificate of Completion

In order to earn a Certificate of Completion or Continuing Educations Credits, participants must be present for all training days. 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.

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

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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)

TIER 1: \$600 – 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: \$500 – For those on medium incomes and access to financial resources who also are able to contribute to our scholarship fund.

TIER 3: \$425 – For those on low incomes, caring responsibilities and from marginalized communities.

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](#).

Registration

Email info@somapsych.org for further queries

[Click here](#) for registration & payment plans.

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FACILITATOR

Amanda Hanna
TCTSY-F, E-RYT, YACEP
Certified Mindfulness &
Meditation Teacher Trainer,
Certified Holistic Nutritionist
BA Psych Honours Student

Amanda holds over 500 hours in trauma-informed trainings, including social justice and inclusivity. As a Certified Nutritionist and somatic practitioner, her focus is nervous system support and hormonal balancing through a whole-being approach. Amanda is a registered Psychology (Hons) student and holds regular workshops and trainings with an emphasis on trauma-informed facilitation, resilience, nervous system regulation, neuroscience and embodied practices.

Amanda's passion lies in knowing the sacred responsibility facilitators of any space or experience hold. Through her work, she helps people discover their power and voice within their offering while ensuring it is done with respect, kindness, informed intention, and evidence-based knowledge.

The intention behind humanistic and trauma-informed offerings is to open a conversation and deepen the understanding of what stress, adversity and trauma are, how it manifests differently from person to person, and how we can more bravely hold safer spaces for all. Its heart rests in the knowing that personal restoration is unique to all and we are here to offer tools, techniques, insights, and points of curiosity for you to evolve into the person and facilitator you want and are meant to be.

I look forward to working alongside you,

Amanda Hanna

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