

## **SomaPsych & Legacy Motion**

are honoured to offer our

### **300hr Trauma-Informed Facilitator Training**

Somatics, Embodied Practices & Social Justice

Faculty from SomaPsych & Legacy Motion along with

International Guest Facilitators bring you this

**Online, Interactive & Accessible Training**

**1 Year Training Program**

**September 28, 2025 - September 20, 2026**

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**Module 1: 100HR Trauma, Accessibility, & Diversity**

**Module 2: 100HR Embodied Practices**

**Module 3: 100HR Social Justice & Systemic Change**

**03**     [Becoming A Trauma-Informed Facilitator](#)

**04**     [What is Trauma-Informed Facilitation?](#)

**05**     [Why Participate in the Trauma-Informed Facilitation Training?](#)

**06**     [Who is This Training For?](#)

**08**     [Training Outline](#)

**10**     [Requirements for Certification](#)

**12**     [Key Training Details](#)

**13**     [Module 1: 100HR Trauma Accessibility, Diversity](#)

**20**     [Module 2: 100HR Embodied Practices](#)

**26**     [Module 3: 100HR Social Justice & Systemic Change](#)

**32**     [Module 4: Integrative Facilitator Retreat](#)

**33**     [Investment & Equity - Scholarships](#)

**34**     [Expression of Interest Form](#)

**35**     [Lead Facilitators](#)

## Expression Of Interest

Below is the expression of interest form for those wanting to dive into the 300hr Trauma-Informed Facilitator Training with SomaPsych, Legacy Motion and International Guest Facilitators.

[Complete Application Form](#)

## Becoming a Trauma-Informed Facilitator

Body-based trauma therapies and movement modalities are a powerful new approach to mental health with the potential to revolutionize the world and your offerings. This training gives students a rich and comprehensive framework for understanding and addressing trauma from a more integrated, mind-body approach.

This training is more than an education, it is a transformational learning experience and an opportunity to expand from a teacher, leader, clinician, or caregiver, to an embodied facilitator, holder of braver spaces, and vessel of social justice and change.

This 1 year long 300-hour continued professional development training gives you the missing educational pieces as well as the space to explore somatic practices that will be useful for you both personally and professionally.

Join Amanda, Kirsten, and our special guest faculty in this trauma-informed approach to facilitation, where you will learn the skills to share trauma-informed practices that include yoga, embodiment, and somatic therapies with all people and all bodies. Embark on this self-journey of wellbeing while simultaneously contributing to collective health and wellbeing for the globe and humans everywhere. Through a holistic and whole-being approach, this training will bring forth interconnected practices in trauma theory, social justice and systemic change, traditional and contemporary somatic and embodied therapies, spirit and energetic body explorations, inclusive physical yoga asana variations, functional anatomy and physiology, and immediate body-based tools and methods to encourage empowerment, nurture resilience, and restore connection between ourselves, our communities, and the globe.

Watch our recorded information session [here](#).

## What is Trauma-Informed Facilitation?

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 brave and accessible space for all. It means being solution-based, forward-focused, and growth-minded in order to move into possibility and overall shift.

When it comes to processing and integrating trauma, talk therapy is beneficial but leaves out the body, which is a crucial component when processing trauma. Our approach is both bottom-up, drawing on body-based practices including yoga, breathwork, and sensory awareness; and top-down with education around neuroscience, anatomy, and trauma theory.

Trauma-informed really means people-informed: it is an approach that honours our fundamental humanity, celebrates our diversity, and supports the wellbeing of all, individually and collectively through accessibility and inclusivity, embodying this work in how we show up in our spaces.

Trauma-Informed approaches are generally characterized by an awareness in which traumatic experiences shape our nervous systems, brains, relational attachment patterns, sense of self and our view of the world. Through this perspective, we can fill our facilitator tool belts with supportive movement-based practices.

To be truly Trauma-Informed, we need to understand not only the neurophysiology of trauma, but also the ways in which dominant societal structures generate systemic trauma, thorough processes of ingrained prejudice, bias, oppression, and marginalization. Trauma-Informed practices are an embodied commitment to decolonization, disability justice, anti-racism, and anti-oppression, both at a personal and systemic level.

## Why Participate in the Trauma Informed Facilitation Training?

Participating in trauma-informed facilitation training can offer many incredible benefits, both for you, the facilitator, and the individuals you work with. Trauma is a common experience for many people, and it can have a profound impact on one's life. Trauma-informed training can help you better understand the effects of trauma on individuals, and how it may impact their ability to participate in group settings. It helps us contextualize the people we work with and better understand how to take into account the systems and structures we operate within; this understanding helps us work on the individual level as well as the collective as we work toward social change.

Movement and body-based trauma modalities open up a world of possibilities for clients and your community. It empowers practitioners with tools to give clients deep, visceral and sustainable life transformations. Trauma-informed facilitation training can provide you with skills and strategies to create a brave and supportive environment by equipping you with evidence-based tools and resources to establish and maintain a healthy therapeutic alliance, effectively navigate group dynamics, and help participants feel more comfortable processing and integrating their experiences.

Becoming trauma-informed can help you better understand the experiences and perspectives of individuals who have experienced trauma while holding hope for post-traumatic growth as a possibility for all. This training helps you create a brave and supportive environment by exploring how you set up your physical space, using your voice as a tool, and how to use language intentionally.

Integrating trauma-informed approaches into your professional life can have a significant positive impact on your work and the individuals you serve. Trauma can manifest in many different ways, and it's essential to recognize the signs so you can respond appropriately. This may include being aware of changes in behaviour, physical symptoms, or emotional responses in the individuals you work with.

Trauma can be a powerful and pervasive experience, but it's important to recognize that individuals who have experienced trauma also have strengths and resilience. This training focuses on ways we can hold hope and posttraumatic growth as a possibility for all, even for the organizations and systems we find ourselves in. Incorporating a strengths-based approach in your work, and focusing on building upon the strengths and the abilities of the individuals you work with is a key element to creating a humanistic approach.

We also place an emphasis on appropriate boundaries and radical self-care; it is imperative we each take care of our own mental health and well-being within this work.

Integrating trauma-informed approaches into your personal and professional life is an ongoing process, and it will require ongoing education, training, and reflection. This is a paradigm shift that alters one's way of living and interacting with others.

## Who is This Training For?

**Mental Health Counselor or Therapist:** Trauma-informed facilitation skills can be highly valuable in a counselling or therapy setting. Facilitators who work in this field may help individuals process trauma, develop coping skills, and build resilience. This specific training helps you incorporate somatic and other body-based modalities and practices into your offering to help regulate and support yourself and your clients moving forward.

**Social Worker:** Social workers often work with individuals and families who have experienced trauma, and may use trauma-informed facilitation techniques to support them. This training specifically focuses on not only supporting ourselves and our clients through challenging experiences but also exploring how to powerfully incorporate wrap-around support and be a catalyst for social change and justice.

**Substance Abuse Practitioners:** Individuals struggling with substance abuse may also have experienced trauma, and trauma-informed facilitation can be an effective approach for addressing both issues. This training equips you with the tools and resources to support people through body-based approaches to nervous system regulation and support.

**Nonprofit or Community Organization Staff:** Trauma-informed facilitation can be an essential skill set for those who work in community organizations or nonprofits that serve individuals who have experienced trauma, such as domestic violence shelters, homeless shelters, or youth programs. This training allows you to feel confident working with a variety of populations and communities in a respectful and mana/autonomy-enhancing way.

**Educators:** Trauma-informed facilitation skills can be useful in educational settings, such as schools, colleges, and universities. Facilitators may work with students who have experienced trauma and may provide training for educators and staff on trauma-informed practices. This training focuses on increasing your understanding of

trauma symptoms and responses so that you know how to hold space for them, navigate them safely and effectively, and create safer, more accessible and inclusive environments.

**Yoga Teachers, Coaches, and Wellness Practitioners:** This training equips you to not only make your current offering safer and more inclusive and accessible for the general public, but also provides the tools and knowledge to work with specific populations and communities that have experienced individual and collective trauma. This training explores intentional sequencing, language, supportive and autonomy-enhancing choice-making skills, somatic practices for self- and co-regulation, as well as evidence-based tools and techniques for navigating activating and triggering experiences.

**Human Resources:** Trauma-informed facilitation skills can also be valuable in human resources roles, particularly when working with employees who have experienced trauma or managing difficult workplace situations. While you may not know someone's life story, this training shows you that creating safer, more humanistic spaces within your organization helps employees and colleagues feel heard, seen, and supported - helping you foster a culture of engagement, healthy productivity, and creativity.

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## Training Outline - Educational, Experiential, Accessible

### Live Online Lectures

September 28th 2025 - September 21st 2026

**Sundays** from 7am - 9am NZST

### Live Online Community Practice and Integration Sessions

October 2, 2025 - September 17, 2026

**Thursdays** from 7am - 8am NZST

To find your timezone click [HERE](#)

*\*\*All times are based on Auckland Time (NZT)*

*\*\*please pay attention to Daylight Savings Time and any changes in your region along the way*

## Timezone and Live Attendance

Because we care about community building and group support we ask for 50%+ live online attendance for Certification and CEUs. However, we are able to make individual exceptions - this must be discussed prior with lead facilitators.

## Schedule - All Live Sessions

A condensed list of the schedule for live lectures, integration breaks and community practices for each Module can be found [here](#).

## Online Learning

You will need *some* level of computer skills to do this training. Getting used to a new learning platform can feel like a lot at first but you have 2 weeks to orientate yourself with the online platforms and systems. During the orientation week and week 1 you will be guided through this process and have plenty of time to navigate it in your own time. We ask students to practice self responsibility and patience when setting themselves up in the beginning weeks.



**Learning Breakdown**

Live Lecture	1 x 2 hrs session per week	96 hrs
Community Practice	1 x 1 hr per week	45 hrs
Support Sessions with Lead Facilitators	1 x 1:1 per Module	1.5 hrs
Self Support	2 Personal Somatic Sessions	2 hrs
Professional Support	1 Mentorship Session	2 hrs
Community Support	3 x Community Gatherings	3 hrs
Asynchronous learning	3-4 hours per week	140 hrs
Case Consults	2 Case Consult Sessions	2 hrs
Practice Sessions	1 x 2 hrs per Module	6 hrs

## Requirements for Certification

- 50% live online attendance rate or lectures
- 50% live online attendance rate of Community Practices and Integration Sessions
- 100% of homework completed
- 100% of final practicums completed
- 70% score or higher on all tests
- Attend at least 1 Community Call per Module with SomaPsych (First Saturday of every month, 9-10 am NZT)
- 3 one-to-one check-in sessions with your POD leader (1 each Module)

## Integrative Sessions (Required for Certification)

- Completed 2 private mentorship consultations with Amanda\*
- Completed 2 private somatic sessions with Kirsten\*
- Completed 2 Group Case Consults with either Amanda or Kirsten\*

\*Can be completed at any time during the course

## Integrative Sessions Explained

**(See Appendix A for integrative sessions explanation).**

\*Please note that the 1 professional mentorship consultation session with Amanda, the 2 private somatic sessions with Kirsten and the Group Case Consultations are required to receive the full 300hr certification.

Please use the links below to schedule and register for these additional sessions:

[Mentorship Consultation with Amanda](#)

This session takes you through what it looks like to structure a humanistic business model with community, longevity, growth, and sustainability at the forefront while maintaining the heart and soul of your offering. We will explore your passions, your strengths, your goals, and also what you find most challenging and how you can move beyond any limitations.

[Somatic Sessions with Kirsten](#) \*schedule under 300hr Somatic Sessions

Holding space for yourself while holding space for others is essential. We cannot pour from an empty vessel. In these private and personal sessions with Kirsten, you will have an opportunity to find tools and methods that support you somatically in this work, learn more about your own journey with somatic therapy, and experience what it's like to become more familiar with your own nervous system and responses. *\*These last 30 minutes and are at a discounted rate of \$25USD per session. You will have access to these discount rate sessions during the year of your training if you would like to take advantage of more than 2 sessions.*

## Group Case Consultations

[Group Case Consultations with Kirsten and Amanda](#) - 60 minutes

Group Case Consults are offered by both Amanda and Kirsten once a month. These small group sessions are a place for individuals to bring specific questions and situations forward in order to find trauma-informed solutions and tools to bring to their clients, staff, or professional work environments. These Group Case Consults are included in your registration while you are attending the training.

## Key Training Details

- Three core 100hr online training modules over 1 year through educational, experiential, interactive and accessible learning opportunities
- 48 interactive & live learning sessions via Zoom (2 hours each)
- 45 embodied practices via Zoom with lead and international guest facilitators who are experts within their field.
- 1:1 Somatic & Mentorship Sessions with Lead Facilitators
- Certificate of Completion; 300-hour continued professional development and Yoga Alliance Certified
- Time and space for questions and interactions with lead and guest facilitators, plus additional resources gifted by guest facilitators. This training places an emphasis on student interactivity and participation
- 3 Online Facilitator and Participant Community Gatherings for open growth-based discussion
- Join a growing community of global trauma-informed practitioners
- Course Manual and guided learning resources in written format
- Lead Facilitator Support from Legacy Motion & SomaPsych during your training and beyond
- Pod group discussions and community forum
- Guided personal reflection activities to integrate and embody this work
- Opportunities to work with Legacy Motion & SomaPsych worldwide by completing the 100HR Train the Trainer Training after 300HR Completion

## **Module 1 - 100hr Trauma, Accessibility & Diversity**

### **Expanding your Trauma-Informed Toolkit**

**September 28, 2025 - February 13, 2026**

Creating an environment and holding a space that feels safe and inclusive for clients can be challenging, scary, and exhausting if you don't have the necessary skills or experience. Trauma is part of the human condition, and if we do not acknowledge that trauma could be present in our spaces we risk retraumatization of our clients, participants, and colleagues. Most training courses do not offer a trauma-informed scope. However, understanding trauma, how it can manifest in the body, and the body-based tools that can support trauma healing is a fundamental skill when working with people.

Our 100hr Trauma, Accessibility & Diversity Module takes a deep dive into understanding trauma from a biological, emotional, individual, and community-based point of view. Special attention will be placed on our responsibility for self-care when doing trauma-informed work, understanding different types of trauma, and the physiology of trauma. Guest facilitators will offer insight into the Gunas and their relation to trauma, how trauma affects fascia and memory, accessible yoga, and able-bodied discrimination. This module will also offer practical skills to facilitate all body types and range of motion capacity in yoga and embodied movement-based practices through creating and holding brave spaces, invitational language, offering choice and movement variations, advanced verbal cueing, and practice facilitation.

By introducing this knowledge and these skill sets into your professional settings we will be breaking the retraumatization patterns that can come from gaps in trauma-informed education. Each session will expand your trauma-informed toolkit to assure you are well-equipped to work with individuals and communities who are impacted by trauma.

**During Module 1 participants will discover:**

- The nuances of self-care and community wellbeing
- Exploratory practices to discover and develop a sustainable and meaningful personal practice
- Begin exploring the relationship between trauma, physiology, emotions, and memory
- Develop and hold strong personal and professional boundaries by understanding attachment theory and its interlink with trauma
- Movement variations for all bodies and range of motion capacity
- Advanced verbal cueing skills for safe facilitation and communication
- Functional anatomy and how to work with bio-individuality
- Skills for enhancing accessibility and cultivating authentic inclusivity
- How to utilize props in alignment with your student's personal intentions
- How to facilitate in a trauma-informed way and hold safer and braver spaces
- Powerful cultivate your own facilitation style and voice
- Practical skills, tools, and methods for facilitating yoga and embodied movement for all humans
- How to use invitational language to nurture resilience and encourage empowerment

## Weekly Lecture Descriptions for Module 1

### **Welcome and Orientation**

This will be our welcome session where we will become familiar with our learning platform, go over the schedule, and begin to make connections with your Cohort. We will also be answering any immediate questions and going over the expectations of this training.

### **Session 1 - Our Responsibility of Self-Care**

To begin our journey together, we first look at what it means to truly care for Self while doing this work. We reflect on what it means to be the Mountain and how your self-care is not only for you but for the Collective Wellbeing. Focus will be on exploring the stages and forms of self-care to foster resilience.

### **Session 2 - The Importance of Personal Practice**

Personal practice and self-study are fundamental components of stepping into accessible, inclusive, and more informed spaces and interactions. Here we explore how to develop a sustainable and fulfilling personal practice now and into the future. Explore the possibilities of a practice that evolves with you as you transform along this path.

### **Session 3 - Understanding Trauma**

Trauma is a part of the human condition. What is trauma and the theory underpinning it, what different types of trauma exist, and how does it manifest in the body? We will take a deep dive into transgenerational trauma, vicarious trauma, complex trauma, PTSD and more while also considering the possibility that trauma is not what happens to us, but what happens inside us as the aftermath.

### **Session 4 - Understanding the Brain & Trauma**

We will take a look at the anatomy of the nervous system and the neurobiology of trauma to further understand how trauma impacts the brain. By unpacking this influence, we will learn how to navigate the manifestation of trauma in ourselves and others. We will also explore tools and techniques to support the growth and restoration of the nervous system and how to facilitate them alongside others.

### **Session 5 - Accessible Yoga**

What is Accessible Yoga and Movement and how do we ensure we are facilitating from this lens? Ria will unpack elements of what is and is not accessible, how to inform your current practice and offering, and how you can foster creativity when planning moving forward. We will discuss techniques, language, and different ways to ensure your offerings and interactions are more inclusive and accessible.

### **Session 6 - Unpacking Accessibility**

In this session, we unpack accessibility and inclusivity to cultivate our understanding of how we can create welcoming and safer spaces for all. What do these words even mean and how can we be sure we are doing our best and learning from those we encounter? We'll look at various forms of inclusivity and how to consider accessibility in all areas of life.

### **Session 7 - Able-Bodied Discrimination**

Discrimination comes in all forms and one that tends to be overlooked in a wellness and movement space is able-bodyism. Dante will discuss how we might better understand the life and health challenges individuals with different needs from ourselves might face and how we can create more accessibility for and offer more knowledge around this population.

### **Session 8 - Attachment Theory and ACEs**

This session will give a foundational overview of the psychological theory behind Attachment and Adverse Childhood Experiences. We will investigate how they can directly relate to trauma, trauma recovery, and overall health throughout life. Alongside this, we will look at the positive life experiences that can help to balance and restore one's lived experience.

### **Session 9 - Bioindividuality**

Moving deeper into functional anatomy, we start to get technical! In this session, we will investigate the musculoskeletal system and dig into all that makes us so unique. Understanding the undeniable individuality of our bodies from the inside out is important in developing more accessible, varied, and inclusive offerings. This will empower you to safely and creatively be responsive to the bodies you are working with.



**Session 10 - Understanding the Gunas & Trauma**

Understanding the Gunas and how these qualities show up within the scope of trauma is a useful way to explore its manifestation in one's life. This will be a deeper look into these concepts and how they not only present but how it is we work with them on different levels of this work for self and others.

**Session 11 - Creating and Holding Braver Spaces**

Language is an extremely potent tool that has the potential to transform any offering and evoke empowerment and agency in yourself and participants. Within this work, we are looking to step into growth and move forward and we do this by creating and holding braver spaces in every context. We will explore inclusive and invitational language as well as other tools that help us understand and hold these powerful spaces.

**Session 12 - Invitational Communication**

Language is not just about words. This session will help build your communication toolkit by learning how to invite people to explore their practice in their own time and way. We will explore invitational language, empowering communication, atmosphere, and other elements that foster empowerment through embodiment.

**Session 13 - Trauma & Memory: Triggered Responses**

This session explores the nuances and complexity of memory and how it can be affected by trauma. By looking at how memories are formed, integrated and recalled we see the importance of curating intentional spaces that limit trigger potentials. We will also explore what occurs when memories are triggered, how this response can show up differently in each person, as well as how to hold space for these experiences.

**Session 14 - Fascia and Memory**

In this session, we will discover the connection between fascia and memory and why understanding this connection is essential to safe and gentle embodied work with those impacted by trauma. Here we explore the importance of considerate movement that takes into account the potential for the body to hold onto and express experiences in its own way.

**Session 15 - Movement Variations & Verbal Cueing**

Break down various movements to better understand how it is that we can truly make each shape something for everyone. We will begin to talk about how it is that we help people find their own practice from the inside out by layering on previous knowledge. Learn go-to variations that will act as a jumping-off point to create personalized shapes and alternatives in the moment.

The power of verbal cueing is something we cannot underestimate. This is a craft worth honing and continuing to grow and develop along the way. Powerfully and intentionally cueing is a profound way to instil self-agency and offer people an opportunity to discover and build their own practice from the inside out.

**Session 16 - Practice Practicum**

This practice practicum is an opportunity to continue to work with your fellow participants in order to hone your trauma-informed facilitation skills and integrate all of the tools you have learned in this module. We highly encourage you to come to this session if you are able as this will prepare you for your Final Practicums, which is part of your certification process.

## **Module 2 - 100hr Embodied Practices**

### **Supportive Somatic Methods**

**February 15, 2026 - June 11, 2026**

Learn embodied practices with a trauma-informed scope based on various movement-based therapy models including Dance/Movement Therapy, Qi-Gong, Yoga Nidra, Somatic Experiencing, Circles of Hope, Tapping, Orienting/Centering/Grounding, Meditation, and others as we discuss why and how these methods work, when they can be helpful as trauma-informed interventions, and how to safely and ethically employ them.

Our 100hr Embodied Practices Module offers accessible restorative movement-based practices for all humans. We will deep dive into embodied anatomy, disembodiment and re-embodiment theory, brave practices for self-regulation, traditional philosophies and trauma, innovative practices in titration and pendulation within the nervous system, energetic pathways, the power of co-regulation, as well as honouring those whose research and personal healing paths have contributed to the growing field of trauma restoration and mental health support through the body.

Guest facilitators will offer insight into Psychology and Somatic work, how philosophy can be an embodied life practice, understanding and facilitating for chronic pain, the benefits of dance and Qi Gong as medicine, and trauma-informed meditation.

Special attention will be given in the areas of enhancing facilitation skills in orienting, grounding and centering practices, widening the window of tolerance through nervous system guidance, safely “re-embodimenting” with your clients, exploring new ways to work with the body in mental healthcare, and completing the threat response loop.

**During Module 2 participants will discover:**

- Safe and integrative somatic and embodied practices from a variety of modalities
- Evidence-based tools for nervous system regulation and safe co-regulation
- How to work with functional anatomy and physiology to support those you walk alongside
- What disembodiment and re-embodiment can look like and how to safely and effectively navigate activations and triggers
- The history of somatic trauma-informed approaches, both traditional and contemporary
- How to navigate challenges to creating relative safety and how to support the process of integrating memories, emotions, and experiences
- Skills to nurture resilience and encourage empowerment through the exploration of titration, pendulation, and other somatic practices
- Considerations in living a trauma-informed life and integrating into your personal and professional spaces and interactions
- Best practices in the field of somatics and integrative approaches for mental health support
- Ways to introduce body-based practices into professional settings

## Weekly Lecture Schedule for Module 2

### **Session 1 - Being an Island of Safety**

In this introductory week to Module 2, we will be exploring the importance and obligation of nurturing our own self-care, self-regulation, and self-agency when facilitating this work to better support community care, co-regulation, and promoting empowerment.

### **Session 2 - Self-Regulation, Co-Regulation and Countertransference**

This session explores how our nervous system regulation is directly related to the nervous system co-regulation of those we are supporting and serving. Within this, it is possible to blur lines, confuse signals, and take on what is not ours; we will look at the foundations of co-regulation and ethical ways to avoid transference and countertransference while holding space.

### **Session 3 - Supporting the Endocrine System & Anatomy of Breath**

Understanding the effects of movement and how making shapes with our bodies can support and influence the Endocrine System is an important tool in restoration. This will be a deeper look into our physiology, how it is that our practice influences our internal workings and how our physiology influences our practice.

### **Session 4 - Psychological + Integrative Practices**

This session will explore the intersection of psychological practices and other modalities. We will look at how it is they can work together in a more integrative approach to wellbeing. This session will equip you with tools to formulate a screening and onboarding process and key considerations when designing and facilitating trauma-informed sessions.

### **Session 5 - Embodying Philosophy**

Aqeel powerfully explores what it means to hold these practices near and dear while also operating in the systems and structures of today's society. We'll look at ways to embody one's philosophy and how to honour those we learn from.

### **Session 6 - Defining Embodiment, Disembodiment, and Re-Embodiment & Changing the Story in the Body**

To be embodied is to also understand what it means to be disembodied and the purpose it serves. Here we unpack what disembodiment and dissociation really mean and how they might manifest. We will also look at the spectrum of dissociation and what we can do to powerfully and safely explore the notion of re-embodiment. It is important to know and understand how to work with one's internal experience while navigating toward restoration, compassion, and growth. Here we look at what it means to renegotiate the story told about our own practice and that of others. We begin looking at the impact trauma has on one's ability to challenge beliefs and learn new ways of navigating the world.

### **Session 7 - Nature's Response Cycle**

In this session, we will focus on nature's response cycle to distress, how it can manifest in our survival reactions and instincts, and what it might look like if we become stuck in one or more moments within the cycle.

### **Session 8 - Completing the Cycle**

Continuing in our understanding and breakdown of our survival response cycle we will look at embodied tools and methods and how we might support others in order to continue and complete the cycle for trauma resolution.

### **Session 9 - Chronic Pain and Movement Practices**

In this session, Addie helps explore some of the obstacles encountered when making asana practices accessible and safe. We will analyze what inclusion and accessibility really mean while understanding how pain can influence one's practice and how to work alongside it.

### **Session 10 - Qi Gong: Moving Meditation**

Qi Gong is sometimes called a moving meditation, but it is also moving medicine. We will learn from a Qi Gong Master and Somatic Experiencing Practitioner how this ancient flowing movement and energy-harnessing technique can bring nervous system regulation, aid in overall health, and be incorporated into various forms of somatic therapy.

### **Session 11 - Orienting, Grounding, and Centering**

In this session, we will define the differences and importance of orienting, centring, and grounding, how and why these techniques work in a biological, emotional, and

psychological way while exploring exercises in each to offer to those we are supporting.

### **Session 12 - Eco-Somatics: A Journey Home**

Dance and expressive movement is a powerful gateway towards embodiment and sensory/emotional awareness. We will discuss how dance can be an innate and personal tool for transformation, shift, and restoration.

### **Session 13 - Building Tolerance for Discomfort (Titration and Pendulation)**

This session will focus on how supporting titrated sensations of comfort and discomfort in the body can lead to a wider window of tolerance, more accessible resilience, and shift our world perspective. Pendulation is the act of swinging between two states of being. This session will discuss how we might be able to harness the power of pendulation in the body to find a more consistent balance of awareness, self-agency, and feeling of relative safety.

### **Session 14 - Trauma-Informed Meditation**

Can meditation be trauma-informed, accessible and inclusive? These are questions that will be answered by our special guest facilitator as we explore the possibility and techniques of trauma-informed guided meditation as a practice with individuals and communities.

### **Session 15 - Routes of Safety**

Jake walks alongside us as we explore what it means to find safety in oneself and in community. We'll look at the Core 4 and Routes of Safety that need to be present in order to move through stress with resilience and how we can work towards this within ourselves and hold space for it alongside others.

### **Session 16 - Practicum Prep & Practice**

This practice practicum is an opportunity to continue to work with your fellow participants in order to hone your trauma-informed facilitation skills and integrate all of the tools you have learned in this module. We highly encourage you to come to this session if you are able as this will prepare you for your Final Practicum, which is part of your certification process.

## **Module 3 - 100HR Social Justice & Systemic Change**

### **The Body as a Catalyst for Equity**

**June 14, 2026 - September 17, 2026**

Building on trauma-informed and embodied practices in offering choice, using invitational language, holding brave space, encouraging empowerment, and nurturing resilience, this training goes beyond the body as a vessel for individual restoration and into the root of skills development for being a vessel of social justice, systemic change, and a catalyst for equity.

Our 100hr Social Justice and Systemic Change Module focuses on key trauma-informed facilitation skills, how movement and embodied practices can be a vehicle for social justice and systemic change, and why putting these practices in action is the responsibility of every facilitator. Through embracing compassion, fostering allyship, supporting post-traumatic growth, unpacking systemic and social injustice, considering philosophical connections, and understanding cultural appropriation, intrinsic bias, and power dynamics, this module will hone your ability to include trauma-informed approaches to your life, work, and wellbeing while being a catalyst for change.

We will also be exploring the connection between yoga, embodied practices, social justice, and systems change as you define your role in contributing to the ongoing movement of equity, compassion, and whole global holistic and collective wellness. This module also offers a unique experience to connect with your own innate wisdom of ancestors, nature, and ritual as well as discovering ways to contribute to contemporary social justice and systems change.

Guest facilitators will focus on discussions and insights surrounding discovering our ancestral support network, how nature can be a model of collective equity, our role in cultural appropriation and how to shift it, creating social justice and trauma-informed systems, transgender inclusivity, and unpacking your intrinsic bias.



**During Module 3 participants will discover:**

- A deeper understanding of how to create, support, and maintain trauma-informed and equitable systems
- The intersections between self-compassion, community building, embodied practices, social justice, and systems change
- Practices of connection, innate wisdom, and ways to restore the whole self after individual and collective trauma
- Discussion opportunities to support the essential work of systemic change
- Foundations of power, equity, and systems of oppression
- Your own purpose in trauma-informed facilitation and systems change
- How to decolonize wellness and understand cultural appropriation in order to dismantle it
- Inspirational tools and methods to create change through yoga and embodied practices
- Polyvagal theory and its connection to trauma, empathy, and equity
- The difference between allyship and saviourism
- Compassionate living and its effects on wellness and the potential for post-traumatic growth

## Weekly Lecture Schedule for Module 3

### **Session 1 - Self Compassion, Community Compassion, and Global Compassion**

In this session, we will begin the conversation around compassion on a personal, community and global level. In order to live a trauma-informed life, our first step is to embrace our own self-compassion through practice, patience, and perseverance.

### **Session 2 - Nature, Ancestors and Allyship to Aid Systemic Change**

Who are your ancestors and how does nature play into our individual trauma restoration and collective wellbeing? This session will discuss the importance of honouring land, ancestors, and traditions of our own and those we work alongside in order to cultivate trust, respect, and allyship.

### **Session 3 - Cultural Appropriation**

Is it cultural appreciation or appropriation? This is a hot topic in today's world and rightfully so. We will look at what this means and how it is we check in with intention, listen to learn, and discover ways of honouring and respecting while navigating these waters.

### **Session 4 - Living Philosophy**

What does it mean to live philosophy in the context of practice and daily life? This session will explore philosophical concepts and help build a foundation for embodying and leading from this place. Tiago powerfully weaves in a philosophical approach to living one's trauma-informed practice and taking these teachings into the world.

### **Session 5 - Sacred Medicinal Practices**

In this session, Alex and Dezi explore sacred medicinal practices that include plant-based healing and methods of creating a brave and sacred space for ourselves as facilitators as well as exploring the healing power of ritual.

### **Session 6 - Social Injustices Within Wellness Systems**

Our special guest will lead a discussion about social injustices, systemic oppression and organizational gaslighting that wellness professionals face every day and how we might begin to resist these practices and support one another more wholly.

### **Session 7 - Systems of Oppression and Creating Change**

In this session, we will take a hard look at various systems of oppression that are widespread and pervasive. Shandara will offer tools and methods to create change within these broken systems and ignite a fire that burns with a passion for change.

### **Session 8 - Polyvagal Theory and Empathy**

We will be exploring the anatomy of the vagus nerve, its relation to trauma and empathy, and what practices support this truly awesome nervous system regulator.

**Session 9 - Power Dynamics & Working with Intrinsic Bias**

When occupying spaces, interacting with others, or delivering offerings it is important to be aware of the potential, and sometimes unconscious, power dynamics that can occur. We will discuss how to be more aware of them while also discovering ways to dismantle hierarchies and bring about more equity.

This session will also focus on defining intrinsic bias and exploring our own personal prejudgement in order to break down the confines that hold us separate and build up the importance of unity, allyship, and equity for all living beings.

**Session 10 - Transgender Inclusivity and Facilitation**

In this session, we will learn about the importance of transgender inclusion, facilitation, and how to be an ally within this community. Kerry takes us on a journey of compassionate self-inquiry while demonstrating the importance of gender-affirming care.

**Session 11 - The Art of Sequencing and Creating A Practice**

Continuing with the art of sequencing, verbal cueing, and inclusive language we will discover our own voices when facilitating and speak to the questions, scenarios, and specific communities you currently or will potentially work with. Also in this session, we get into the art of sequencing and what it means to mindfully design an offering with inclusivity and accessibility at the forefront. You'll be given tools, creative and critical thinking points of interest, and more to ensure you're fully equipped to deliver your offering powerfully.

### **Session 12 - Post Traumatic Growth and Creating Trauma-Informed Systems**

Many of us have heard of Post Traumatic Stress; here we take it further and explore Post Traumatic Growth. Years of experience allow Amanda to speak to this overlooked aspect of trauma restoration and why it is important to flip the story in order to fully create more trauma-informed systems for all.

### **Session 13 - Mental Health, Addiction & Trauma**

Working with individuals and communities that have experienced extreme stress and/or trauma is a vulnerable and powerfully sacred experience. In this session, Amanda will unpack the nuances of mental health and addiction while also highlighting ways in which you can better show up and support those you are working with and walking alongside.

### **Session 14 - Scope of Practice & Living Your Trauma-Informed Life**

No matter what field or industry you work in or what offering you bring forward, you have a responsibility to know, understand and honour your scope of practice. Here we will learn more about ethics, standards, and how to navigate and respect these boundaries put in place to protect yourself and your participants. In our final session of this training, we will honestly unpack how it is that each of us can continue to live and embody a trauma-informed life and why it is crucial for systemic change, social justice, safety and holistic wellbeing for all so as to be of support and assistance to others beyond this course. Trauma-informed is not just a checkbox, it is a lifestyle that informs on how you show up in the world.

The journey does not end here; it is only beginning. Embodiment of this work is what allows this all to coalesce and turn into wisdom. We'll discuss practices and ways you can continue to integrate and grow within this space.

**Session 15 - Practicum Prep & Practice**

Your final practicum has arrived! This is where we truly see how the last year of learning, questioning, practicing, and integrating has all come together. This practice practicum is an opportunity to continue to work with your fellow participants in order to hone your trauma-informed facilitation skills and integrate all of the tools you have learned in this module. We highly encourage you to come to this session if you are able as these will prepare you for your Final Practicum, which is part of your certification process.

**Celebration Ceremony**

This is a ceremony to celebrate all that you have accomplished over the course of the training. Whether you are finished with your assignments or not, or are planning on receiving your Certificate of Completion or not, all are welcome to attend.

**3-Month Gathering**

This is an optional opportunity to meet up with your Cohort Participants and Facilitators to talk about how the integration of this material is evolving, any challenges or additional questions you might be experiencing, as well as a place to share your thoughts, ideas, resources, and triumphs following our training.

## 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 recognize that we live in systems of inequity and we strive to find ways of finding balance within this. We feel that the deepest engagement and greatest benefit comes when there is a meaningful mutual exchange.

For these reasons, we offer tiered pricing. 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.

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

TIER 1: \$6140 NZD – 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: \$5220 NZD – For those on medium incomes and access to financial resources who also are able to contribute to our scholarship fund.

TIER 3: \$4300 NZD – For those on low incomes, caring responsibilities and from marginalized communities.

\*\*We have limited space in our training in order to be able to fully support each participant in their learning journey.

\*\*\*\$800 Non-refundable deposit is required to hold your space for the 300hr Training.

\*\*\*\*Price does NOT include Module 4 Retreat.

Payment plans are a binding contract between you and SomaPsych. If payments are not kept up-to-date, you may lose access to your course until payments are back on track. Email Esther at [info@somapsych.org](mailto:info@somapsych.org) for registration with details of your payment tier, and installment choice for your plan. Payment plans can be paid on a weekly, bi-weekly or monthly basis unless agreed otherwise.

## Expression Of Interest

Below is the expression of interest form for those wanting to dive into the 300hr Trauma-Informed Facilitator Training with SomaPsych, Legacy Motion and International Guest Facilitators.

[Complete Application Form](#)

## Finance Policy

By purchasing the 300HR Trauma Informed Facilitator Training, you agree to the terms and conditions outlined in Appendix B regarding refunds and payments.

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## Scholarships

We provide scholarships with the aim of contributing to more equity in access to trauma-informed skills and embodiment practices and spaces for underrepresented minorities and marginalized individuals.

### Eligibility criteria

**Before applying, please read more about why we provide scholarships, who these are for and advice for your application here!** [Read more here.](#)

### Scholarship process and deadlines

There are 2 rounds of the scholarship application process.  
First, an expression of interest. [Apply here.](#)



If you are successful, you will be invited to apply for a more in-depth scholarship application where you are able to share with us your vision for taking this work into the world.

- EOI deadline: April 1, 2025
- EOI decisions: April 14, 2025
- Scholarship application due: May 1, 2025
- Scholarship decisions: June 1, 2025

### **Sponsorship**

If you work within an organization, business, or space that may be open to sponsoring your place on this course, please consider this option which would enable someone else to take on the scholarship position.

You can learn more about how to inquire about sponsorship opportunities in your community [here](#).

## Meet Your Lead Facilitators



### **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**

[amanda@somapsych.org](mailto:amanda@somapsych.org) | [www.somapsych.org](http://www.somapsych.org) | [@soma.psych](https://www.instagram.com/soma.psych)



### **Kirsten (Kaye) Wilkinson**

**MA, TCTSY-F, E-RYT 500, RCYT  
Qi Gong and iRest Certified  
Ayurvedic Health Practitioner  
Mind/Body Practitioner  
Breathe to Heal Facilitator  
Somatic Experiencing Advanced Cohort**

Kirsten has over 20 years of working with moving bodies, trauma, and building trauma-informed curriculum. She holds a Masters Degree in Dance and Research and is currently pursuing her PhD in Psychology and Somatic Therapy. She is the Executive Director of Legacy Motion, an NGO that supports individuals and communities impacted by trauma by offering sustainable programming and trainings to community members in trauma-informed, restorative movement based practices and somatic therapy modalities.

Each program and project honors traditional healing methods, supports the collective human experience, and provides learning opportunities to aid in accessible and equitable mental healthcare through the mind/body connection.

She is also the founder of Healing Motion, a private practice that offers somatic therapy and embodied practices that support mental health by assisting individuals in discovering their innate wisdom, restoring their embodied strength, and transcending to holistic wellbeing.

[www.legacymotion.org](http://www.legacymotion.org) / [www.healing-motion.org](http://www.healing-motion.org)

## Appendix A

### Integrative Sessions Explanation

#### Why do we have to schedule personal Somatic Therapy Sessions during this training?

The 300hr Trauma Informed Facilitator Training with SomaPsych and Legacy Motion is a layered exploration of trauma theory and anatomy, defining a personal trauma informed perspective, methods, tools, and interventions used when trauma shows up, and answering how to live your trauma informed life beyond this training. This all begins with you; your ability to manage your own experiences of trauma, reactions, responses, regulation, counter-transference, self care, self compassion and restorative journey. This does not end or begin with this training. Requiring personal somatic therapy sessions for this training not only offers you an opportunity to experience some of the methods, tools and interventions that we will be learning in this training on an applicable level for your nervous system, but it also explores avenues of self agency that you can employ as things active you from past or present experiences during our time together and beyond. You might be offering yourself multiple pathways of support during this training. However, we want to ensure that you are taking every opportunity to continue to support your nervous system exploration to offer as much safety, insight, and sustainable patterns as possible as you take on the responsibility of being a Trauma Informed Facilitator.

#### Why do we have to attend personal Mentorship Sessions during this training?

The 300hr is a process of unlearning, learning, questioning, reflection, reflexivity and so much more. That said, it can challenge worldviews and perspectives and encourage a shedding of old or unaligned ways while bringing to light new ideas and ways of being in the world. We want to ensure you are fully supported in this process. We explore what it looks like to structure a humanistic business model or offering with community, longevity, growth, and sustainability at the forefront while maintaining the heart and soul of trauma-informed. The

focus here is to uncover what it looks like to build an offering with heart, soul, and actual systems and processes to ensure a sound business model. It can be difficult to put the concepts “business” and “trauma-informed” together and make sense of the ways they work together but this is exactly what we’re doing so that you have the know-how to deliver your offering, the heart to lead and facilitate authentically and powerfully, and the spirit to continue to grow and evolve your offering for years to come while letting it organically unfold.

### **What is a Group Case Consult and why do I need to attend them?**

Group Case Consults are a space where you can bring your situational questions into a group setting for discussion and insight. These are places where you can listen to other peoples examples and experiences of supportive intervention, and learn from challenges and issues that present themselves in specific instances. If you are working with individuals, groups, specific communities, or with self, you can bring your questions here and benefit from the wealth of knowledge in the space to adjust, try out, or celebrate how you are facilitating in a trauma informed scope.

Group Case Consults are used in a multitude of trainings, certifications and licensures to ensure that, as Trauma Informed Facilitators, we are learning and employing the most up to date, sustainable, supportive, and applicable tools and methods to be of service to our communities and individuals we are working alongside. They are meant to keep us relevant and constantly striving for best practice in our work.

### **Why do these cost extra**

In trying to keep our training equitable and affordable we offer a sliding scale for our overall registration, which we are attempting to keep exempt from inflation and economic instability. In order to cover costs for the 300hr training to include payment to Guest Facilitators, Marketing, Learning Platform Costs, Scholarships, and other financial responsibilities, we have implemented a pay as you go process for these extra sessions so that people can schedule them when economically resourced to do so without raising the cost of the entire tuition as not everyone is interested in certification or not able to pay one fee all at once. We hope by spreading these out over the course you will be able to have more agency around when you are resourced and prepared to accomplish these certification requirements. For more information on total estimate cost of the training please go [HERE](#) to refer to your Info Pack.

## Appendix B

### Financial Policies for the 300HR Trauma-Informed Facilitator Training

By purchasing the 300HR Trauma-Informed Facilitator Training, you agree to the following terms and conditions regarding refunds and payments. These financial policies apply to all students on the 300hr Trauma-Informed Facilitator Training, unless specified otherwise, or if the student is accepted on scholarship application.

#### Deposit

- A non-refundable initial deposit of \$800 NZD is required to reserve a participant's space for the training.

#### Payments

- All payments must be received in NZD.
- Full payment is required 14 days prior to the start date of training.

#### Refunds

- The \$800 NZD deposit is non-refundable.
- If a refund is requested 60 days prior to the start date of training a refund will be issued, minus the \$800 NZD deposit and an administration/processing fee of \$50 NZD.
- If a refund is requested between 59 days and 30 days prior to the start date of training a 50% refund, minus deposit and an administration/processing fee of \$50 NZD will be issued.
- No refunds will be issued 29 days prior to the start day of the training.
- All refunds will be paid less any fees incurred from currency conversion.

#### Payment Plan

- Payment plans are a binding contract between the participant and SomaPsych.
- Participants who have a payment plan in place must pay in accordance with the amount and timeframes specified.
- Under circumstances that may require the payment plan to change, please immediately email the team at [info@somapsych.org](mailto:info@somapsych.org).

- If payments cease for any reason, legal action will be taken for collection.
- Late payments may result in losing access to the training until payment is resumed.
- Full payment must be made 14 days prior to the start date of training.

### **Deferrals**

- A deferral is when a participant wishes to transfer their enrolment in a training or event to a later date.
- Deferrals are required to be received 14 days prior to the start date of training.
- The amount paid by the participant is the amount which can be transferred to another training or event. Additional payments may be required by the participant if any training or event fees increase.
- If the student defers their participation to the following year, they will be able to pay the remaining balance up until the start date of the next training.

### **Exceptional Circumstances**

- In situations such as sickness or extenuating circumstances, please immediately email the team at [info@somapsych.org](mailto:info@somapsych.org). There is no guarantee that we can relax these policies. However, we will support you as best as we can.