

# Integrative Somatic Practitioner Directory

## Directory Overview

SomaPsych & Healing Motion train practitioners in genuine trauma-informed, nervous-system-focused, collectively-minded care. This directory is a living resource connecting you with practitioners around the world. We keep it as current as we can – and we're a small team of humans who can miss things – if something looks out of date, trust your gut and reach out to the practitioner directly.

*\*You can use the “**find**” function to look for specific locations, themes, or offerings*

## More Info on Each Training

[100HR Therapeutic Yin Yoga Teacher Training](#)

[30HR Foundations of Integrative Somatics](#) (previously “20HR Trauma-Informed Practice”)

[300HR Integrative Somatic Facilitator](#)

[About SomaPsych](#)

[About Healing Motion](#)

## Directory of Practitioners

**Name:** Amanda

**Location:** Aotearoa

**Email:** [info@somapsych.org](mailto:info@somapsych.org)

**Website + Socials:** [www.somapsych.org](http://www.somapsych.org) / @soma.psych

**Offering(s):** 1:1 or Group Integrative Somatics, Therapeutic Yin Yoga, Neurodivergent / Specialised Support

**Format:** Online + In-Person

**SP Trainings Completed:** 30HR Foundations of Integrative Somatics, 300HR Integrative Somatic Facilitator Training, 100HR Therapeutic Yin Yoga Teacher Training

**Bio:** I take a mind+body+everything approach, helping support nervous system restoration & balance for overall wellbeing and restoration from everyday (and not-so-everyday) stress.

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**Name:** Fiona Aspdin

**Location:** Aotearoa

**Email:** fionaaspdin@gmail.com

**Website + Socials:** @fiona.freedomofsoma

**Offering(s):** 1:1 or Group Integrative Somatics, Therapeutic Yin Yoga

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice, 300HR Integrative Somatic Facilitator Training, 100HR Therapeutic Yin Yoga Teacher Training

**Bio:** I offer integrative somatic practice focused on nervous system restoration, therapeutic movement, and embodied healing. My work supports people in reconnecting with their bodies through gentle somatic exploration, breath, embodied awareness, and restorative movement practices. I also facilitate somatic dance experiences in-person in Wellington, which inform the intuitive, body-led movement approaches woven into my 1:1 sessions. I create grounded, trauma-aware spaces that encourage regulation, resilience, self-trust, and deeper connection to the body's innate wisdom and capacity for vitality.

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**Name:** Raquel Minh

**Location:** Auckland, New Zealand | Tāmaki Makaurau

**Email:** hello@raquelminh.com

**Website + Socials:** @raquel.globaltumbleweed | www.raquelminh.com

**Offering(s):** 1:1 or Group Integrative Somatics, Neurodivergent / Specialised Support

**Format:** Online + In-Person

**SP Trainings Completed:** 300HR Integrative Somatic Facilitator Training

**Bio:** Raquel Minh is a Trauma-Informed Plant Medicine Guide, Integrative Somatic Facilitator, and Trauma Sensitive Yoga Teacher working at the intersection of nervous system regulation, altered states, and relational ethics. Her approach is informed by indigenous practices, trauma-sensitive yoga, meditation, somatic facilitation, psychedelic preparation and integration, and years of community-based teaching and leadership. I am committed to decolonising wellbeing practices by resisting extraction, honouring cultural humility, and staying accountable to the limits of my role.

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**Name:** Kate Gutiérrez (Davidson)

**Location:** Sydney, Australia at present

**Email:** hello@kate-gutierrez.com

**Website + Socials:** kate-gutierrez.com | @embodied\_healing\_endo

**Offering(s):** 1:1 or Group Integrative Somatics

**Format:** Online Only

**SP Trainings Completed:** 20HR Trauma-Informed Practice, 300HR Integrative Somatic Facilitator Training

**Bio:** I support those living with endometriosis and chronic pelvic pain through trauma-informed nervous system care, re-embodiment practices, and menstrual cycle awareness. My work centres on helping people reconnect with themselves, their bodies, and their cycles with greater safety and self-compassion when navigating the complexity of living with a chronic illness.

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**Name:** Cheryl Campbell - Grasshopper

**Location:** Central Otago

**Email:** Grasshoppercreatives@gmail.com

**Website + Socials:** @Cheryl Campbell (grasshopper)

**Offering(s):** Neurodivergent / Specialised Support

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice

**Bio:** Hi I'm Grasshopper. I work with neurodivergent students, parents and schools to help with practical tools for learning personal growth and regulation. I work from a strengths-based trauma-informed framework. Transforming a diagnosis into a superpower, harnessing the innate abilities of people with neurodivergent traits, with or without a formal diagnosis.

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**Name:** Ariana Stevens

**Location:** Ōtautahi | Christchurch

**Email:** ariana@reomaorimai.co.nz

**Website + Socials:** www.reomaorimai.co.nz - @reomaorimai

**Offering(s):** Neurodivergent / Specialised Support

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice

**Bio:** Ariana offers workshops, classes, advice and support to unpack kaupapa like decolonisation, power, privilege, and a range of skills to have constructive, connected conversations around these topics.

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**Name:** Emily Barnsley-Berry

**Location:** Levin

**Email:** emily@barnsley.co.nz

**Website + Socials:** @emily\_jb4

**Offering(s):** Therapeutic Yin Yoga

**Format:** Online + In-Person

**SP Trainings Completed:** 300HR Integrative Somatic Facilitator Training, 100HR Therapeutic Yin Yoga Teacher Training

**Bio:** My intention is to create a space where bodies can be free to explore. A place where all layers and levels of our bodies an experience are welcomed.

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**Name:** Wendy Douglas

**Location:** Greensboro, NC

**Email:** hello@breatheagaincounseling.com

**Website + Socials:** [www.breatheagaincounseling.com](http://www.breatheagaincounseling.com) | @breatheagaincounseling

**Offering(s):** 1:1 or Group Integrative Somatics

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice

**Bio:** As a compassionate Christian counselor, I specialize in grief, loss, & trauma using EMDR and Brainspotting as needed. I help women 21+ get on a healing path to find peace. I teach you tools that you can carry with you for a lifetime. I help you honor that which was lost, reclaim parts of yourself that have been hidden, and rebuild the healthy life YOU want.

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**Name:** Nicole Mansilla

**Location:** Rotorua

**Email:** Lemuriacreations111@gmail.com

**Website + Socials:** Facebook: Lemuria Creations - Instagram: Lemuria.creations

**Offering(s):** Therapeutic Yin Yoga

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice, 100HR Therapeutic Yin Yoga Teacher Training

**Bio:** I am a Holistic practitioner dedicated to helping individuals—especially women—rediscover a deep sense of peace. By creating a nurturing space, I guide you to soothe your nervous system and create lasting calmness within your body. My holistic & humanistic approach blends the gentle stillness of Yin Yoga, and the different tools I gained through other trainings. Together, we work to release stored tension and bring your whole being back into alignment.

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**Name:** Lauren Albans

**Location:** Hawke's Bay

**Email:** info@creativeembodimentnz.com

**Website + Socials:** www.creativeembodimentnz.com | @creative\_embodiment\_

**Offering(s):** 1:1 or Group Integrative Somatics, Therapeutic Yin Yoga, Neurodivergent / Specialised Support

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice, 30HR Foundations of Integrative Somatics, 300HR Integrative Somatic Facilitator Training, 100HR Therapeutic Yin Yoga Teacher Training

**Bio:** I started my trainings with SomaPsych in 2021 starting with TI Yin and moving into Trauma informed and Integrative Somatic facilitation. This mahi has been life changing and I now have the privilege to help people navigate the beautifully nuanced experience of being human. I support people to learn, integrate, and embody somatic tools, reconnect with their inner creativity, and reclaim the self-regulation and stimulating practices that are unique to them. These approaches help build resilience and a deeper sense of safety within the body, creating the

capacity for emotions that once felt overwhelming or unsafe to be gently felt, processed, and moved through. By meeting each person where they're at, I help them better understand their unique nervous system, lived experiences, and patterns of adaptation, supporting greater connection, autonomy, authenticity, and wellbeing. I have also combined my trainings of both Somatics and Myofascial release to create the 'Vagal Flow Head Massage'.

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**Name:** Beth Pearsall

**Location:** Coromandel

**Email:** bethpearsallpeters@gmail.com

**Website + Socials:** [www.wildstillnessretreats.co.nz](http://www.wildstillnessretreats.co.nz)

**Offering(s):** 1:1 or Group Integrative Somatics

**Format:** In-Person Only

**SP Trainings Completed:** 20HR Trauma-Informed Practice

**Bio:** Hello, my name is Beth and I facilitate retreats that centre on connection to self, nature and community. My work is guided by the wisdom of the body and the knowledge that when we connect more deeply to that wisdom we can live a more joyful, fulfilling and peaceful life. I am currently studying in the 300 hour Integrated Somatic Facilitation with SomaPsych (June 2026) and have been practicing group facilitation for over 10 years and hosting retreats since 2021.

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**Name:** TIA HEALEY-JELICK

**Location:** KERIKERI NZ

**Email:** [info@nativehealingherbals.co.nz](mailto:info@nativehealingherbals.co.nz)

**Website + Socials:** [www.nativehealingherbals.co.nz](http://www.nativehealingherbals.co.nz)

**Offering(s):** 1:1 or Group Integrative Somatics

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice, 30HR Foundations of Integrative Somatics

**Bio:** Tia is a trained Somatic Dance teacher, an avid 5 rhythms dancer, a rongoa practitioner, a lover of movement and a passionate advocate for embodiment. She is an alchemist who weaves spirit (wairua) and bodies (tinana) with potent

soundscapes, bringing her participants deeply into their bodies to awaken, dismantle and integrate many facets and threads of self. She has worked for many years with nature and its cycles for health and wellness

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**Name:** Surayya Hassan

**Location:** Johannesburg, South Africa

**Email:** sue.hassan1606@gmail.com

**Website + Socials:** @theholdingspacecollective

**Offering(s):** Therapeutic Yin Yoga

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice, 100HR Therapeutic Yin Yoga Teacher Training

**Bio:** My work centres on creating spaces where people can slow down, soften, and reconnect with themselves. Through therapeutic Yin Yoga, breath awareness, and gentle reflection, I support people navigating stress, change, overwhelm, or simply the pace of modern life. My approach is human-centred and grounded in curiosity rather than correction. I believe the body holds wisdom, and when we create the conditions to listen, meaningful shifts can emerge. These sessions invite rest, self-discovery, and a deeper sense of connection and wellbeing.

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**Name:** Paris Waterworth

**Location:** Wellington

**Email:** paris.waterworth@gmail.com

**Website + Socials:** www.luminouswellbeing.org

**Offering(s):** 1:1 or Group Integrative Somatics, Therapeutic Yin Yoga

**Format:** Online + In-Person

**SP Trainings Completed:** 300HR Integrative Somatic Facilitator Training, 100HR Therapeutic Yin Yoga Teacher Training

**Bio:** I offer one-on-one somatic support and yin yoga, along with group spaces, focusing on nervous system support, self agency, and embodied wellbeing. The spaces I offer are inspired by 400 hours of training with Somapsych, along with additional trainings in yoga, facilitation, and a dedicated meditation practice. My

approach is gentle, invitational, and trauma-informed. I honour the beautiful uniqueness of every person, and offer an open-hearted and grounded presence. You're welcome to show up exactly as you are, explore options, move at your own pace, and discover what's true for you.

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**Name:** Leilani Jade Botham

**Location:** Wellington

**Email:** joysofjade@gmail.com

**Website + Socials:** @joysofjade on IG, FB, & Youtube

**Offering(s):** 1:1 or Group Integrative Somatics, Therapeutic Yin Yoga, Neurodivergent / Specialised Support

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice, 300HR Integrative Somatic Facilitator Training

**Bio:** I grew up on the island of Hawai'i, but was born in Ōtautahi, Christchurch. I am trained as an Integrative Somatic Facilitator (300HR), Yin Yoga teacher (100HR), and Trauma-Informed Community Health Educator (MPH). As a conversational te reo Māori speaker, youth mentor, and holistic health advocate, I enjoy inspiring others along their wellness journey by helping to nurture a sense of balance, presence, and connection to ourselves and the world around us. I currently offer tailored therapeutic yin yoga classes, group (and soon 1:1) integrative somatic sessions, and mindfulness classes for youth - including those with accessibility needs. Using somatic tools, holistic practices, and strength-based approaches, I combine both western science and Indigenous knowledge to honor the origins of yin yoga, while creating a session that's truly unique to us here in Aotearoa, New Zealand.

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**Name:** Kate Watkinson

**Location:** Southland

**Email:** kate@thriveinlight.co.nz

**Website + Socials:** <https://www.facebook.com/ThriveinLight/>

[https://www.instagram.com/thrive\\_in\\_light/](https://www.instagram.com/thrive_in_light/)

**Offering(s):** 1:1 or Group Integrative Somatics

**Format:** Online + In-Person

**SP Trainings Completed:** 20HR Trauma-Informed Practice, 30HR Foundations of Integrative Somatics

**Bio:** I am a therapeutic space holder who integrates bottom-up (body-based) with top-down (cognitive) approaches. Yoga has been part of my life for 30 years and I am grateful to share trauma-sensitive yoga with ACC SCS clients. I value mana-enhancing, trauma-informed and culturally safe methods of practicing counselling that centre the clients as the experts of their own lives.