SomaPsych & Healing Motion

are honoured to offer our

Integrative Somatic Facilitator ™

300HR Trauma-Informed Training

Somatics, Embodied Practices & Social Justice

SomaPsych, Healing Motion

&

International Guest Facilitators bring you this

Online, Interactive & Accessible Training

1 Year Training Program

September 26, 2027 - September 17, 2028

Module 1: 100HR Trauma-Informed Foundations of Self
Module 2: 100HR Therapeutic Somatics
Module 3: 100HR Catalyst for Change

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Expression Of Interest

Below is the expression of interest form for those wanting to apply for the 300HR Integrative Somatic Facilitator Training.

Complete Application Form

Becoming an Integrative Somatic Facilitator

Body-based trauma therapies and movement modalities are a powerful approach to mental health with the potential to revolutionize the world and your offerings. This training offers students a rich and comprehensive framework for understanding and addressing trauma from a more integrated, whole-life, 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, integrative facilitator, holder of braver spaces, and vessel of creative solutions, social justice and collective change.

This one-year, 300-hour continuing professional development training provides essential educational elements and a space to explore somatic practices that will benefit you both personally and professionally.

Join Amanda, Kirsten, and our special guest faculty for a trauma-informed approach to facilitation. In this course, you will learn skills to share trauma-informed practices that incorporate movement, embodiment, mindfulness, neuroscience, and somatic therapies, suitable for all people and all bodies. Embark on a personal journey toward restoration while also contributing to the collective health and wellbeing of individuals around the world.

Through a holistic and whole-life approach, this training brings 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 actions and 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, polyvagal theory, 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 through 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 Integrative Somatic Facilitator Training?

Trauma touches nearly every life, shaping how people relate to themselves, others, and the world. As an Integrative Somatic Facilitator, learning to recognize and respond to its effects is essential - not only for those you serve, but also for your own overall wellbeing.

This training equips you with somatic, trauma-informed tools to create spaces that are brave, supportive, and transformative. You'll learn to:

- Understand how trauma impacts individuals, groups, and communities, and how to respond with clarity and compassion.
- Work skillfully with movement and body-based practices that foster deep, sustainable change.
- Navigate group dynamics with evidence-based strategies that strengthen trust, safety, and connection.
- Use your presence - your voice, language, and environment - to invite healing and integration.

More than a set of techniques, this training is a paradigm shift. You'll learn to see not just trauma, but also the resilience, strength, and capacity for post-traumatic growth in every individual and system you work with and within.

We emphasize radical self-care and healthy boundaries, ensuring you can sustain this work without burnout. Integrating these approaches isn't a one-time skill; it's an ongoing practice of reflection, learning, and living differently.

This program empowers you to facilitate from a place of depth and integrity, supporting individual healing while contributing to collective change.

Who is This Training For?

Mental Health Counsellors & Therapists
Trauma-informed facilitation is invaluable in therapy and counselling. This training helps you integrate somatic and body-based practices into your work, supporting both your clients' healing and your own regulation.

Social Workers
Working with individuals and families impacted by trauma requires resilience and systemic awareness. This training strengthens your ability to support clients while exploring how to catalyze wraparound support and contribute to social change.

Substance Use Practitioners
Because substance use and trauma are often interconnected, this training provides body-based tools for nervous system regulation, offering more effective and compassionate support for those navigating recovery.

Nonprofit & Community Organization Staff
Whether in shelters, youth programs, or grassroots initiatives, trauma-informed facilitation equips you to engage diverse communities with confidence and respect. You'll learn to foster autonomy and safety while holding space for healing and growth.

Educators
In schools and universities, trauma-informed skills create safer, more inclusive classrooms. This training helps you recognize trauma responses, navigate them skillfully, and hold space for students in ways that enhance accessibility and belonging.

Yoga Teachers, Coaches & Wellness Practitioners
Make your offerings more inclusive, accessible, and trauma-sensitive. You'll learn sequencing, language, and somatic practices that foster resilience and choice - allowing you to support both the general public and those impacted by trauma.

Human Resources Professionals
Trauma-informed facilitation transforms workplaces into safer, more human-centred environments. You'll learn how to hold space for employees with compassion, reduce harm, and foster cultures of trust, creativity, and healthy productivity.

First Responders, Veterans, Government & Healthcare Professionals
In high-stress professions, trauma-informed approaches are essential. This training provides tools for balancing your own nervous system while engaging communities with humanity and care - reducing retraumatization and supporting sustainable wellbeing in your role.

Training Outline - Educational, Experiential, Accessible

Live Online Educational Sessions

September 26 2026 - September 17 2027

Sundays from 7am - 9am NZT

Live Online Community Practice and Integration Sessions

September 30, 2026 - September 14, 2027

Thursdays from 7am - 8am NZT

To find your timezone, click HERE

All times are based on Auckland Time (NZT)
***Please pay attention to **Daylight Saving Time** and any changes in your region along the way*

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 educational sessions, 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 orient 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 Education	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 (3 total)	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 for Live Sessions
- 50% live online attendance for Community Practices and Integration Sessions
- 100% of homework completed
- 100% of final practicums completed
- 100% of assessments completed
- 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) *See Appendix A for details

- Completed 1 private mentorship consultation with Amanda*
- Completed 2 private somatic sessions with Kirsten*
- Completed 1 Group Skills Building Session with Kirsten*

**Can be completed at any time during the course*

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
- This training does not confer Yoga Alliance Teacher Certification. However, Yoga Alliance Continuing Education Units (CEUs) are available. For information on other CEUs relevant to your profession, please contact Kirsten directly.
- 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 ISF Completion

****Below is an overview of each session offered over the course of the ISF training - please note, the order of sessions is subject to change. All sessions will still be covered.**

Module 1 - 100hr Trauma-Informed Foundations of Self

Expanding your Trauma-Informed Toolkit

September 26, 2027 - February 3, 2028

Creating environments that truly feel safe and inclusive can be challenging - especially without the right skills and support. Trauma is part of the human experience, and when it goes unacknowledged in our spaces, we risk retraumatizing clients, participants, and colleagues. Yet most trainings overlook trauma-informed approaches.

Understanding trauma - how it manifests in the body and the body-based tools that support restoration - is essential for anyone working with people.

Our **100-Hour Trauma-Informed Foundations of Self Module** takes a deep dive into trauma from biological, emotional, individual, and community perspectives. We place special emphasis on:

- The physiology of trauma and different types of trauma
- Radical self-care as a professional responsibility
- Accessibility, able-bodied discrimination, and inclusive practice design
- Trauma's impact on fascia, memory, and movement
- Polyvagal theory and how this informs self- and co-regulation

You'll also gain practical facilitation skills to make movement-based practices accessible for all bodies and capacities. This includes intentional language, offering choice and movement variations, advanced verbal cueing, and holding brave spaces that foster autonomy and safety.

By integrating this knowledge into your work, you help break cycles of retraumatization and expand your trauma-informed toolkit - equipping you to support both individuals and communities with depth, compassion, and integrity.

During Module 1, participants will discover:

- The nuances and interconnections of self-care and community wellbeing
- Exploratory practices to develop a sustainable and meaningful personal practice
- Connections between trauma, physiology, emotions, and memory
- How attachment theory informs trauma and the importance of strong personal and professional boundaries
- Movement variations for all bodies and ranges of motion
- Advanced verbal cueing for safer, clear facilitation and communication
- Functional anatomy and working with bioindividuality
- Practical skills to enhance accessibility and cultivate authentic inclusivity
- Effective and intentional use of props to support individual goals
- Trauma-informed facilitation skills to create safer, braver spaces
- Guidance to cultivate your unique facilitation style and voice
- Tools and methods for leading exploratory and restorative movement for all humans
- How to use intentional language to nurture resilience and empowerment

Weekly Session 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 your 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 - Nature's Response Cycle

In this session, we explore the neurobiology and physiology of the stress response cycle and how to work with it. We'll explore what it means to help complete and

integrate stress responses and 'close the loop' to process undischarged survival energy.

Session 6 - Being an Island of Safety
In this session, 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 promote empowerment.

Session 7 - 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 8 - 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 9 - 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. We also 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 10 - 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 11 - Inquiry, Intuition, and Attunement
This session explores how to deepen self-awareness and connection with others through embodied inquiry, intuitive listening, and attunement practices. You'll learn how to tune into subtle cues - within yourself and those you support - to cultivate presence, trust, and responsiveness. Through guided practices, we'll strengthen your capacity to navigate complex dynamics with clarity and compassion, fostering safer and more authentic spaces for healing and growth.

Session 12 - 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 13 - Polyvagal Theory and Empathy
We will explore the anatomy and function of the vagus nerve, one of the most powerful regulators of the nervous system. Together, we'll examine its role in trauma, stress responses, and emotional regulation, as well as its deep connection to empathy, safety, and social engagement. You'll learn practical, body-based practices that activate and support vagal tone, helping to restore balance, build resilience, and cultivate a greater sense of connection within yourself and with others.

Session 14 - The Arc of the Process
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 15 - Stepping into this work with 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.

Module 2 - 100hr Therapeutic Somatics

Supportive Somatic Methods

February 6, 2028 - June 1, 2028

Learn trauma-informed, movement-based practices drawn from modalities such as Dance/Movement Therapy, Qi Gong, Yoga Nidra, Somatic Experiencing, Circles of Hope, Tapping, Orienting, Grounding, and Meditation. You'll not only experience these practices but also understand *why* and *how* they work, when they serve as effective trauma-informed interventions, and how to apply them safely and ethically.

This module offers restorative, accessible practices for all humans while diving into:

- Embodied anatomy and the science of disembodiment and re-embodiment
- Self-regulation practices rooted in bravery and choice
- Traditional philosophies through a trauma-informed lens
- Titration and pendulation in nervous system regulation
- Energetic pathways and the power of co-regulation
- Honouring the diverse voices and research shaping the field of body-based trauma healing

Guest facilitators bring expertise in psychology and somatic work, embodied philosophy, chronic pain facilitation, dance and Qi Gong as medicine, and trauma-informed approaches to meditation.

You'll also refine advanced facilitation skills, including:

- Guiding orienting, grounding, and centering practices
- Widening the window of tolerance through nervous system support
- Safely supporting re-embodiment for clients
- Applying body-based approaches in mental health care
- Completing the threat response loop with integrity and care

This module empowers you with embodied practices that transform trauma work - supporting regulation, resilience, and restoration at both personal and collective levels.

During Module 2, participants will discover:

- Integrative somatic and embodied practices from multiple modalities
- Evidence-based tools for nervous system regulation and co-regulation
- Practical application of functional anatomy and physiology to support those you serve
- Insight into disembodiment and re-embodiment, with strategies to safely navigate activations and triggers
- An understanding of the history of somatic trauma-informed approaches, both traditional and contemporary
- Skills to create relative safety and support the integration of memories, emotions, and experiences
- Practices that build resilience and empowerment through titration, pendulation, and other somatic methods
- Guidance for living a trauma-informed life and integrating these principles into personal and professional spaces
- Best practices in somatics and integrative approaches for mental health support
- Strategies for introducing body-based practices into professional settings

Weekly Session Schedule for Module 2

Session 1 - 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 2 - Intentional 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 intentional language, empowering communication, atmosphere, and other elements that foster empowerment through embodiment.

Session 3 - Layers of Somatic Work/Sequencing Sessions

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. Sessions have layers and having a more comprehensive knowledge of the pyramid of somatic trust is essential to ensuring that you are providing thorough care for each of your clients and communities. This is a craft worth honing and continuing to grow and develop along the way. Powerfully and intentionally cueing is a profound way to instill self-agency and offer people an opportunity to discover and build their own practice from the inside out.

Session 4 - 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 5 - Routes of Safety

In this session, 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 6 - Unpacking Accessibility and Bioindividuality
In this session, we explore what accessibility and inclusivity truly mean and how to create safer, welcoming spaces for all. We'll dive into functional anatomy, examining the musculoskeletal system and the individuality of each body, so you can design offerings that are safe, creative, and responsive to the people you work with.

Session 7 - 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 8 - Accessible Movement
What is Accessible 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 9 - Discharge and 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 10 - Orienting, Grounding, and Centring
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 11 - Gateways of Breath
Breath can be a gateway to restoration from trauma, but can also be extremely triggering and retraumatizing as a practice. We will explore the relationship between breath and our nervous system, learn basic breath anatomy, and become more familiar with how to offer a more trauma informed approach to breathing practices.

Session 12 - Eco-Somatics: A Journey Home
Dance and expressive movement are powerful gateways 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 - Working with the Endocrine System
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 14 - Calming the Mind While Moving the body
Sometimes quiet and stillness are a challenge and we need to find alternative ways to support those we are walking alongside. Here we will explore why moving meditations can sometimes be more supportive than stillness and quiet and how to integrate these options into our group sessions. We will also discuss how to meet people where they are with energy-harnessing techniques which can bring nervous system regulation, aid in overall health, and be incorporated into various forms of somatic therapy.

Session 15 - 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 16 - 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.

Module 3 - 100HR Catalyst for Change

The Body as a Catalyst for Equity

June 4 - September 17, 2028

Building on trauma-informed and embodied practices - choice, intentional language, braver spaces, empowerment, and resilience - this module expands beyond personal restoration into cultivating the skills to be a vessel for social justice, systemic change, and equity.

We'll explore how movement and embodied practices can become vehicles for justice and why putting these practices into action is the responsibility of every facilitator. Key areas include:

- Trauma-informed facilitation as a catalyst for social change
- Compassion, allyship, and post-traumatic growth
- Systemic and social injustice, power dynamics, and intrinsic bias
- Philosophical frameworks and cultural appropriation
- The intersections of yoga, embodied practices, and systems change

This module also invites you to connect with ancestral wisdom, nature, and ritual while discovering ways to contribute meaningfully to contemporary movements for equity, compassion, and global collective wellness.

Guest facilitators will bring insight into ancestral support networks, nature as a model of equity, shifting cultural appropriation, building trauma-informed and justice-oriented systems, transgender inclusivity, and unpacking bias with honesty and care.

During Module 3, participants will discover:

- How to create, support, and sustain trauma-informed and equitable systems
- The intersections of self-compassion, community building, embodied practices, social justice, and systems change
- Practices to reconnect with innate wisdom and restore the whole self after individual and collective trauma
- Opportunities for discussion and reflection to advance systemic change
- Foundations of power, equity, and systems of oppression
- Defining your purpose in trauma-informed facilitation and social justice work
- Strategies to decolonize wellness and understand cultural appropriation to actively disrupt and dismantle it
- Tools and methods for creating meaningful change through relational and embodied practices
- Insights from polyvagal theory on trauma, empathy, and equity
- Understanding the difference between allyship and saviourism
- Cultivating compassionate living to enhance wellness and support post-traumatic growth

Weekly Session Schedule for Module 3

Session 1 - 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. Powerfully weaving in a philosophical approach to living one's trauma-informed practice and taking these teachings into the world. We will powerfully explore 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 2 - Working Alongside Neurodiversity

This session focuses on creating trauma-informed, autonomy-enhancing spaces that honour neurodiverse experiences. Paula explores how to adapt embodied and somatic practices to support diverse cognitive and sensory needs, foster agency and choice, and cultivate inclusive environments that advance equity, social justice, and participant empowerment.

Session 3 - 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 prejudgment 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 4 - 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 5 - Sacred Medicinal Practices

In this session, we 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 on social injustice, systemic oppression, and the organizational gaslighting often experienced by wellness professionals, exploring ways to resist these practices and cultivate deeper support, solidarity, and resilience within the community.

Session 7 - 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 8 - Systems of Oppression and Creating Change
In this session, we'll examine pervasive systems of oppression and their impact. Shandara will provide practical tools and strategies to drive meaningful change, inspiring participants to act with courage, clarity, and a passionate commitment to justice.

Session 9 - 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 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 - Being a Catalyst for Change
This session empowers you to use trauma-informed and embodied practices as tools for social justice and systemic transformation. You'll explore how to recognize and challenge inequities, foster inclusive and equitable spaces, and embody leadership that inspires resilience, empowerment, and collective healing.

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 - 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 14 - Setting up your Offering moving forward
This session guides you in translating your training into actionable, sustainable practices. You'll learn how to design trauma-informed, inclusive, and autonomy-enhancing programs, integrate embodied and somatic tools, and establish ethical, impactful offerings that honor both participants and your own well-being.

**** 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 high-quality, affordable, and accessible, with equity and mutual exchange at the heart of our work. We recognize that we live in systems of inequity and strive to find balance within them. Meaningful engagement and the greatest benefit arise from genuine mutual exchange.

For this reason, we offer tiered pricing and invite you to reflect on your access to resources, privilege, and the value of this work. By committing to what is truly within your means, you help create space for others to do the same—and we are deeply grateful for this.

Payment Plans

Payment plans can be paid on a weekly, bi-weekly or monthly basis unless agreed otherwise. 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.

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.*

Finance Policy

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

Expression Of Interest (EOI)

Below is the expression of interest form for those wanting to dive into training with SomaPsych, Legacy Motion and International Guest Facilitators.

Complete Application Form

Scholarships

We offer scholarships to enhance equity in access to trauma-informed skills and embodiment practices 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 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 16, 2027
- Scholarship application due: May 14, 2027

Sponsorship

If you are part of an organization, business, or community that might be willing to sponsor your participation in this course, please consider this option. It would allow

another individual to take 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 Distinction, Integrative Somatic Facilitator 300hr TCTSY-F, 1000hr E-RYT, YACEP, Certified Mindfulness & Meditation Trainer, Somatic Dance Teacher, Shaking Medicine Facilitator

Amanda is a dedicated somatic practitioner with over 500 hours of trauma-informed training, including a focus on social justice and inclusivity. She holds a Master's in Psychology, where her thesis explored **Everyday Experiences of Rest in Today's Society**, bridging contemporary research with embodied practice toward social justice and liberation for all. Amanda weaves science with embodied wisdom, crafting spaces where curiosity thrives and empowerment takes root.

Her integrative approach is nervous system-focused, polyvagal-informed, collectively-minded, and grounded in a deep reverence for all things ecosomatic and alive. She specializes in nervous system support, hormone balancing, and the profound connection between physical and mental wellbeing.

Through workshops and trainings, Amanda shares her expertise in trauma-informed facilitation, resilience, nervous system regulation, neuroscience, and embodied practices. Her work supports individuals in discovering their inner strength and voice within supportive, respectful environments.

Committed to expanding understanding of stress, adversity, and trauma, Amanda offers tools for personal restoration and growth, tailoring her approach to each individual's or group's unique journey.

I look forward to working alongside you,

Amanda Hanna

www.somapsych.org | @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

PsyD Candidate in Psychology and Somatic Therapy, Meridian University

Kirsten has over 30 years of experience working with moving bodies, trauma, and building trauma informed curriculum. A former professional ballerina, she holds close the sacredness of movement as a restorative tool.

She is the Executive Director of Legacy Motion, an NGO that supports individuals and communities impacted by trauma by offering sustainable programing 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 coaching and embodied practices that support mental health by assisting individuals in discovering their innate wisdom, restoring their embodied strength, and transcending to holistic wellbeing through nervous system self-regulation, lifestyle balance, and personalized wellness programs.

www.legacymotion.org / www.healing-motion.org

Appendix A

Integrative Sessions Explanation

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

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

The 300-hour Integrative Somatic Facilitator Training with SomaPsych and Legacy Motion is a deep, layered exploration of trauma theory, anatomy, and trauma-informed methods, tools, and interventions. It also answers the crucial question: how do you live a relationally-centred, liberatory-focused life beyond this training?

This work begins with you - your ability to navigate your own trauma responses, regulate your nervous system, manage counter-transference, and maintain self-care and compassion. Personal somatic therapy sessions are required to support this foundational work. They offer a felt experience of the methods and interventions we teach, helping you integrate them at a personal, embodied level.

These sessions provide avenues to exercise self-agency, navigate activations from past or present experiences, and create sustainable patterns of regulation. By engaging fully with your nervous system throughout this training, you maximize safety, insight, and the capacity to hold space responsibly for others as a trauma-informed facilitator.

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

The 300-hour training is a journey of unlearning, learning, questioning, reflecting, and evolving. It challenges worldviews, sheds old or unaligned ways of being, and illuminates new ideas and approaches to living and facilitating in the world. We are committed to supporting you fully throughout this process.

This session explores what it means to structure a humanistic, trauma-informed business or offering - one that prioritizes community, sustainability, growth, and longevity - without losing heart and soul. We'll explore how to curate an offering with

integrity, systems, and processes that create a solid foundation while staying true to trauma-informed principles.

Bringing together "business" and "trauma-informed" may feel complex, but this training gives you the knowledge, tools, and confidence to deliver your work authentically and powerfully. You'll leave with the practical know-how to deliver your offering, the heart to facilitate with authenticity, and the spirit to allow your practice to evolve and flourish over time.

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

Group Case Consults provide a space to bring real-world questions and challenges for discussion, insight, and feedback. By hearing others' experiences with supportive interventions, you can learn from both successes and obstacles—whether you're working with individuals, groups, specific communities, or yourself. These sessions offer a rich opportunity to adjust, experiment, and celebrate your trauma-informed facilitation practices.

Widely used in trainings, certifications, and licensures, Group Case Consults ensure that Trauma-Informed Facilitators stay current with sustainable, evidence-based tools and methods. They foster ongoing growth, relevance, and excellence in our work, helping us serve communities and individuals with integrity, skill, and compassion.

POD Leader 1:1

Each Module, you will be assigned a POD Leader (either Amanda or Kirsten). In order to offer a more personalised experience in your training these meetings (1 per Module) will provide you an opportunity to ask personalized questions, delve deeper into topics, and voice any support needs for you to complete this training.

Appendix B

Financial Policies for the 300HR Integrative Somatic Facilitator Training

By purchasing the 300HR Integrative Somatic Facilitator Training, you agree to the following terms and conditions regarding payments, refunds, deferrals and resits. These financial policies apply to all participants, unless the participant is accepted on a scholarship application or unless otherwise specified.

Deposit

- A **non-refundable** initial deposit of $800 NZD is required to reserve a participant's space for the training. If a participant defers, this deposit transfers to a new training and will not be charged again.

Payments

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

Payment Plan

- Payment plans are a binding contract between the participant and SomaPsych and Healing Motion.
- 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.
- If a payment is late, we will contact you first. Access to the training may then be paused until payment is resumed.
- If payments cease for any reason, we may take steps to recover outstanding amounts, which may include legal action.

- Full payment is required 14 days prior to the start date of training unless otherwise specified.
- If a participant with a payment plan defers, they may continue their payment plan for the new training.

Refunds

- Refunds may be requested in writing by emailing info@somapsych.org. The amount refunded depends on how many days before the start date we receive the refund request. The $800 NZD deposit is non-refundable.
- If a refund is requested at least 60 days prior to the start date of training, a full 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 of the total cost will be issued, minus deposit and an administration/processing fee of $50 NZD will be issued.
- **No refunds will be issued 29 days or less prior to the start day of the training**.
- All refunds will be paid less any fees incurred from currency conversion.

Deferrals

- Before the training begins, if extenuating circumstances apply, a participant may transfer their enrolment to a later training or event within 12 months of the original start date. This is known as a deferral and will be assessed on a case-by-case basis.
- Scholarship places cannot be deferred. A participant awarded a scholarship who is unable to attend the training for any reason may reapply for another scholarship, though a new place is not guaranteed.
- In the event of a deferral, the original amount paid by a participant can be transferred to another training or event. If fees for the new training or event are higher, the participant will be required to pay the difference. We will confirm the amount before the transfer is final.
- If a deferral is requested at least 60 days prior to the start date of training, there will be no additional cost. If a deferral is requested less than 60 days prior to the start date of training, a deferral fee of $150 NZD applies.

- If a participant defers to a later training without having paid in full, they can pay the remaining balance at any time up until 14 days prior to the start date of the next training.
- A participant may only defer once. If the deferred place is not used, the refund available is limited to what would have applied on the date the deferral was requested, **under the Refunds section**. Any deferral fee paid is non-refundable.

Resits

- If a participant is not able to complete a course module or meet course requirements, they may return within 12 months to complete one or two individual modules or the whole course. This is known as a resit, and the fees are listed below. A full resit of the ISF course is charged at 50% of the current course fee for each Tier.

	Tier 1	**Tier 2**	**Tier 3**
1 Module Resit Fee	$1,024 NZD	$870 NZD	$717 NZD
2 Modules Resit Fee	$2,048 NZD	$1,740 NZD	$1,434 NZD
Full Course Resit Fee	$3,070 NZD	$2,610 NZD	$2,150 NZD

Certification Extension Fee

- To be eligible for certification, participants are expected to complete all required asynchronous learning within one month of their projected certification date. If a student has not completed all required asynchronous learning within three months of their projected certification completion date, and they are seeking certification without undertaking any resits, an additional $30 NZD per month will be charged until all outstanding requirements have been completed. This fee is intended to cover the additional time and support provided by the Lead Facilitator when certification extends beyond the standard timeframe.

- This additional monthly fee will continue to apply until the participant has completed all required asynchronous learning and is ready for certification.

Exceptional Circumstances

- In situations such as sickness or extenuating circumstances, please immediately email the team at info@somapsych.org. While there is no guarantee that we can relax these policies, we will support you as best as we can.

Your Rights

- Nothing in this policy limits your rights under the Consumer Guarantees Act 1993.
- If SomaPsych & Healing Motion cancel a training we will offer a transfer to another training or a full refund of the amount paid, and no deferral, administration or resit fees apply.