

Foundations of Integrative Somatics



with Amanda Hanna

10 Week Training Certification
30 Hours
Online & Live via Zoom

June 8 - August 10, 2026
Monday's - 6 - 8pm NZST

This experiential training is for professionals seeking a whole-person approach that expands your therapeutic capacity through integrative mind- and body-based tools – supporting nervous system regulation in yourself and those you work alongside.

Integrative Somatics is a trauma-informed therapeutic approach grounded in somatic psychology and informed by polyvagal theory. It works with the mind-body connection to process and integrate lived experience, enabling individualised support and building people's capacity for self-regulation in daily life.

Each session includes:

- Grounding, movement, and breathing practices
- Psychosomatic education on nervous system function
- Practical experiences for deeper integration

Sessions are structured to balance accessible education with embodied practice, so learning is both understood and felt – equipping you to bring these learnings directly into your daily life and therapeutic practice.

Content Covered



SOMA Psych

Foundations and Safety

- Arc of Therapeutic Process framework
- Navigating stress, overwhelm, & burnout
- Introduction to nervous system regulation tools

Understanding the Nervous System

- Polyvagal nervous system overview
- Neuroplasticity & window of capacity
- Stress response cycles & closing stress cycles
- Somatic practices - how and when to use them

Working with the Body

- Anatomy & physiology of trauma
- Navigating boundaries, safety, & discomfort
- Vagal tone practices & navigating triggers

Bringing It All Together

- Rescue & safety kit development for self and those you support
- Integration through narrative & meaning making
- Co-regulation and community connection

Integration and Sustainability

- Considerations for holding brave spaces
- Ethical business considerations
- Integration of tools and techniques and next steps

Experiential Practices Include

- Trauma-informed somatic movement
- Gentle nervous system regulation exercises
- Vagal toning practices
- Embodied mindfulness techniques
- Somatic intuitive movement to shift emotion and energy

Tiered Equity Pricing



1

Tier 1

For those who are financially well-resourced. This tier supports scholarships and Tier 3 - thank you!

\$1275 NZD

2

Tier 2

For those on medium incomes and access to financial resources.

\$1075 NZD

3

Tier 3

For those on low incomes, caring responsibilities and from marginalized communities.

\$625 NZD

We are dedicated to providing high-quality, affordable, and accessible trainings, with equity and mutual exchange at the heart of what we do. Our tiered pricing reflects our commitment to addressing systemic inequities, inviting you to reflect on your resources, privilege, and the value of this work. By choosing what you can genuinely afford, you help make this work sustainable for us and accessible for more.

***If no tier is accessible, for whatever reason, please reach out to info@somapsych.org for alternative options - we'll always find a way.*

Learn more about our tiered pricing [here](#).