

Live, Online, Continuing Education Program

Integrating Somatic Techniques in Therapy

3rd Edition (2025)

Dates:

- September 16, 23, 30
- October 7, 14, 21, 28
- November 4, 11, 18, 25
- December 2, 9

**24 NBCC CE
Credits**

NBCC Approval No. SP-5016.

REQUIREMENTS FOR CE HOURS

Completing the following requirements is necessary to receive NBCC CE hours for the Integrating Somatic Techniques in Therapy 3-month online training.

1. To claim CE hours, you must purchase the Integrating Somatic Techniques in Therapy 3-month online training and pay a one-time \$50 upfront fee (as an organizational cost related to the CE hours) by September 23th, 2025. It will not be possible to apply for CE credits after this deadline.
2. After purchasing the training, each participant will be sent a CE hours Application Form, the completion of which is necessary to apply for CE hours. In the Application Form, we will ask for your first name, last name, email address, and confirmation that you have read and agreed to the terms for earning CE hours. You will be able to pay a \$50 fee after we receive your CE hours Application Form.
3. The entire training consists of 13 sessions (one session per week, every Tuesday). Each session lasts 3.5 hours and includes a workshop, a short break, Guided Somatic Explorations, and Practice Circles. CE hours are awarded only for the workshops. CE hours are not awarded for Guided Somatic Explorations, Practice Circles, and Case Consultations Calls.
4. CE hours are awarded only for participation in the online workshop. We do not offer credits for watching the recordings.
5. During the training, your live presence will be monitored and recorded in the Participant's Record of Attendance. To receive CE hours for a workshop, you must meet the participation requirements outlined in point no. 6 and 7. If these requirements are not met, the workshop will be marked as "incomplete," and you will not be eligible to receive CE hours for that session. Additionally, the workshop will not count towards the certification for Integrating Somatic Techniques in Therapy.
6. To receive CE hours for each workshop, you must participate in the entire live interactive online session on Zoom. Each workshop lasts 1h50min. By completing all workshops, you can earn a total of 24 CE hours. Guided Somatic Explorations sessions, Practice Circles, Guided Somatic Explorations and Case Consultations Calls do not count towards CE hours, but you are still welcome to participate in these.
7. To receive CE hours for each workshop, you need to be present for the whole duration of the workshop. Your presence will be verified post event by Life Architect in Zoom attendance list (a record of participants who joined a Zoom meeting). In order to ensure records are correct, you need to always sign in to Zoom with your name and surname as specified in the Application for CE points form or rename right after joining Zoom.
8. You will receive a personalized certificate confirming the CE hours earned within 14 days after the conclusion of the 3-month training. The certificate will be sent to the email address you provided in the Application Form. The number of CE hours on your certificate will match the number of workshops you fully attended and for which you meet the check-in requirements.
9. Participants should complete a Training Evaluation Form within one week of the training's completion. This form will be emailed to you at the end of the last workshop.
10. If you resign from the training, it will be considered a withdrawal of your intent to receive CE hours. In such cases, the CE hours fee (\$50) will be refunded, and you will no longer be eligible to earn CE hours for any of the workshops.
11. For more information about The National Board for Certified Counselors, Inc. and Affiliates (NBCC), please visit NBCC. If you are unsure whether your state licensure board accepts NBCC CE hours, please contact them before purchasing.

Workshop 1

September 16, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

Core Theory of Somatic Therapy

This opening session, led by Tracy Jarvis, introduces participants to the foundational principles and scope of somatic therapy. Blending professional insight with her personal journey, the instructor will outline the structure of the full training program and highlight the unique contributions of faculty members. The session will explore key distinctions between somatic and traditional talk therapy, the rationale for a wide range of somatic approaches, and how techniques will be revisited and integrated throughout the series. Participants will be encouraged to engage at their own pace, with explicit permission to opt out of experiential components. A preview of upcoming workshops will provide context for the program's progressive design.

Learning objectives

After attending this session, participants will be able to: Describe the fundamental principles of somatic therapy, including its bottom-up approach; Differentiate between somatic therapy and traditional talk-based approaches; Identify at least three types of somatic therapy to be explored throughout the training; Explain the structure and purpose of the full training program, including how different faculty contribute; Recognize the importance of offering a range of techniques for different client needs and readiness levels; Articulate the importance of pacing and participant consent in experiential somatic education; Outline the themes and objectives of upcoming workshops in the training sequence;

Teacher:



Tracy Jarvis

Tracy Jarvis, MSc, UKCP, is a registered psychotherapist and trauma specialist, and has more than 20 years' experience in the field of psychology and mental health. As an Sensorimotor Psychotherapy (SP) trainer, with a specialism in neuroscience, Tracy studies how SP intersects with other trauma modalities such as Deep Brain ReOrienting (DBR), Internal Family Systems (IFS) Therapy, and Eye Movement Desensitization and Reprocessing (EMDR) Therapy, as well as the interface between science and trauma treatment.

Workshop 2

September 23, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

Trauma and the Body

In this foundational session, Tracy Jarvis introduces the core concepts of trauma theory with a specific focus on how trauma is held and processed in the body. Participants will explore the distinctions between somatic and talk-based approaches, understand the neurobiology of trauma through models such as the Triune Brain and Autonomic Nervous System (ANS), and engage with the concepts of non-verbal and pre-verbal memory, attachment wounding, and the 7F's of the threat response. The workshop will also cover key integrative concepts such as the window of tolerance, empathy, neuroplasticity, and normalizing trauma responses. Through guided pauses and two short demonstrations, participants will begin to build somatic awareness and connect with internal sensations in real time.

Learning objectives

After attending this session, participants will be able to: Define trauma and describe how it is stored in the body, including the role of non-verbal and pre-verbal memory; Differentiate between top-down and bottom-up approaches in trauma therapy; Explain the significance of the Triune Brain model, the ANS, and the 7F's in understanding trauma responses; Describe the window of tolerance and how it supports regulation in trauma treatment; Identify how attachment and early developmental experiences impact somatic responses to trauma; Integrate principles of empathy and compassion into a somatic framework for working with trauma; Apply moment-to-moment awareness techniques to track sensations and build somatic literacy; Reflect on how neuroplasticity supports change and healing in body-based trauma work.

Teacher:



Tracy Jarvis

Tracy Jarvis, MSc, UKCP, is a registered psychotherapist and trauma specialist, and has more than 20 years' experience in the field of psychology and mental health. As an Sensorimotor Psychotherapy (SP) trainer, with a specialism in neuroscience, Tracy studies how SP intersects with other trauma modalities such as Deep Brain ReOrienting (DBR), Internal Family Systems (IFS) Therapy, and Eye Movement Desensitization and Reprocessing (EMDR) Therapy, as well as the interface between science and trauma treatment.

Workshop 3

September 30, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

Somatic Transformation - Relational and Body-Centered Healing

In this workshop, Dr. Sharon Stanley introduces the foundational components of Somatic Transformation—a relational and neurobiologically-informed approach to trauma healing. Participants will learn how memory consolidation and neuroplasticity support long-term integration, and how titration and pendulation help clients process traumatic material safely and gradually. Emphasis will be placed on the therapist's own embodied presence, including how to cultivate body awareness and introduce somatic interventions with clarity and sensitivity. The session will also explore the therapeutic role of touch and how to assess its appropriateness in clinical work.

Learning objectives

After attending this session, participants will be able to: Identify the core components of the Somatic Transformation approach; Explain the roles of neuroplasticity and memory consolidation in trauma integration; Define and apply the concepts of titration and pendulation to support client safety in trauma work; Utilize pacing and “going slowly” as clinical strategies in somatic processing; Integrate at least two somatic techniques into verbal psychotherapy sessions; Demonstrate increased awareness of their own somatic responses in therapeutic settings; Describe considerations and ethical guidelines for using therapeutic touch in somatic practice.

Teacher:



Sharon Stanley

Sharon Stanley is a psychotherapist, educator, author, and consultant. Over the past 23 years, she has developed and taught an emerging curriculum for healing trauma to thousands of mental health professionals. She has had the privilege of teaching psychotherapists from Canada, the United States, South America, the Middle East, and Europe.

Through the educational experience of Somatic Transformation, Sharon invites psychotherapists to explore emerging research and practices in both their professional and personal lives, expanding their knowledge and growing their own somatic practices. She then applies their findings to the ongoing development of Somatic Transformation.

Sharon's doctoral studies at the University of Victoria involved research into the development of empathy in caregivers working with traumatized children. It identifies the transformative effects of Somatic Transformation as an amplification of empathic connection. She was engaged in a study group with Dr. Allan Schore, a renowned neuroscientist, for 18 years.

Workshop 4

October 7, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

Phase-Oriented Somatic Trauma Treatment

In this practical and experiential session, Linda Thai explores how to apply somatic techniques effectively within trauma therapy. Participants will gain insight into the distinctions between phase-oriented trauma treatment and phase-oriented somatic trauma treatment, with a focus on how to prepare clients for body-based work. The workshop will address challenges with clients who are disconnected from their bodies or not yet ready for somatic psychotherapy. It will also explore how to skillfully introduce mindfulness, present-moment awareness, and nervous system regulation techniques into clinical settings. A live demonstration will support the integration of key concepts and tools.

Learning objectives

After attending this session, participants will be able to: Differentiate between general phase-oriented trauma treatment and phase-oriented somatic trauma therapy; Describe how to assess and prepare clients for the integration of somatic techniques into trauma work; Identify clinical indicators that suggest a client may not be ready for somatic psychotherapy; Apply strategies to engage clients who are disconnected from their bodies or resistant to somatic awareness; Introduce mindfulness and present-moment awareness practices that support trauma processing without overwhelming the client; Demonstrate somatic techniques for nervous system regulation within a trauma-informed framework; Reflect on insights gained from a live demonstration of somatic work in the therapy room.

Teacher:



Linda Thai

Linda Thai, LMSW (she, her) is a trauma therapist who specializes in cutting-edge brain- and body-based modalities for the healing of complex developmental trauma. As an educator and consultant, she is gifted with the capacity to contextualize, synthesize, and communicate complex and nuanced issues pertaining to trauma, attachment, and the nervous system, including the impact of oppressive systems on identity, mental health, and well-being.

Linda is passionate about breaking the cycle of historical and intergenerational trauma at the individual and community levels and deeply believes in the healing power of coming together in a community to grieve. Born in Vietnam, raised in Australia, and now living in Alaska, Linda is a former child refugee who is not only redefining what it means to be Vietnamese, to be Australian, and to be a United States-ian... she is redefining what it means to be wounded and whole and a healer.

Workshop 5

October 14, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

Q&A with Somatic Therapy Masters Neuroplasticity, Titration, Pendulation

This session begins with an experiential workshop led by Dr. Sharon Stanley, who will demonstrate a phenomenological reflection-in-action—a somatic process that uses multiple interventions to engage the therapeutic dyad in embodied empathic inquiry. Participants will explore how to introduce somatic techniques into therapy, including the use of art and other creative mediums to support initial engagement. The session will also address mutuality, client readiness, and somatic cues such as posture, gesture, and facial expression. Online applications of somatic work will be discussed.

In the second half, Dr. Peter Levine will join for a live interview, offering reflections on his contributions to the field, the integration of somatic and talk-based therapy, and key insights into the Autonomic Nervous System (ANS) and neuroplasticity.

Learning objectives

After attending this session, participants will be able to: Differentiate between somatic and talk-based therapeutic approaches through insights from the interview with Peter Levine; Describe the role of the Autonomic Nervous System (ANS) and neuroplasticity in somatic therapy; Observe and reflect on a live demonstration of phenomenological reflection-in-action as practiced by Sharon Stanley; Identify conditions for introducing somatic techniques, including the use of “third things” such as art or poetry; Explain the significance of mutual engagement, relational empathy, and sensitivity to lived experience in somatic practice; Describe strategies for using somatic interventions online and for selecting appropriate tools based on client needs; Reflect on the therapeutic use of embodied cues such as facial expression, posture, and gesture; Identify key contributions of Dr. Peter Levine to the field of somatic trauma therapy; Describe how somatic and talk-based approaches can be integrated in clinical practice; Explain the relevance of the Autonomic Nervous System (ANS) and neuroplasticity in trauma healing.

Teachers:



Sharon Stanley

Sharon Stanley is a psychotherapist, educator, author, and consultant. Over the past 23 years, she has developed and taught an emerging curriculum for healing trauma to thousands of mental health professionals. She has had the privilege of teaching psychotherapists from Canada, the United States, South America, the Middle East, and Europe.

Through the educational experience of Somatic Transformation, Sharon invites psychotherapists to explore emerging research and practices in both their professional and personal lives, expanding their knowledge and growing their own somatic practices. She then applies their findings to the ongoing development of Somatic Transformation.

Peter Levine is the developer of Somatic Experiencing®, a naturalistic and neurobiological approach to healing trauma. He holds doctorates in both Biophysics and Psychology.

He is the Founder and President of the Ergos Institute for Somatic Education and the Founder and Advisor for Somatic Experiencing International. Dr. Levine is the author of several best-selling books on trauma, including *Waking the Tiger*, *Healing Trauma* (published in over 29 languages).

Peter Levine



He has received Lifetime Achievement awards from Psychotherapy Networker and from the US Association for Body-Oriented Psychotherapy.

He continues to teach trauma healing workshops internationally.

Workshop 6

October 21, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 BST (London)
- 17:00 CEST (Warsaw)

Polyvagal Theory in Practice: Tools for Enhancing Therapeutic Outcomes

In this highly practical session, Deb Dana introduces the core principles of Polyvagal Theory and its application in therapeutic work. Participants will explore how the autonomic nervous system shapes emotional and relational experiences, and how recognizing clients' physiological states can inform more effective, attuned interventions. The session will provide tools for helping clients create personal anchors (such as safe relationships or memories) and touchstones (physical reminders of regulation). Through didactic input, live demonstration, and Q&A, participants will gain concrete strategies for integrating polyvagal-informed approaches into clinical practice to enhance safety, connection, and regulation.

Learning objectives

After attending this session, participants will be able to: Describe the three organizing principles of Polyvagal Theory and their relevance to trauma therapy; Explain how the autonomic nervous system influences emotional and relational experiences; Identify signs of sympathetic, parasympathetic, and ventral vagal states in clients; Guide clients in establishing personal anchors and touchstones to support nervous system regulation; Apply polyvagal-informed strategies to strengthen therapeutic relationships and foster client safety; Reflect on a live demonstration of polyvagal tools in clinical use.

Teacher:



Deb Dana

Deb Dana, LCSW is a clinician, consultant, and author specializing in complex trauma. Her work is focused on using the lens of Polyvagal Theory to understand and resolve the impact of trauma and creating ways of working that honor the role of the autonomic nervous system.

She is a founding member of the Polyvagal Institute, consultant to Khiron Clinics, and an advisor to Unyte. Deb is the developer of the signature Rhythm of Regulation Clinical Training Series and is well known for translating Polyvagal Theory into a language and application that is both understandable and accessible for clinicians and curious people alike.

Deb's clinical work published with W.W. Norton includes *The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation*, *Polyvagal Exercises for Safety and Connection: 50 Client Centered Practices*, the Polyvagal Flip Chart, the Polyvagal Card Deck, and *Polyvagal Practices: Anchoring the Self in Safety*. She partners with Sounds True to bring her polyvagal perspective to a general audience through the audio program *Befriending Your Nervous System: Looking Through the Lens of Polyvagal Theory* and her print book *Anchored: How to Befriend Your Nervous System Using Polyvagal Theory*.

Workshop 7

October 28, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 15:00 GMT (London)
- 16:00 CET (Warsaw)

Polyvagal-Informed IFS Therapy

In this integrative session, Dr. Alexia Rothman explores how Internal Family Systems (IFS) therapy aligns with and is enriched by the principles of Polyvagal Theory. Participants will examine how the concepts of parts and Self can be mapped through a polyvagal lens, offering deeper insight into the nervous system's role in internal dynamics, adaptive survival states, and self-leadership. The session provides practical guidance for working somatically with preverbal and nonverbal parts, using the body's cues to detect, connect with, and help heal wounded or burdened parts. Emphasis will be placed on how IFS techniques can support nervous system regulation, safety, and the development of connection-based neural pathways.

Learning objectives

After attending this session, participants will be able to: Describe the parallels between Internal Family Systems (IFS) therapy and Polyvagal Theory; Explain how the concepts of parts and Self can be understood through a polyvagal lens; Identify how various parts of the psyche may correspond to specific autonomic states (e.g., fight, flight, freeze); Use the body's somatic signals to detect and work with nonverbal or preverbal parts; Apply IFS techniques to safely engage with wounded and burdened parts in a somatically-informed way; Support nervous system regulation by using IFS interventions that strengthen neural pathways for connection and safety; Integrate polyvagal-informed IFS strategies to enhance trauma healing and promote internal coherence.

Teacher:



Alexia Rothman

Dr. Alexia Rothman is a clinical psychologist in private practice in Atlanta, GA, since 2004. She is a Certified Internal Family Systems therapist, an international speaker and educator on the IFS model, and an IFSI-approved professional consultant. Dr. Rothman has received extensive training in IFS, primarily from Dr. Richard Schwartz.

She has served on staff for multiple Level 1, 2, and 3 experiential IFS trainings, and she offers workshops on the IFS model throughout the U.S. and internationally. She co-hosted the IFS-informed podcast miniseries, *Explorations in Psychotherapy*, and co-hosts the IFS podcast, *IFS Masters*.

Dr. Rothman is a United States Presidential Scholar who graduated summa cum laude from Emory University as a Robert W. Woodruff Scholar. She received her Ph.D. in Clinical Psychology from the University of California, Los Angeles (UCLA), where she was an Edwin W. Pauley Fellow and a National Science Foundation Graduate Research Fellow. She has held adjunct faculty positions at Emory University and Agnes Scott College.

Workshop 8

November 4, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

Embodied Transformation in Sensorimotor Psychotherapy: Inviting the Body into Practice

In this experiential session, Jacqueline Compton introduces the foundational principles of Sensorimotor Psychotherapy and the role of the body in trauma resolution. Participants will learn how to access the body's implicit wisdom through somatic inquiry, mindfulness, and present-moment awareness. Emphasis will be placed on developing bottom-up processing skills, cultivating therapeutic presence, and fostering a relationship with embodied experience. The session supports the development of core practitioner capacities such as curiosity, self-reflection, and grounded attunement.

Learning objectives

After attending this session, participants will be able to: Describe the foundational concepts of Sensorimotor Psychotherapy; Define bottom-up processing and explain its role in somatic trauma therapy; Apply somatic inquiry techniques to access implicit bodily wisdom in clinical settings; Guide clients in cultivating present-moment awareness as a therapeutic resource; Develop therapist skills in mindfulness, curiosity, and embodied self-reflection; Integrate somatic tools that deepen therapeutic presence and relational attunement.

Teacher:



Jacqueline Compton

Jacqueline Compton (she/they) RP, RCAT, is a trauma therapist, educator, clinical consultant, and poet. She is an art therapist, a certified advanced practitioner in sensorimotor psychotherapy, and an SPI-approved clinical consultant.

Jacque is a faculty member and clinical supervisor at the Toronto Art Therapy Institute, where she teaches courses on trauma-informed practice, embodiment, anti-oppressive practice, and cultural humility in art therapy. She is also a trainer with the Sensorimotor Psychotherapy Institute.

With over 16 years of clinical experience, she continues developing a trauma-focused, decolonizing practice incorporating art-based and somatic-based approaches.

Her approach is deeply rooted in anti-oppressive, anti-racist, decolonizing, feminist, and trauma-informed practices. Jacque believes in the embodiment of practices beyond the therapeutic relationship and welcomes others to experience the beauty of being in a relationship with themselves, others, and the world around them with and through the wisdom of body.

Workshop 9

November 11, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

Integrating Biodynamic Breathwork Trauma Release into Counseling

In this workshop, Giten Tonkov introduces participants to the core principles and six elements of Biodynamic Breathwork for Trauma Release, a powerful modality that supports deep somatic integration and nervous system regulation. The session explores how to safely incorporate breathwork into counseling by working with the felt sense, tracking sensations, and using mindful presence. Participants will learn to apply key concepts such as pendulation and titration, and how to use supportive language that helps clients stay connected to their bodily experience. A guided experiential will provide an opportunity to engage with the practice directly.

Learning objectives

After attending this session, participants will be able to: Describe the six core elements and foundational principles of Biodynamic Breathwork for Trauma Release; Define the concepts of pendulation and titration and explain their role in safe trauma processing; Apply techniques for working with the felt sense in a counseling setting; Identify and track somatic sensations and use supportive language to guide client awareness; Facilitate present-moment awareness to support clients in staying connected to their experience; Reflect on insights gained through a guided breathwork experiential.

Teacher:



Giten Tonkov

Giten Tonkov - Founder & Director, BioDynamic Breathwork & Trauma Release Institute, Co-Founder & Director of the Integral Body Institute in Poland, Lead Facilitator BBTRI Trainings.

Developer of the BioDynamic Breath & Trauma Release System®, Giten shares a mastery of body-oriented therapies that has evolved from over 20 years of learning, exploration, and work with countless clients and groups around the world. His passion for life, humility, and love for people has inspired his own personal journey and the creation of his “6-Element” approach to healing. Giten continually leads practitioner trainings and experiential workshops with his unique blend of creativity, depth and playfulness, while growing the BioDynamic Breath & Trauma Release Institute and its global community of friends and colleagues.

Giten is a Licensed Massage Therapist since 1994 (Swedish Institute of Massage Therapy, New York), and certified Breath & Body Oriented Therapist since 2001 (Diamond Breath School, Miasto Meditation Institute, Italy), as well as a former Osho Multiversity Therapist (OSHO Meditation Resort, Pune, India). He was born in Ukraine and lived in New York for 24 years, before finding his current home in the Santa Cruz Mountains, California.

Workshop 10

November 18, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

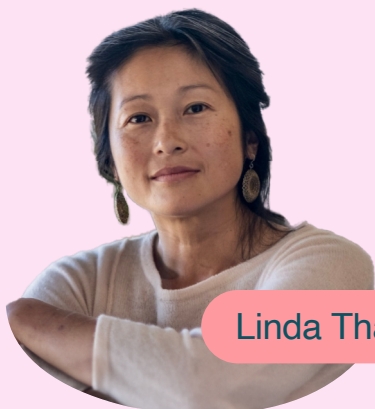
Somatic Techniques to Regulate the Nervous System

In this session, Linda Thai explores the use of somatic techniques to support nervous system regulation in trauma therapy, with a focus on developmental trauma and resistance. Participants will gain an understanding of resistance as a protective mechanism—often rooted in dissociation, avoidance, or a lack of felt safety—and how to respond with appropriate pacing, presence, and connection. The workshop also covers strategies for engaging clients who are disconnected from their bodies, and adaptations for offering somatic work in online settings.

Learning objectives

After attending this session, participants will be able to: Describe how developmental trauma may contribute to resistance in trauma therapy; Explain resistance as a protective mechanism and identify its somatic markers; Apply practical strategies to work with resistance rooted in dissociation or avoidance; Demonstrate how to adjust therapeutic pacing to maintain safety and client engagement; Use somatic techniques to support connection and co-regulation with clients who feel unsafe; Adapt somatic interventions for delivery in online therapy sessions.

Teacher:



Linda Thai

Linda Thai, LMSW (she, her) is a trauma therapist who specializes in cutting-edge brain- and body-based modalities for the healing of complex developmental trauma. As an educator and consultant, she is gifted with the capacity to contextualize, synthesize, and communicate complex and nuanced issues pertaining to trauma, attachment, and the nervous system, including the impact of oppressive systems on identity, mental health, and well-being.

Linda is passionate about breaking the cycle of historical and intergenerational trauma at the individual and community levels and deeply believes in the healing power of coming together in a community to grieve. Born in Vietnam, raised in Australia, and now living in Alaska, Linda is a former child refugee who is not only redefining what it means to be Vietnamese, to be Australian, and to be a United States-ian... she is redefining what it means to be wounded and whole and a healer.

Workshop 11

November 25, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

Expressive Arts Therapy

In this dynamic and experiential session, Dr. Cathy Malchiodi explores how expressive arts therapy can serve as a powerful somatic practice for addressing traumatic stress. Drawing on movement, sound, image-making, enactment, play, and storytelling, participants will discover how creative expression supports nervous system regulation, resensitizes the body to joy and agency, and restores embodied selfhood. The session will reframe the autonomic nervous system as a source not only of survival responses but of creative flow and connection. Participants will engage in hands-on expressive practices and explore the “circle of capacity” as an expanded version of the window of tolerance. Attendees are invited to bring drawing materials and paper for creative exercises.

Learning objectives

After attending this session, participants will be able to: Describe how developmental trauma may contribute to resistance in trauma therapy; Explain resistance as a protective mechanism and identify its somatic markers; Apply practical strategies to work with resistance rooted in dissociation or avoidance; Demonstrate how to adjust therapeutic pacing to maintain safety and client engagement; Use somatic techniques to support connection and co-regulation with clients who feel unsafe; Adapt somatic interventions for delivery in online therapy sessions.

Teacher:



Cathy Malchiodi

Dr. Cathy Malchiodi is a research psychologist, a clinical mental health counselor, a licensed professional art therapist, and registered expressive arts therapist. She is the founder and director of the Trauma-Informed Practices and Expressive Arts Therapy Institute. Dr. Malchiodi is a sought after trainer and consultant on trauma and the body and evidence-informed expressive arts and sensory-based approaches. She is the author of over 20 books, including *Trauma and Expressive Arts Therapy: Brain, Body, and Imagination in the Healing Process* and the *Art Therapy Sourcebook*.

Cathy is the originator of Bilateral Movement Desensitization and Resensitization BMDR™ (Bilateral Movement Desensitization and Resensitization), the Circle of Capacity model of trauma intervention, and Restorative Embodiment™, a set of body-oriented, sensory integration practices to support recovery and restoration.

Workshop 12

December 2, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT (London)
- 17:00 CET (Warsaw)

Q&A with Somatic Therapy Masters - Core Wounds

In this 1-hour interview, Dr. Frank Anderson shares insights on the role of the therapist's internal world in trauma healing. The conversation explores how a therapist's own emotional history—particularly around themes like abandonment and isolation—can influence the therapeutic relationship, and how cultivating awareness of these dynamics can enhance attunement and effectiveness.

After the workshop participants will be able to: discuss the latest research in trauma therapy; contrast different approaches to healing trauma using somatic techniques; summarize key concepts and techniques in somatic therapy.

This experiential workshop guides participants in exploring the therapist's inner world and its relevance in trauma healing. Through reflection, discussion, and a somatic group exercise (the "focusing ball" demo), participants will examine how core wounds surface in clinical settings and how to navigate them with embodied awareness. The session emphasizes how the therapist's self-inquiry and regulation contribute to stronger clinical presence and trauma-informed care.

Learning objectives

After attending this interview, participants will be able to: Identify how therapists' personal emotional experiences may be activated in trauma work; Describe the impact of unresolved emotional wounds on therapeutic presence and relational dynamics; Explain the value of self-awareness in maintaining attunement and safety in the therapeutic process.

After attending this workshop, participants will be able to: Identify core emotional wounds—such as abandonment and isolation—in both clients and themselves; Demonstrate how somatic reflection practices can enhance awareness of emotional activation; Explain how therapist self-regulation and embodied awareness improve trauma-informed care; Apply guided reflection techniques to support presence and safety in therapeutic relationships.

Teachers:



Frank Anderson

Frank Anderson is a world-renowned trauma expert, Harvard-trained psychiatrist, global speaker, and acclaimed best-selling author of *Transcending Trauma*. Dr. Anderson has a long affiliation with Bessel van der Kolk at the Trauma Research Foundation and is a lead trainer at the IFS Institute under Richard Schwartz. He is passionate about teaching brain-based psychotherapy and integrating current neuroscience knowledge with cutting-edge models of therapy.

Dr. Anderson believes that traumatic events can have a lasting effect on the health and well-being of individuals and that addressing these events will help lead people down a path of hope, love, and forgiveness. He is the director and co-founder of the Trauma Institute and Trauma-Informed Media, organizations that provide educational resources and promote trauma awareness. As a result of his early childhood experiences and personal journey transformation, he is dedicated to bringing more compassion, unity, and trauma healing to the world.



Tracy Jarvis

Tracy Jarvis, MSc, UKCP, is a registered psychotherapist and trauma specialist, and has more than 20 years' experience in the field of psychology and mental health. As an Sensorimotor Psychotherapy (SP) trainer, with a specialism in neuroscience, Tracy studies how SP intersects with other trauma modalities such as Deep Brain ReOrienting (DBR), Internal Family Systems (IFS) Therapy, and Eye Movement Desensitization and Reprocessing (EMDR) Therapy, as well as the interface between science and trauma treatment.

Workshop 13

December 9, 2025

1.50 Hours Total

CE hours

- 08:00 PT (Los Angeles)
- 11:00 ET (New York)
- 16:00 GMT(London)
- 17:00 CET (Warsaw)

Q&A with Somatic Therapy Masters - Integration and Next Steps

In this 60-minute interview, Dr. Bessel van der Kolk reflects on the core themes explored throughout the training, highlighting the evolving role of the body in trauma recovery. The conversation will offer clinical insights on integrating somatic modalities into therapeutic practice, with a focus on embodiment, regulation, and the future of body-based trauma work.

In this 40-minute integrative workshop, Tracy Jarvis supports participants in identifying which somatic modalities resonate most with their clinical style, client needs, and therapeutic goals. Through guided experiential practice and reflective discussion, participants will learn strategies for selecting appropriate tools, managing overwhelm in a broad field, and orienting toward ethical, embodied care. The session concludes with a summary of “Somatic Therapy Do’s and Don’ts” and practical next steps for continued development.

Learning objectives

After attending this interview, participants will be able to: Identify three key themes in somatic approaches to trauma recovery; Describe the evolving role of the body in trauma treatment as outlined by Dr. van der Kolk; Explain how somatic modalities can be integrated into clinical work with trauma survivors.

After attending this workshop, participants will be able to: Identify at least three factors to consider when choosing somatic techniques for clinical use; Describe strategies to manage practitioner overwhelm when navigating multiple somatic modalities; Apply reflective practices to assess personal alignment with various somatic tools; Outline key ethical considerations and best practices in somatic therapy; Locate resources for continued professional development in somatic trauma work.

Teachers:



Bessel van der Kolk

Bessel A. van der Kolk M.D. is a pioneer clinician, researcher, and teacher in the area of posttraumatic stress. His work uniquely integrates developmental, neurobiological, psychodynamic, somatic, and interpersonal aspects of the impact of trauma and its treatment. His #1 New York Times Science bestseller, *The Body Keeps the Score: Brain, Mind, and Body in the Treatment of Trauma* (translated in 38 languages), transforms our understanding of traumatic stress, revealing how it literally rearranges the brain’s wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, psychedelic therapy, psychodrama, mindfulness techniques, parts work, yoga, and bodywork.



Tracy Jarvis

Tracy Jarvis, MSc, UKCP, is a registered psychotherapist and trauma specialist, and has more than 20 years’ experience in the field of psychology and mental health. As an Sensorimotor Psychotherapy (SP) trainer, with a specialism in neuroscience, Tracy studies how SP intersects with other trauma modalities such as Deep Brain ReOrienting (DBR), Internal Family Systems (IFS) Therapy, and Eye Movement Desensitization and Reprocessing (EMDR) Therapy, as well as the interface between science and trauma treatment.

Integrating Somatic Techniques in Therapy

3rd Edition



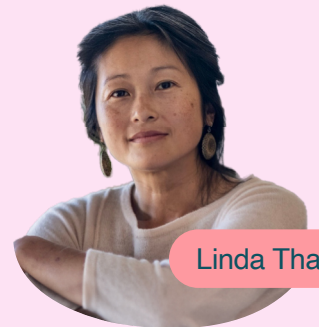
Bessel van der Kolk



Deb Dana



Frank Anderson



Linda Thai



Sharon Stanley



Cathy Malchiodi



Tracy Jarvis



Jacqueline Compton



Peter Levine



Alexia Rothman



Giten Tonkov

Register here:
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LIFE ARCHITECT
MICHAŁ PASTERSKI
SPÓŁKA KOMANDYTOWA
Narcyzowa 11
60-175 Poznań, Poland
hello@lifearchitect.com
+48 507 521 501
www.lifearchitect.com