



TRAUMA AND SOMATICS

ATTACHMENT + SOMATICS

Advanced Training for
Attachment & Relational Work

PRACTITIONER
CERTIFICATE PROGRAM

40+
Training Hours

12
Weeks

10
Live Classes

16
Somatic Practices



PROGRAM OVERVIEW

Attachment & Somatics is a 12-week advanced certificate program that teaches practitioners how to track attachment patterns in the body, repair relational wounds, and guide clients through the somatic attachment cycle.

This training is designed for practitioners who already have foundational somatic skills and want to specialize in attachment and relational work. You will learn to see attachment not as a cognitive pattern but as a lived, embodied experience that can be tracked, worked with, and transformed.

WHAT THIS TRAINING PROVIDES

Track the Somatic Attachment Cycle

Learn to identify where clients get stuck in the fundamental movements of connection: yielding, pushing, reaching, grasping, pulling, and taking in. Each stage has a somatic signature. You will learn to read it.

Identify Attachment Styles in the Body

Move beyond questionnaires and self-report. Learn to observe attachment patterns through posture, gesture, breath, and relational movement. See what clients cannot tell you.

Work with Rupture and Repair

Understand the somatic mechanics of relational injury and healing. Guide clients through the embodied process of repairing broken bonds with parents, partners, and themselves.

Build Relational Capacity

Help clients expand their tolerance for intimacy, navigate proximity and boundaries, and develop earned secure attachment through embodied practice.





What You'll Learn Across 6 Modules

MODULE 1: Foundations of Attachment Theory

This module grounds you in the theoretical lineages that inform our approach. You will study Bowlby's original attachment research, Ainsworth's Strange Situation studies, and the developmental work of Bruce Perry and Melanie Klein. We explore Object Relations theory and the Circle of Security model, then examine how attachment patterns become encoded in the nervous system.

Topics: Early pioneers of attachment theory: Bowlby, Ainsworth, and beyond. Attachment and bonding dynamics across development. Overview of attachment styles and their somatic markers. Nervous system foundations for attachment work.

MODULE 2: The Somatic Attachment Cycle

This is the core framework of the training. The somatic attachment cycle maps the fundamental movements of human connection: yield, push, reach, grasp, pull, take in, and release. Each stage has specific somatic markers, developmental windows, and common disruptions. You will learn to track where clients get stuck and understand how early attachment injuries create barriers at specific stages.

Topics: Somatic movement cycles and their developmental origins. Boundaries and the attachment cycle: where selfhood meets connection. Defense mechanisms and attachment interruptions. Window of tolerance in relational context.

MODULE 3: Boundaries, Proximity & Character Strategies

Attachment patterns shape how we hold space and negotiate closeness. This module covers differentiation and clarity, somatic boundary work, and edge work. We address highly sensitive people and their unique proximity needs, then examine the five character strategies and their attachment origins.

Topics: Differentiation and clarity. Somatic boundary work. Highly sensitive people and proximity. The five character strategies. Shadow influences: hierarchy, authority, power, and control.





What You'll Learn Across 6 Modules

MODULE 4: Family Patterns & The Dance of Intimacy

Early attachment experiences replay in adult relationships. This module teaches you to track family reenactments across generations and work with projections and transference somatically. We explore the dance of intimacy: closeness and distance, vulnerability and protection, the push and pull that characterizes attachment dynamics.

Topics: Tracking family reenactments. Projections and transference in the body. The dance of intimacy. Fear as a thread in relationships. Cultivating earned secure attachment.

MODULE 5: Repair & Restoration

Ruptures are inevitable. This module focuses on the art of repair. You will learn to guide clients through repairing ruptures with partners, parents, and themselves, as well as addressing ruptures that occur within the therapeutic relationship. We cover the somatic markers of successful repair and how to know when repair is complete.

Topics: Repairing ruptures with partners and parents. Therapeutic rupture and repair. Somatic markers of successful repair. Building repair capacity.

MODULE 6: Integration & Clinical Application

The final module brings everything together for clinical practice. You will learn to adapt these tools to your existing modality, build sustainable practice, and continue your development beyond the training. We address scope of practice specific to attachment work and when to refer out.

Topics: Adapting attachment work to your modality. Scope of practice and referral. Building sustainable practice. Pathways for continued learning.





TRAINING STRUCTURE

10 Live Classes

Three-hour sessions for instruction, demonstration, and experiential practice. We cover the somatic attachment cycle in detail with exercises and demonstrations.

6 Self-Paced Modules

9+ hours of audio curriculum with comprehensive workbooks. Study attachment theory, somatic assessment, and clinical application between live classes.

Somatic Practice Library

16 guided practices following the somatic attachment cycle and beyond. Clinical tools for client work and your own embodiment.

Weekly Homework

Integration assignments that help you apply concepts with clients and in your own relationships.

WHAT PRACTITIONERS ARE SAYING

"This training gave me a completely new lens for understanding what's happening in couples work. I can see the attachment dynamics playing out in real time now."

— **Marriage and Family Therapist, Colorado**

"The somatic attachment cycle framework changed everything. I finally have language and tools for what I was sensing but couldn't articulate."

— **Somatic Experiencing Practitioner, Australia**

"Kate and Will's co-teaching is remarkable. The depth of experience they bring, combined with their own embodied presence, creates a powerful learning container."

— **Licensed Clinical Social Worker, New York**





PREREQUISITES

Attachment & Somatics builds on foundational somatic skills. You should already understand nervous system tracking, have experience with embodied approaches, and be actively working with clients.

Recommended backgrounds (one of the following):

Prior somatic training in modalities such as:

- Somatic Experiencing (SE)
- Sensorimotor Psychotherapy
- Hakomi
- Internal Family Systems (IFS)
- NARM
- NeuroAffective Touch
- Compassionate Inquiry
- TRE (Tension & Trauma Release)

OR licensed mental health professionals:

- LPC, LCSW, LMFT, PsyD, PhD
- Certified coaches with trauma training

OR completion of Trauma & Somatics Certificate

If you're unsure whether your background qualifies, email us and we'll help you determine the best starting point.

INVESTMENT

PAYMENT OPTION	AMOUNT	TOTAL
Single Payment	\$3,000	\$3,000 (Best value)
3-Month Plan	\$1,100 x 3	\$3,300
4-Month Plan	\$825 x 4	\$3,300

Financial Aid Available: We offer need-based financial assistance. Contact us to discuss options.





CERTIFICATE REQUIREMENTS

- Complete all 6 self-paced modules
- Attend all 10 live classes (or watch recordings within one week)
- Submit weekly homework assignments
- Score 85% or higher on the final assessment

The certificate documents 40+ hours of advanced professional training in attachment-informed somatic practice.

LEAD FACULTY



Kate Appleton, LPC, SEP

Licensed Professional Counselor and Somatic Experiencing Practitioner. Kate collaborates with Dr. Stephen Porges on nervous system interventions and brings decades of clinical experience in attachment and relational trauma. Her approach integrates polyvagal theory with depth psychology and somatic practice.



Will Rezin, SEP

Somatic Experiencing Practitioner with 13+ years of experience. Founder of Trauma and Somatics (2020). Trained 500+ practitioners across 28 countries. His approach synthesizes the work of Peter Levine, Stanley Keleman, Thomas Hanna, Ron Kurtz, and Stephen Porges.

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