



TRAUMA AND SOMATICS

TRAUMA + SOMATICS

Professional Training for
Trauma-Informed Practice

PRACTITIONER
CERTIFICATE PROGRAM

35

Training Hours

40+

Hours w/ Homework

12

Weeks

10

Live Classes



PROGRAM OVERVIEW

Trauma & Somatics is a 12-week certificate program that teaches practitioners how to work with trauma through the body. You will develop the skills to read nervous system states, support regulation, and create conditions where healing becomes possible.

This training is designed for therapists, coaches, bodyworkers, and helping professionals who recognize that cognitive approaches alone are not enough. Your clients get stuck despite good insight work. Something is missing. That something is the body.

WHAT THIS TRAINING PROVIDES

Somatic Literacy

Learn to read nervous system states through observable cues. Track breath, posture, skin tone, and micro-movements that reveal what's happening beneath words.

Practical Tools

Develop a repertoire of techniques for supporting regulation, working with activation, and helping clients expand their window of tolerance.

Professional Confidence

Know when to intervene, when to hold space, and when to refer out. Build ethical, sustainable trauma-informed practice.

Global Community

Join 500+ practitioners across 28 countries. Connection, collaboration, and continued growth extend beyond the training itself.





What You'll Learn Across 6 Modules

MODULE 1: Foundations of Somatic Trauma Work

This module establishes the ground for everything that follows. You will understand why somatic approaches succeed where cognitive approaches often struggle, learning to see trauma not as a psychological problem but as a physiological pattern held in the body.

Topics: Top-down vs. bottom-up approaches. Why talk therapy falls short with trauma. Developing somatic awareness. The Window of Tolerance framework.

MODULE 2: The Nervous System & Polyvagal Theory

You will learn the language of the autonomic nervous system and gain fluency in identifying sympathetic activation and dorsal vagal shutdown. We examine foundational trauma theory with particular attention to the vagus nerve and its role in regulating physiological state.

Topics: Nervous system language and terminology. Foundational trauma theory from Janet to Levine. The vagus nerve and vagal tone. Survival responses: fight, flight, freeze, fawn, appease.

MODULE 3: Tools of a Trauma-Informed Practitioner

This module introduces the core clinical tools you will use throughout your practice. The Window of Tolerance framework provides a map for understanding client capacity. You will learn tracking skills: how to observe breath, posture, movement, and somatic markers.

Topics: Window of Tolerance model and clinical applications. Tracking: reading the body in real time. Dual awareness: maintaining connection to resource while approaching activation.





What You'll Learn Across 6 Modules

MODULE 4: Regulation & Resilience

This module focuses on building capacity rather than managing symptoms. You will learn resourcing practices that help clients establish physiological stability before approaching charged material. We cover how to navigate dysregulation: when to support expression, when to contain, and how to titrate intensity.

Topics: Resourcing practices for stability and grounding. Navigating dysregulation in session. Pendulation and nervous system flexibility. Diversity, equity, and inclusion in trauma work.

MODULE 5: Containers & Professional Practice

This module addresses the practical realities of implementing trauma-informed work within your professional context. You will clarify your scope of practice and understand what you can do with this training versus when to refer out. We cover how to create trauma-sensitive containers that signal safety.

Topics: Scope of practice and referral. Creating trauma-sensitive containers. The complete Somatic Practice Library for client use.

MODULE 6: Integration & Next Steps

The final module brings everything together. You will consolidate your learning, identify areas for continued development, and create a plan for implementing these skills in your practice. We address building sustainable practice that serves clients without depleting you.

Topics: Integration of all concepts. Creating your implementation plan. Building sustainable, trauma-informed practice. Pathways for continued learning.





TRAINING STRUCTURE

10 Live Classes

Three-hour sessions every Tuesday for instruction, demonstration, Q&A, and guided practice.

6 Self-Paced Modules

Video instruction with accompanying workbooks. Approximately 6 hours of content.

Somatic Practice Library

Seven guided audio practices: Grounding, Orienting, Self-Contact, Breathwork, Tracking, Pendulation, Integration.

Weekly Homework

Practical assignments that build your skills incrementally with real clients or practice partners.

WHO THIS TRAINING IS FOR

- Psychotherapists wanting body-based tools to complement insight work
- Coaches whose clients hit invisible walls despite good cognitive progress
- Bodyworkers noticing trauma responses on the table
- Breathwork practitioners who need frameworks for when intensity arises
- Yoga teachers holding space for students with trauma histories
- Any helping professional ready to add nervous system literacy to their practice

No prerequisites required. This training is designed as a starting point for somatic trauma education.

WHAT PRACTITIONERS ARE SAYING

"This training fundamentally changed how I work with clients. I finally understand what's happening in the body when words aren't enough."
— Licensed Professional Counselor, Texas

"The combination of live practice and self-paced modules let me integrate at my own speed while still having real-time support."
— Somatic Coach, UK

"Will's teaching is precise and practical. No fluff, just skills I could use immediately." — Marriage and Family Therapist, California





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 35 hours of professional training in trauma-informed somatic practice.

LEAD FACULTY



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 into practical skills for working with trauma through the body.

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