



Which Training is Right for you?

A clear comparison of our two certificate programs to help you choose the best path for your professional development.

	Trauma & Somatics Certificate	Attachment & Somatics Certificate
Training Hours	35 hours	40 hours
Duration	12 weeks	12 weeks
Format	10 live classes (3 hours each) 6 self-paced modules	10 live classes (3 hours each) 6 self-paced modules
Primary Focus	Trauma-informed somatic practices	Attachment repair & relational work
Prerequisites	None	Prior somatic training recommended: SE, Sensorimotor Psychotherapy, Hakomi, IFS, NARM, Compassionate Inquiry, TRE, or similar Licensed professionals (LPC, LCSW, LMFT, etc.) OR completion of Trauma & Somatics
Best for	Foundational skills in nervous system regulation & trauma processing	Advanced relational work with couples, attachment patterns, developmental trauma
Key Topics	<ul style="list-style-type: none"> • Polyvagal Theory • Nervous system tracking • Window of Tolerance • Activation/Shutdown • Trauma physiology • Ethical practice 	<ul style="list-style-type: none"> • Attachment styles • Developmental trauma • Co-regulation • Somatic assessment • Couples work • Porges neuroscience • Repair work
Lead Teachers	Will Rezin, SEP + Guest Faculty	Will Rezin, SEP Kate Appleton, LPC, SEP
Investment	\$3,000 (single payment) or payment plans	\$3,000 (single payment) or payment plans

[Next: Quick Decision Guide >](#)



Quick Decision Guide

Start with Trauma & Somatics if:	Start with Attachment & Somatics if:
<ul style="list-style-type: none"> • You're new to somatic work • You want foundational trauma-informed skills • You work with individuals experiencing trauma • You need to understand nervous system basics • You want to integrate body-based techniques into your practice • You're a coach, therapist, or helping professional seeking core skills 	<ul style="list-style-type: none"> • You have prior somatic training (SE, SP, Hakomi, IFS, NARM, etc.) • You're a licensed professional (LPC, LCSW, LMFT, PsyD, PhD) • You work with couples or relational dynamics • You want to specialize in attachment repair • You're interested in developmental trauma • You've completed Trauma & Somatics and want to go deeper

COMPREHENSIVE TRAINING PATH:

Complete both trainings sequentially for full-spectrum skills in trauma recovery and attachment repair.

RECOMMENDED SEQUENCE:

Trauma & Somatics (January 2026) → Attachment & Somatics (August 2026)

This allows time for integration between trainings and gives you foundational skills before advancing to relational work.

[Next: Detailed Breakdown \(Trauma & Somatics\) >](#)



Detailed Breakdown

TRAUMA & SOMATICS: WHAT YOU'LL GAIN

FOUNDATIONAL SKILLS FOR TRAUMA-INFORMED PRACTICE

By the end of this training, you will be able to:

- Track nervous system states in real time through somatic cues
- Apply Polyvagal Theory to understand client activation and shutdown
- Use titration and pendulation to build client capacity safely
- Recognize and work with fight, flight, freeze, and fawn responses
- Create trauma-sensitive containers that signal physiological safety
- Help clients expand their Window of Tolerance
- Navigate ethical boundaries and know when to refer out
- Integrate somatic techniques into your existing modality
- Manage vicarious trauma and regulate your own nervous system

CORE FRAMEWORKS:

Polyvagal Theory | Window of Tolerance | Nervous System Tracking |
Somatic Resourcing | Trauma Physiology | Ethical Practice

WHO GRADUATES SERVE:

Individuals experiencing trauma, stress, anxiety, overwhelm, chronic activation, shutdown, or nervous system dysregulation.

[Next: Detailed Breakdown \(Attachment & Somatics\) >](#)





Detailed Breakdown

ATTACHMENT & SOMATICS: WHAT YOU'LL GAIN

ADVANCED SKILLS FOR RELATIONAL & ATTACHMENT WORK

By the end of this training, you will be able to:

- Assess attachment patterns through somatic tracking and observation
- Work with developmental trauma at the body level
- Facilitate nervous system co-regulation in relational dynamics
- Address attachment disruption and support secure attachment development
- Apply cutting-edge attachment neuroscience (Porges, Schore, Siegel)
- Work somatically with couples to repair relational wounds
- Identify and address implicit relational patterns in the body
- Support clients in building earned secure attachment
- Integrate attachment theory with somatic practice

CORE FRAMEWORKS:

Attachment Theory | Developmental Neuroscience | Co-Regulation | Porges' Polyvagal Research | Implicit Relational Knowing | Somatic Attachment Assessment

WHO GRADUATES SERVE:

Individuals with attachment wounds, couples navigating relational patterns, clients with developmental trauma, anyone seeking to repair early relational disruption.

SPECIAL NOTE:

This training is co-created and taught by Will Rezin (SEP) and Kate Appleton (LPC, SEP), who is actively involved in attachment neuroscience research with Dr. Stephen Porges. You'll learn cutting-edge applications of Polyvagal Theory in attachment work.

[Next: Frequently Asked Questions >](#)





Frequently Asked Questions

Can I take Attachment & Somatics without Trauma & Somatics?

Yes, if you have prior training in somatic modalities such as Somatic Experiencing (SE), Sensorimotor Psychotherapy (SP), Hakomi, Internal Family Systems (IFS), NARM, NeuroAffective Touch, Compassionate Inquiry, TRE, or similar body-based approaches.

Licensed professionals (LPC, LCSW, LMFT, PsyD, PhD) and certified coaches with trauma training are also welcome to enroll directly in Attachment & Somatics.

Attachment & Somatics assumes foundational knowledge of nervous system regulation and somatic tracking. If you're unsure whether your background qualifies, email us and we'll help you determine the best starting point.

Which training should I take first?

If you're new to somatic work, start with Trauma & Somatics. If you already have training in SE, SP, Hakomi, IFS, NARM, Compassionate Inquiry, or similar modalities, you can go directly to Attachment & Somatics.

Can I take both trainings?

Yes. We recommend completing Trauma & Somatics first (January 2026), then Attachment & Somatics (August 2026). This sequence allows time for integration and ensures you have foundational skills before advancing to relational work.

Do these trainings qualify me to call myself a somatic practitioner?

These are certificate programs documenting professional development hours.

They do not replace foundational training in therapy, coaching, or bodywork.

Practice within your existing scope and credentials.

What if I'm still unsure?

Take our free "What's Your Somatic Learning Path?" quiz at traumaandsomatics.com/quiz or email us to discuss your specific situation.

READY TO ENROLL?

- Trauma & Somatics: traumaandsomatics.com/trauma-somatics
- Attachment & Somatics: traumaandsomatics.com/attachment-somatics

