



## Somatic Movement Therapist Certification 2024

The SomaSensing Somatic Movement Therapist (SMT) certification is a 12-month 250-hour programme that gives you the foundation to guide somatic movement and body unwinding sessions in a group or private setting. The program takes 12 months to complete and submit your competencies. Or up to 2 years should you require more time.

### What the program includes

- 8 days of training in person – **56 hours**
- 9 days of lecture and practical sessions live online. – **56 hours**
- 12x 90 minute guided movement sessions, live online - **18 hours**
- 5 x private mentoring sessions – **5 hours**
- Monthly pre-recorded lectures – **15 hours**
- Self-Practice hours – **50 hours**
- Guiding others – **50 hours**

### The Format

#### Phase 1: Awakening to Soma – The process of emergence.

- Month 1: Embrace the Somatic Foundation
  - Introduction to Somatic Movement Therapy principles and history
  - Understanding the transformative power of SomaSensing Body Unwinding
  - Exploring the body's innate blueprints and emergence of natural movement patterns
- Month 2: Exploring Your Inner Journey
  - Delving into personal somatic experiences and self-awareness
  - Cultivating mindfulness and self-compassion in the somatic process
  - Becoming a somatic observer. Recognising learned patterns from your true nature

### Dates

#### 8 days in person

1<sup>st</sup> August to 8<sup>th</sup> August

#### 9 days live online on a Saturday from 9am to 5pm (BST)

2<sup>nd</sup> March, 20<sup>th</sup> April 4<sup>th</sup> May, 22<sup>nd</sup> June 20<sup>th</sup> July

28<sup>th</sup> September 26<sup>th</sup> October 30<sup>th</sup> November

25<sup>th</sup> January 2025

#### 12 x 90-minute guided movement sessions Wednesday at 3pm (BST)

6<sup>th</sup> March to 10<sup>th</sup> April

8<sup>th</sup> May to 12<sup>th</sup> June



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- Month 3: Unravelling the Wisdom Within
  - Connecting with the somatic anatomy of fascia through movement
  - Understanding the interplay with the nervous system for healing
  - Embodying the principles of Somatic Movement Therapy

### **Phase 2: Nurturing Body-Mind Awareness**

- Month 4: Tuning into fascia as a felt sense.
  - Deepening the understanding of fascial anatomy and adaptability
  - Recognizing the interplay between emotions and fascial tension
  - Enhancing body-mind awareness through Interoception
- Month 5: The Transformative Power of SomaSensing
  - Mastering the SomaSensing Body Unwinding principles of emergence
  - Addressing specific somatic issues, such as chronic pain and stress
  - Developing skills for effective and intuitive client-centered sessions
- Month 6: Healing Through Mindful Movement
  - Exploring the connection between movement and emotional release
  - Integrating mindfulness and meditation principles into therapy sessions
  - Nurturing emotional well-being through somatic movement practices

### **Phase 3: Integrating Body and Emotions**

- Month 7: Recognizing Trauma and holding space.
  - Understanding the impact of trauma on the fascial system and the body
  - Applying trauma-sensitive principles in Somatic Movement Therapy
  - Honouring your boundaries in the healing journey. Through the somatic lens
- Month 8: Deepening your practice.
  - Recognising your energetic state and how to connect with your sense of purpose.
  - Knowing who you can guide and when to refer.



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- Conditions that you will be presented with. E.g., Fibromyalgia, chronic fatigue, inflammation and chronic pain
- Month 9: Fostering Emotional Well-Being
  - Integrating emotions and movement for deeper therapeutic effects
  - Facilitating emotional processing and healing through somatic movement
  - Embracing your role as an empathetic and skilled Somatic Movement Therapist

### Phase 4: Guiding Others on the Somatic Path

- Month 10: The Art of Group Somatic Therapy
  - Understanding the dynamics of group therapy settings
  - Designing and facilitating Somatic Movement Therapy workshops
  - Fostering a supportive and transformative group experience
- Month 11: Embodying Your Unique Approach
  - Crafting your unique therapeutic approach and philosophy
  - Integrating mindfulness and embodiment in your practice
  - Cultivating self-awareness as a guide for clients' healing journey
- Month 12: Certification and Becoming a Somatic Movement Therapist
  - Review and reflection
  - Continuing the journey
  - Honouring your inner wisdom and integrity of the process of becoming

### Your guides

Your main facilitator is the founder Yasmin Lambat, supported by Antoinette Kavanagh, a certified SomaSensing guide.

Guest facilitators will be invited to support your learning on fascia, biotensegrity, trauma-informed therapy and quantum biology.



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### How to get the best out of this programme

- Practice SomaSensing daily
- Attend all live sessions or at least 80%
- Keep a somatic journal.
- Practice teaching others
- Stay curious.

### How to know when you're ready to guide others?

- You've completed the required 100 hours of self-practice.
- You've completed and documented 40 hours of guiding others.
- Submit a 60-minute video/audio of you guiding a private or group session.
- Submit 2 case studies.
- You find joy in moving naturally from within
- It gives you joy to guide others to the wisdom of the body.

### Registration and fees

The fee is \$5000 if you pay in full or \$5500 if you pay in 6 instalments.

(The fee does not include food or accommodation for the in-person training in Folkestone.)

### How to get to Folkestone

By air – You can fly into Gatwick, Heathrow or Stansted airport. Take a train into London or arrange for a transfer from the airport to Folkestone (transfer fee not included).

There are direct trains from London to Folkestone. The fast train from Kings Cross Station or the slow train from Charing Cross station.

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4<sup>th</sup> May, 1<sup>st</sup> June

6<sup>th</sup> July 28<sup>th</sup> September  
26<sup>th</sup> October 30<sup>th</sup>  
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#### 12 x 90-minute guided movement sessions Wednesday at 3pm (BST)

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March and 3<sup>rd</sup> April to  
8<sup>th</sup> May



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### Meals and Accommodation

You can book through air bnb or booking.com for places to stay. Meals are not included but there are lots of options in Folkestone.

Please reach out if you need any further information.

### Recommended Reading

1. [Fascia and why it matters - David Lesondak](#)
2. [Yoga, Fascia, Anatomy and Movement – Joanne Avison](#)
3. [Spiral bound - Integrated Anatomy for Yoga](#) - Karne Kirkness
4. [Anchored - How to befriend your nervous system](#) - Deb Dana on the Polyvagal theory
5. [Somatic therapy for healing trauma](#) - A Somatic Experiencing approach
6. [How do you feel](#) - Dr Bud Craig on Interoception

### Recommended Websites

<https://www.pollacklab.org/>

<http://www.johnsharkeyevents.com/>

<http://www.tensegrityinbiology.co.uk/biotensegrity/>