

Integral Somatic Psychology (ISP) Training

Saskatoon, Sk. Canada
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www.integralsomaticpsychology.com

In-Person Training
Module 1 - September 27 -30, 2024
Module 2 - May 9-12,2025
Module 3 - September 26-29, 2025

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What is Integral Somatic Psychology?

Integral Somatic Psychology™ (ISP™) is an effective somatic psychology approach that helps clients achieve optimal mental health by fully *embodying* their emotions. Learn more in Dr. Selvam's book *The Practice of Embodying Emotions*.

ISP has been developed to **shorten therapy times and improve diverse outcomes** (physical, energetic, cognitive, emotional, behavioral, relational, and spiritual) in all therapy modalities, including body psychotherapy systems such as Somatic Experiencing® (SE™) and Sensorimotor Psychotherapy.

It can also be taught to clients as a self-help tool for healing and for enhancing their lives.

What is the science behind it?

The emerging science of embodied cognition, emotion, and behavior in affective neuroscience and cognitive psychology is increasingly establishing that our thoughts, feelings, and actions are dependent not just on our brain but also on our body and our environment; and that the lack of involvement of our body in any of these three inter-related functions can compromise all three and reduce our well-being.

The field of body psychotherapy has established that our inability to tolerate emotional experiences in our bodies is the primary reason for the formation of physiological defenses such as muscular constriction. These defenses reduce our body's involvement in cognitive, emotional, and behavioral functions and cause psychophysiological symptoms.

Using these research findings, Integral Somatic Psychology seeks to improve our thoughts, feelings, and actions by making our body more available for them, by improving the body's capacity to tolerate emotional experiences so that it does not shut down in the face of difficult emotions in therapy or life.

What You Will Learn

The professional training has been designed to help improve cognitive, emotional, and behavioral outcomes in all therapies on the basis of clinical implications of older and newer evidence-based theories in cognitive psychology and neuroscience on the physiology of cognition, emotion, and behavior, including the newer paradigms of embodied and embedded cognition and enactive emotion.

Learn how to...

- **Work with a wider range of emotions from the very first session**
- **Help your clients undo body defenses and embody their emotions**
- **Build tolerance for all feelings—especially uncomfortable ones**
- **Improve cognitive and behavioral outcomes in your work through embodying emotions**
- **Improve your results in working with psychophysiological or psychosomatic symptoms**
- **Help clients heal from traumas efficiently**
- **Improve your capacity for embodied emotional attunement**
- **Help clients heal their attachment wounds effectively**
- **Shorten treatment times in your practice**
- **Improve mindfulness and spiritual practices by embodying emotions**

Who can benefit from the ISP Professional Training?

The training is geared towards psychologists, social workers, marriage and family therapists, addiction counselors, and professional counselors, but if you are a psychiatrist, art, movement or breath therapist, coach, bodyworker, energy worker, psychology trainer, educator, clergy, meditation or spiritual teacher, you will find the training valuable to your professional development.

If you miss a module, catch up by video

Students who need to miss a module can catch up by video. All students will receive access to the recordings.

Additional information can be found our website www.setrainingsaskatoon.com
(under Raja's name found in the "more " tab)