







Embodwise

CULTIVATE INNATE WISDOM

"Which training is right for me?"

With many different training programs available it's natural to wonder which one may be the best fit. The answer? Along with considering the schedule, time commitment, and investment, the key is in aligning the learning goals with your personal and professional aspirations.

To help you with a big picture, we've created an overview of the programs we're currently offering. Whether you're new to somatic work or deepening an existing practice, we're confident you'll find a training that resonates with your goals.

| |  Hakomi Pro Skills 1/2 |  Hakomi-Informed Somatic Coaching |  ISITTA Trauma Training |  Continuum Training |
|---------------------------|---|--|--|--|
| Eligibility | Licensed therapists, counselors, and those on a licensure track | Coaches and other professionals using coaching strategies | Licensed and non-licensed practitioners | Licensed and non-licensed practitioners |
| Direct Learning Hours | 93 | 40 ←----- Plus peer group sessions and asynchronous learning -----→ | 65 | 42 |
| Learning Type | Hybrid 6 live online modules 1 in-person immersion | Online 9 live modules | Online 6 live modules | Hybrid 6 live online modules 1 in-person immersion |
| Schedule | Oct 2025 - Apr 2026 | Mar - Jun 2025 | Sep 2025 - Feb 2026 | May - Jun 2025 |
| CEs Available | ✓ | ✓ <i>ICF CCEs</i> | ✓ | ✓ |
| Early / Full Tuition Cost | \$3995 / \$4495 <i>(Jul 20)</i> | Expired / \$2500 | \$3595 / \$4095 <i>(Jul 1)</i> | Expired / \$2600 |
| Application Deadline | Sep 12 (L1) Sep 19 (L2) | Feb 14 | Aug 31 | Apr 25 |
| Scholarships Available | ✓ | ✓ | ✓ | ✓ |
| Application Required | ✓ | ✓ | ✓ | ✓ |
| Webpages | <u>Level 1 / Level 2</u> | <u>Main / '25 Cohort</u> | <u>Webinar / Training</u> | <u>Webinar / Training</u> |

Want to learn more?
Explore the Learning Outcomes below.

Who It's Designed For:

Licensed therapists, counselors, and those on a licensure track, and others with equivalent skills and knowledge.

Learning Outcomes:

- Access right brain to right brain limbic connection with the client
- Use mindfulness-centered experiments to surface psychological material
- Notice the workings of the unconscious in present experience and in non-verbal signals
- Learn powerful and practical interventions for safely working with thought, sensation, impulse, emotion, and memory
- Effectively engage transference and countertransference enactments

Hakomi
Pro Skills 1/2



Who It's Designed For:

Established coaches as well as new coaches and leaders wanting to train in somatics and mindfulness.

Learning Outcomes:

- Apply Hakomi methodology to your coaching practice.
- Deepen somatic self-awareness to stay grounded and settled as a coach.
- Model embodiment for self-healing.
- Become trauma-informed to support clients' nervous system regulation.

Hakomi-Informed
Coaching



Learning Outcomes

ISITTA
Trauma Training



Who It's Designed For:

Psychotherapists, psychologists, counselors, healers, social workers, coaches, medical professionals, and psychedelic-assisted psychotherapists looking to integrate an in-depth somatic approach to trauma healing.

Learning Outcomes:

- Master concrete somatic therapy skills while cultivating somatic wisdom.
- Engage in experiential and relational practices for learning somatic therapy from the inside out.
- Integrate Hakomi core techniques, somatic therapy methods, trauma movement therapy, mindfulness practices, and safe touch work.

Continuum
Training



Who It's Designed For:

Psychotherapists, trauma therapists, movement professionals, coaches, mental health professionals, and bodyworkers.

Learning Outcomes:

- Develop connection to Organismic Intelligence, breath, and sensory channels.
- Enhance trauma resolution through somatic and movement techniques tailored for trauma intervention.
- Deepen interpersonal relating through dyadic and cognitive-somatic toolkits.