

What can SE trainees expect to learn in the ISP training in twelve days?

Integral Somatic Psychology™ (ISP™) Professional Training with Raja Selvam, PhD

1. How to better integrate SE™ into your psychotherapy practice.
2. How to work more effectively with emotions and other psychological experiences in the body.
3. How to ensure better outcomes in attachment work through the body.
4. How to become more efficient in resolving symptoms of stress and trauma.
5. How to improve your psychotherapy practice in general through greater understanding and working with all the ways in which the body can generate psychological experiences or defend against them, over and above what the orienting, fight, flight, freeze, dissociation model, the coupling dynamics model, and the SIBAM model can inform us.
6. How to increase your effectiveness as a therapist through understanding and working with all the ways in which energy can contribute to or defend against psychological experiences over and above the tapping models used in energy psychology.
7. How to take your ability to help people heal to another level by learning how to help clients connect their body and energy to their sources at the collective level that are in the form of universal matter and its governing intelligence.
8. How to help clients connect and work with their ultimate resource for healing: consciousness.
9. How to identify and overcome common dysfunctional patterns in awareness and attitudes that block healing.
10. How to develop and use inter-personal resonance somatically and energetically on individual and collective levels of our being to find out what is going on in them and to interactively regulate them more effectively.
11. How to use a variety of tools such as intent, imagination, breath, sound, movement, self-touch and other-touch in addition to awareness to overcome the limitations of awareness as a tool and to quicken the physiological, psychological, and energetic processes and outcomes in clients.
12. How to orient to a model of the psyche that offers the deepest possible understanding of oneself and the widest possible framework for understanding and integrating all psychotherapeutic, somatic, and energetic modalities of healing.