



Integral Somatic Psychology™ Module One Learning Objectives

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1. To be able to describe the ways in which cognition, emotion, and behavior have been found to be dependent not only on the brain but also on the body and the environment.
2. To be able to describe the ways in which cognition, behavior, and emotion have been found to be inter-related in the brain as well as the body and its relationship to the environment.
3. To be able to describe the importance of emotion and the body's involvement in emotion for improved cognition, emotion, and behavior.
4. To be able to describe how the greater use of the body as a container for regulating emotions can improve cognition, emotion, and behavior.
5. To be able to describe the major findings on the physiology of emotions in the brain, the body, and the body's relationship to the environment.
6. To be able to describe the different ways in which the muscular system has been found to be involved in generating as well as defending against emotions.
7. To be able to describe specific tools (awareness, intent, expression, movement, breath, etc.) that psychotherapists can use to expand and regulate the brain and body physiology to expand and regulate emotional experience.
8. To be able to describe the different types or layers of emotional experience (primary, secondary, and sensorimotor).
9. To be able to describe the seven basic feedback patterns in the model of regulation used in the ISP approach to facilitate blood, nervous system, and energy flows in the brain and body physiology to improve physical and emotional regulation.
10. To be able to describe how to work with the musculature in the arms, legs, and head and neck areas to expand these areas to foster greater emotional regulation.