



## **Integral Somatic Psychology™ (ISP™) Module Three Timeline**

**Raja Selvam, PhD**

### **WORKSHOP SCHEDULE (24 CE Credit Hours)**

ISP is an advanced level training for psychologists, psychiatrists, marriage and family therapists, social workers, professional counselors, psychiatric nurses, as well as art, movement and breath therapists, coaches, bodyworkers, energy workers, psychology trainers and educators, clergy, meditation and spiritual teachers for use in their clinical practice or professional education.

This course has been designed to help improve cognitive, emotional, and behavioral outcomes in all therapies on the basis of clinical implications of evidence-based theories in cognitive psychology and neuroscience on the physiology of cognition, emotion, and behavior, especially the theory of embodied and embedded cognition.

#### **Day 1**

9:30 - 11:00 am: Integral Somatic Psychotherapy modules one and two review. Module three overview. Group container building: Introduction of trainer, assistants, and the trainees to the group.

Theory and guided experience: Review of the ISP model of the psyche consisting of individual as well as collective levels of the psyche. Evidence for different levels of the psyche in the ISP model from philosophy, science, theory, and empirical findings from different therapy modalities and cultures. Review of the role of the layer of the subtle body metaphorically called ether. Movement the joints of the arms and legs, areas that are important for working with the layer of the subtle body metaphorically called ether to regulate the central nervous system. The role of fifth layer of the quantum level subtle body metaphorically called earth. Moving, sensing, and connecting the neck, the large intestine, and the knees, areas that are important for working with the layer of the subtle body metaphorically called earth in clinical settings.

11:00 - 11:15 am: Morning break

11:15 am - 1:00 pm: Theory and guided experience: The role of the central nervous system (brain and spinal cord) and the structures that surround, support, and protect it (membrane, fascia, bone, ligament, tendon, muscle, and cerebrospinal fluid). The different dynamics such as constriction and bioelectrical action through which the central nervous system and surrounding structures can generate and defend against physiological and psychological experiences. The role of neurotransmitters in emotional experience. The different role of the right and left hemispheres in emotional experience. The role of different brain areas and circuits in physiological and emotional regulation. Working with the central nervous systems and surrounding structures through awareness, intent, visualization, breath, movement,

etc. in clinical settings to improve cognitive, emotional, and behavioral outcomes. Questions, answers, and discussion.

1:00 - 2:30 pm: Lunch break.

2:30 - 4:00 pm: Clinical demonstration with a participant: Working with the four steps of emotional embodiment with the model of regulation with seven flows covered in module one with a special focus on working with the client's central nervous system areas of the brain and spinal cord and on connecting the neck, the large intestine, and the knees, areas that are important for working with the layer of the subtle body metaphorically called earth to improve cognitive, emotional, and behavioral outcomes. Follow-up questions, answers, and discussion.

4:00 - 4:15 pm: Afternoon break

4:15 - 6:00 pm: Clinical practice working with the four steps of emotional embodiment with the model of regulation with seven flow patterns covered in module one with a special focus on working with the central nervous system areas of the brain and spinal cord and on connecting the neck, the large intestine, and the knees, areas that are important for working with the layer of the subtle body metaphorically called earth. Debriefing of practice session.

## **Day 2**

9:30 - 11:00 am: Theory and guided experience: The four levels of the collective psyche of the client. Working with the connection between the client's individual psyche and the first two levels of the client's collective psyche through the forehead. Working with structures in the individual brain and body to facilitate the connection between the first two levels of the collective psyche and the individual psyche clinical settings. Questions, answers, and discussion.

11:00 - 11:15 am: Morning break.

11:15am - 1:00 pm: Theory and guided practice: Review of the role of the layer of the quantum level subtle body, metaphorically called water, in the client's emotional experience. Sensing and connecting the chest and the upper arms, the pelvic area, and the feet, areas that are important to this layer of the subtle body. Its role in improving the connection between the first two levels of the collective and the individual. Review of role of the layer of the quantum level subtle body, metaphorically called air, in emotional experience. Moving, sensing, and connecting the chest area and the upper arms, large intestine and kidneys, and the lower legs, areas that are important to this layer of the subtle body in clinical settings to improve cognitive, emotional, and behavioral outcomes.

1:00 - 2:30 pm: Lunch break.

2:30 - 4:00 pm: Clinical demonstration with a participant: Working with the four steps of emotional embodiment with a special focus on connecting the resources in the first two levels of the collective psyche to the individual psyche of the client and on working with either connecting the chest and the upper arms, the pelvic area, and the feet, areas that are important to the layer of the subtle body metaphorically called water or connecting the chest area and the upper arms, large intestine and kidneys, and the lower legs, areas that are important to the layer of the subtle body metaphorically called air. Follow-up questions, answers, and discussion.

4:00 - 4:15 pm: Afternoon break.

4:15 - 6:00 pm: Clinical practice working with the four steps of the client's emotional embodiment with a special focus on connecting the resources of the first two levels of the collective psyche to the individual psyche of the client and on working with either connecting the chest and the upper arms, the pelvic area, and the feet, areas that are important to the layer of the subtle body metaphorically called water or connecting the chest area and the upper arms, large intestine and kidneys, and the lower legs, areas that are important to the layer of the subtle body metaphorically called air. Debriefing of practice session.

### **Day 3**

9:30 - 11:00 am: Theory and guided experience: The third level of the collective psyche. Working with the connection between the individual psyche of the client to the third level of the collective psyche through the top of the head. Questions, answers, and discussion.

11:00 - 11:15 am: Morning break.

11:15 am - 1:00 pm: Theory and guided practice: The review of the role of the layer of the quantum level subtle body, metaphorically called fire, in the client's emotional experience. Its role in improving the connection between the individual psyche and the resources of the third level of the collective psyche. Moving, sensing and connecting the head, the respiratory diaphragm and digestive organs other than the large intestine, and the thighs areas that are important to this layer of the subtle body in clinical settings. Follow-up questions, answers, and discussion.

1:00 - 2:30 pm: Lunch break.

2:30 - 4:00 pm: Clinical demonstration, with a participant: Working with the four steps of emotional embodiment with a special focus on connecting the client's resources of the third level of the collective psyche to the individual psyche and on connecting the head, the respiratory diaphragm and digestive organs other than the large intestine, and the thighs, areas that are important to the layer of the subtle

body metaphorically called fire, and its importance in improving clinical outcomes in diverse therapy settings. Follow-up questions, answers, and discussion.

4:00 - 4:15 pm: Afternoon break.

4:15 - 6:00 pm: Clinical practice working with the four steps of emotional embodiment with a special focus on connecting the client's individual psyche to the resources of the third level of the collective psyche and on working with connecting the head, the respiratory diaphragm and digestive organs other than the large intestine, and the thighs, areas that are important to the layer of the subtle body metaphorically called fire Debriefing of practice session.

#### **Day 4**

9:30 - 11:00 am: Theory and guided experience: The fourth level of the collective psyche. Philosophical, scientific, and empirical evidence for the fourth level of the collective and its importance clinical settings. Working with the connection between the client's individual psyche and the fourth level of the collective psyche through the top of the head. Questions, answers, and discussion. Questions, answers, and discussion.

11:00 - 11:15 am: Morning break.

11:15 am - 1:00 pm: Theory and guided experience: Review of the role of fifth layer of the quantum level subtle body metaphorically called earth and its significance for emotional experiences. Moving, sensing, and connecting the neck, the large intestine, and the knees, areas that are important for working with the layer of the subtle body metaphorically called earth.

1:00 - 2:30 pm: Lunch break.

2:30 - 3:30 pm: Short practice working with four steps of emotional embodiment of a pleasant experience with a special focus on connecting the client's neck, the large intestine, and the knees, areas that are important for working with the layer of the subtle body metaphorically called earth to ground the pleasant experience in the body.

3:30 - 4:00 pm: Conclusion of training and directions for further professional growth. Closure. Graduation.