

A person is seen from behind, performing a yoga pose on a large, dark rock. They are standing on one leg with the other leg raised and bent at the knee, and their arms are raised above their head. The background features a lush green valley with a forest of evergreen trees, a calm lake reflecting the surrounding landscape, and majestic mountains with patches of snow under a clear sky.

THE RELATIONAL SKILLS TRAUMA CERTIFICATE PROGRAM

● LIVE ONLINE

See you on the inside!

INTRODUCING

The Relational Skills
Trauma Certificate Program

With the Director of the Trauma Certificate Program
Dr. Albert Wong

AND GUEST FACULTY

Bringing decades of experience, with over 1,000 students trained



Can't make it live? No problem. Videos are uploaded and available to you within 24 hours for you to view anytime



**TUESDAYS AND THURSDAYS
MAY 21 - AUGUST 20, 2024**

from 1PM- 2:30pm Pacific Time



Scan to [SAVE MY SEAT](#)

Trauma disrupts our natural ability to connect.

Trauma can create isolation and withdrawal.
Trauma can flood us with shame or make us
persistently terrified of abandonment.
Experiences of relational rupture can become lodged
in our physiology and our felt experience.



IT DOESN'T HAVE TO BE THIS WAY.

Instead of trying to dig our way out of trauma through individual talk therapy alone, contemporary research on healing trauma invites us to rediscover:

- the power of embodied connection,
- the *felt experience* of secure attachment,
- the remembrance of what it is like to be truly seen and known.



GROUNDED IN CONTEMPORARY NEUROSCIENCE, BACKED BY ANCIENT WISDOM...

The Relational Skills Trauma Certificate training program incorporates interventions backed by leading-edge discoveries in the field of trauma, including embodied relational psychotherapy, trauma-informed group therapy, epigenetics, attachment theory, polyvagal theory, and interpersonal neurobiology.

More and more, we are discovering:

- How to craft exact moments of healing through corrective relational experiences
- How the somatic experience of secure attachment can help us recover from rupture into repair.
- How to work safely with individuals and groups to heal relational, intergenerational, and collective trauma.



IN THIS PROGRAM YOU WILL...



01 Discover How Trauma Disrupts Our Ability to Connect to Others



02 Learn How to Overcome the Legacy of Trauma through Corrective Relational Experiences



03 Gain Practical Skills for Working with Individuals and Groups to Help Those Suffering from Developmental and Attachment Trauma

PROGRAM OVERVIEW

During the Certificate Program, you will...

Learn How to Work with Trauma
from Dedicated Teachers in the Field

Take 4 foundational Relational Skills courses:

- Foundations of Relational Trauma Therapy
- Embodied Relational Skills for Healing Trauma
- Trauma-Informed Group Work
- Healing Relational Trauma

Each Week...

Get 3 hours of online course instruction plus an additional,
optional 1 hour per week of structured practice time

Hone your skills by practicing with classmates in your Student
Community

Learn how to work with trauma – from a whole person perspective

Earn a Relational Skills Trauma Certificate from Somatopia after
the completion of 10 relational skills practice sessions



PROGRAM OVERVIEW

CONTINUATION

By the end of the program, you will have learned how to:

- Use the key principles of relational trauma therapy to create a roadmap for healing
- Use relational contact to resource and stabilize people when they are entering a flashback or other dissociative state
- Identify and process trauma memories, through a range of somatic, relational, and group intervention approaches
- Learn how to identify negative interpersonal cycles of behavior and interrupt these repetitive relational patterns when they show up in relationships
- Develop the ability to experience interpersonal resonance as a vehicle for co-regulating clients and supporting trauma healing
- Utilize syncretic interventions as a vehicle for creating relational contact and healing
- Use the power of trauma-informed groups as a way of reconnecting people who have felt isolated and alone
- Utilize relational interventions to help heal family, intergenerational, and collective trauma and restore coherence to the individual within the greater whole

All of this with the support of dedicated faculty who are lifelong educators in the field.

THE CURRICULUM

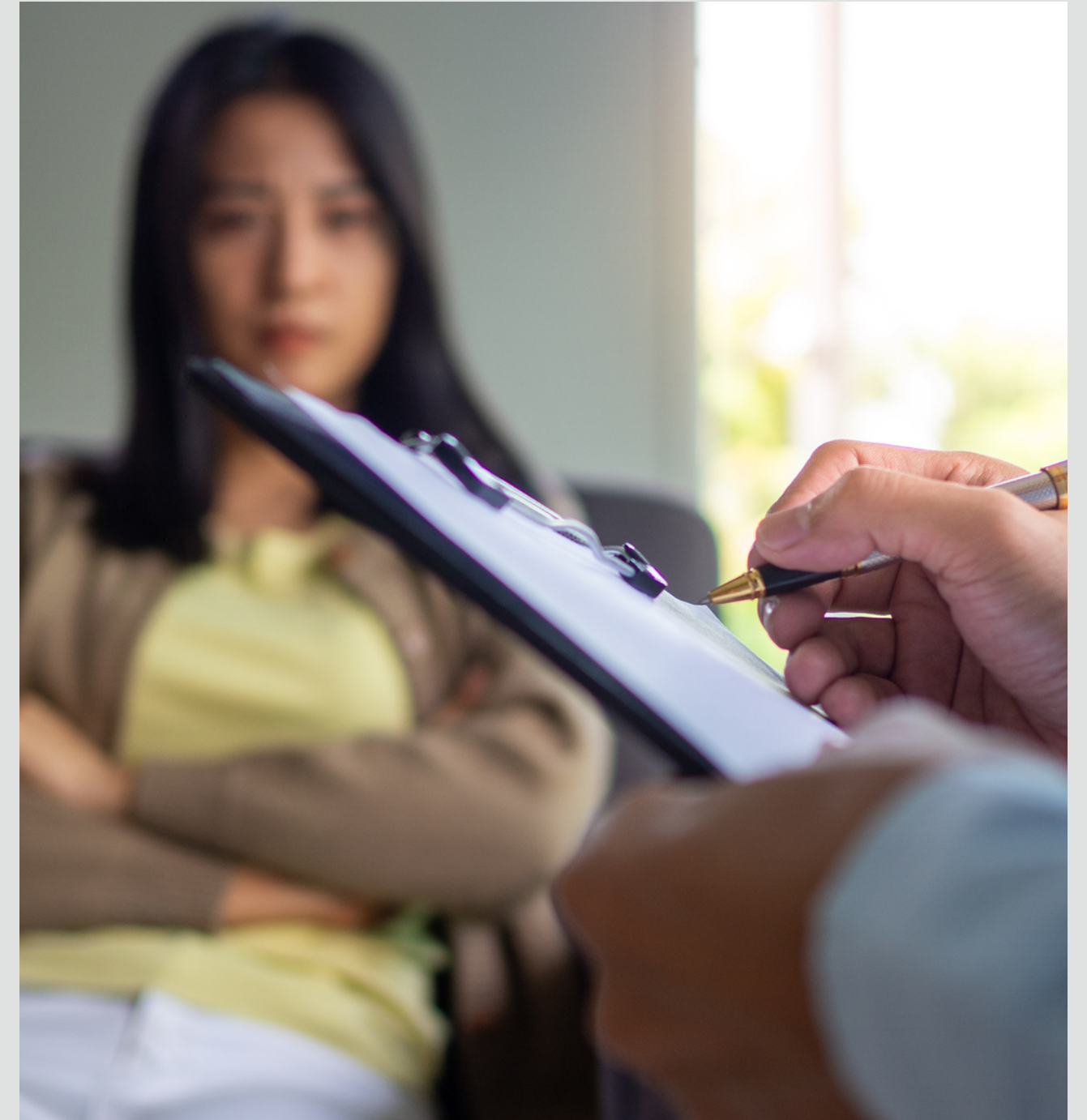
Trauma 201

Foundations of Relational Trauma Therapy

Laying the Groundwork for Understanding

This course emphasizes the theoretical foundations of relational trauma therapy. It outlines the nature of relational trauma, how it happens, and how we might heal. Classic trauma concepts such as SIBAM, titration, polyvagal theory, the window of tolerance, and the interrupted arousal cycle are broadened into a relational framework. Interrupting negative interpersonal cycles, expanding the relational window of tolerance, finding the corrective relational experience, and using the practitioner-client relationship to complete the interrupted arousal cycle will be covered.

- The Roadmap: What is relational trauma and how do we navigate through?
- Relational Resourcing Techniques: Contact Statements and Embodied Resonance
- Healing from Attachment Trauma through Relationships
- Working with Shame in Couples
- Working with Touch to Help Heal Trauma
- Restoring a Felt Experience of Secure Attachment
- Opening to the Good within Oneself and with Others



THE CURRICULUM

Trauma 202

Embodied Relational Skills

Connecting with Our Somatic Experience
with Ourselves and Others

This course will introduce participants to a variety of embodied relational skills that can be used to help heal trauma. We will learn how to use relational movement, breath, and the *"felt sense"* to support sensory integration, nervous system co-regulation, and the completion of interrupted cycles of experience. Particular attention will be paid to how we support our own physical process when working with others. This experiential class will introduce a variety of tools that the practitioner can use with clients who have acute, long term, developmental or attachment related trauma. Teaching methods include short lecture, large and small group discussions as well as multiple experiential activities.

- Using Relational Embodiment to Support Safety, Contact, and Manage Pace
- The "Relational Felt Sense" as a Vehicle of Connection
- Resolving Interrupted Cycles of Experience by Attending to Moment-to-Moment Sensation
- Discovering Unexpressed Movement Patterns through Relational Movement and the Interpersonal Field
- Using Breath as a Tool for Grounding, Contact, Exchange, Trauma Release, and Discharge
- Finding Self-Support and Using the Self as an Instrument
- Using Syncretic Interventions to Enhance Relational Contact and Support Corrective Relational Experiences



THE CURRICULUM

Trauma 203

Healing Relational Trauma

Further Techniques and Applications

Trauma frequently arises from relationship, and therefore can often be healed through relationship. This course builds upon the Foundations course and introduces a range of specific techniques to help track, identify, and heal relational trauma. Topics covered will include how to help people learn to express healthy boundaries, connect with their inner selves, rediscover their natural impulses, and heal the legacy of ancestral trauma. This class will also include live demonstrations of trauma therapy technique, as well as additional integrative sessions to help students consolidate their learnings and bring their work back into the world.

- Learning to Say Yes and Say No: Working with Boundaries and Desire
- Transforming Negative Cycles of Interaction
- Working with the Trauma in the "Here and Now"
- Becoming Securely Attached to Life: Healing Our Inner Relationship
- Identifying and Transforming Negative Cycles of Interaction
- Healing Ancestral Trauma
- Working with Isolation, Mistrust, and Betrayal
- The Art of Repair: How to Mend Broken Connections through Rupture-Repair Conversations



THE CURRICULUM

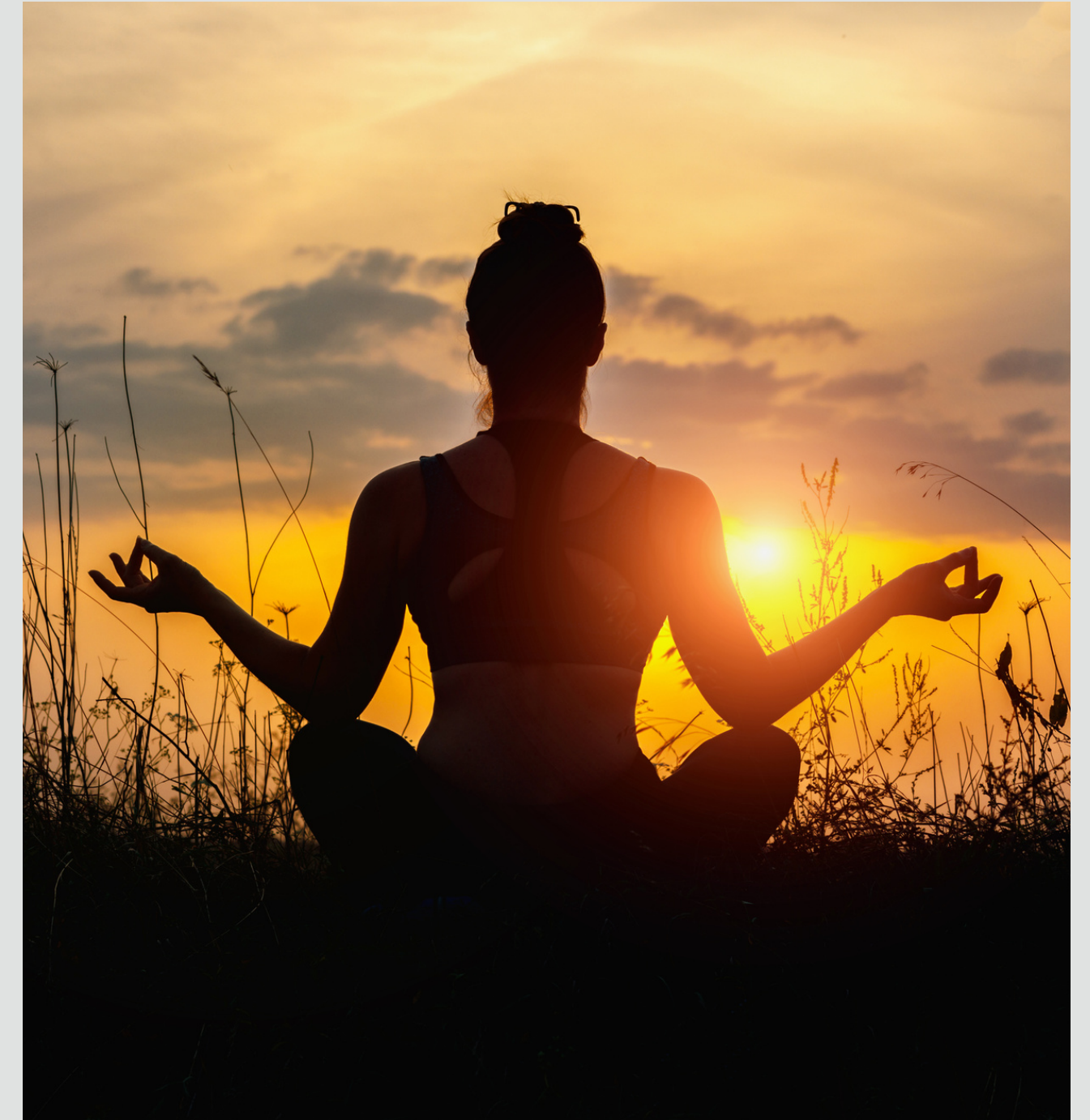
Trauma 204

Trauma-Informed Group Work

Cultivating Embodied Presence and Essential Qualities for Healing Trauma

In this course, we will learn how to facilitate groups from a trauma-informed perspective. We will explore the nitty-gritty of group work, including how to conduct an intake, how to manage "challenging" group participants, and how to maintain your center and ground when things don't go according to plan. Students will learn how to create a safe and supportive group environment, how to bring a group back into regulation after it becomes activated, and how to structure group, as best as possible, so as to include people from a range of abilities and backgrounds. We will also cover some of the unique challenges that may arise when working with clients who have experienced trauma in a group setting. By the end of this course, you will be better prepared to work with groups in a trauma-informed way and to use group work to help support individuals who may have been impacted by trauma.

- Creating a Safe Container for Group Work
- Conducting an Intake for Group
- Including Every Body: Helping Make All Persons Welcome
- Titrating Relationship: Creating Openings for Interconnections within the Group
- Using Resources to Seek and Find Safety
- When Things Don't Go to Plan: Problem-Solving for Challenging Clients and Difficult Groups
- Group Work as a Chrysalis of Change
- When the Group Finds You: Working with Groups in the Aftermath of Community Trauma
- Using Community to Support Integration and Learning
- Bringing the Work into the World



OUR FACULTY

BRINGING DECADES OF EXPERIENCE, WITH OVER
1,000 STUDENTS TRAINED



MARYASHA KATZ, LCSW
CORE FACULTY



MICHAEL CLEMMENS, PHD
CORE FACULTY



SUE MARTIN, MA, REAT
ASSOCIATE FACULTY



CAMARA RAJABARI, LMFT
ASSOCIATE FACULTY



KATRINA CURRY, LMFT
ASSOCIATE FACULTY



SHIRLEY DVIR
ASSOCIATE FACULTY



BILL SAY, MA
ASSOCIATE FACULTY



BRET LYON, PHD
ASSOCIATE FACULTY



SHEILA RUBIN, LMFT
ASSOCIATE FACULTY



PAT OGDEN, PHD
ASSOCIATE FACULTY



DR. ALBERT WONG
YOUR HOST



PROGRAM DETAILS

OVERVIEW

The program will run from May 21st to August 20, 2024.

All live sessions will be recorded so that students who cannot attend the live sessions can watch or revisit the lesson at their own convenience.

Students are welcome to either attend the live sessions or participate in the certificate program through watching the video recordings.

In order to receive the Trauma Certificate, students must complete 10 practice sessions, as well as a self-evaluation, by October 20, 2024.



THE CURRICULUM

THE PROGRAM IS COMPRISED OF FOUR SEPARATE,
BUT INTERLOCKING COURSES

The program is comprised of four separate, but interlocking courses:

- **Foundations of Relational Trauma Therapy**
- **Embodied Relational Skills**
- **Trauma-Informed Group Work**
- **Healing Relational Trauma**

Because this curriculum builds upon itself, these courses cannot be taken individually, but must be taken together as a unit as part of the integrated Relational Skills Trauma Certificate Program.



CLASS SCHEDULE

CLASSES WILL MEET TWICE A WEEK DURING THE SUMMER SESSION (MAY 21 THROUGH AUGUST 20, 2024).

Classes will meet twice a week during the semester (May 21st to August 20, 2024).

All weekly classes are on Tuesdays & Thursdays from 1 PM-2:30 PM (Pacific Time) + optional after-class 30 minute practice session

Each 90-minute class will be followed by an optional 30 minute practice session for students so that they might develop and practice their skills learned during the class.



CLASS SCHEDULE

PROGRAM SCHEDULES January 24 - April 20, 2023

Tuesdays and Thursdays: 1 PM-2:30 PM PST (plus optional 30 minute breakout group)

THURSDAYS TCP 201 FOUNDATIONS OF RELATIONAL TRAUMA THERAPY

TOPIC	DATE	FACULTY TEACHING	TA
Orientation / Introduction (Tuesday)	MAY 21 2024	ALBERT WONG	SERENA RAMIREZ
What is Relational Trauma?	MAY 23 2024	ALBERT WONG	SERENA RAMIREZ
Working with Shame with Couples Creating Corrective Relational Experiences	MAY 30 2024	BRET LYON & SHEILA RUBIN	SERENA RAMIREZ
Using Touch to Help Heal Trauma	JUNE 6 2024	SHIRLEY DVIR	SERENA RAMIREZ
Working with Attachment Trauma	JUNE 13 2024	KATRINA CURRY & PAT OGDEN	SERENA RAMIREZ
Opening to the Good: Sensing the Loving Care of Others	JUNE 20 2024	SUE MARTIN	SERENA RAMIREZ
Relational Resourcing Techniques	JUNE 27 2024	ALBERT WONG	SERENA RAMIREZ

CLASS SCHEDULE

PROGRAM SCHEDULES January 24 - April 20, 2023

Tuesdays and Thursdays: 1 PM-2:30 PM PST (plus optional 30 minute breakout group)

TUESDAYS TCP 202 EMBODIED RELATIONAL SKILLS

TOPIC	DATE	FACULTY TEACHING	TA
Using Relational Embodiment to Support Safety, Contact, and Manage Pace	MAY 28 2024	MICHAEL CLEMMENS	PAULINE ROMAS
The "Relational Felt Sense" as a Vehicle of Connection	JUNE 4 2024	MICHAEL CLEMMENS	PAULINE ROMAS
Resolving Interrupted Cycles of Experience by Attending to Moment-to-Moment Sensation	JUNE 11 2024	MICHAEL CLEMMENS	PAULINE ROMAS
Discovering Unexpressed Movement Patterns through Relational Movement and the Interpersonal Field	JUNE 18 2024	MICHAEL CLEMMENS	PAULINE ROMAS
Using Breath as a Tool for Grounding, Contact, Exchange, Trauma Release, and Discharge	JUNE 25 2024	MICHAEL CLEMMENS	PAULINE ROMAS
Using Syncretic Interventions to Enhance Relational Contact and Support Corrective Relational Experiences	JULY 2 2024	MICHAEL CLEMMENS	PAULINE ROMAS

CLASS SCHEDULE

PROGRAM SCHEDULES January 24 - April 20, 2023

Tuesdays and Thursdays: 1 PM-2:30 PM PST (plus optional 30 minute breakout group)

THURSDAYS TCP 204 TRAUMA-INFORMED GROUP WORK

TOPIC	DATE	FACULTY TEACHING	TA
Creating a Safe Container: How to Conduct a Group Intake	JULY 11 2024	MARYASHA KATZ	SERENA RAMIREZ
Including Every Body: Helping Make All Persons Welcome (Tuesday)	JULY 16 2024	MARYASHA KATZ	SERENA RAMIREZ
Titrating Relationship: Creating Openings for Interconnections within the Group	JULY 18 2024	MARYASHA KATZ	SERENA RAMIREZ
Using Resources to Seek and Find Safety	JULY 25 2024	MARYASHA KATZ	SERENA RAMIREZ
When Things Don't Go to Plan: Problem-Solving for Challenging Clients and Difficult Groups	AUGUST 1 2024	MARYASHA KATZ	SERENA RAMIREZ
When the Group Finds You: Working with Groups in the Aftermath of Community Trauma	AUGUST 15 2024	MARYASHA KATZ	SERENA RAMIREZ

CLASS SCHEDULE

PROGRAM SCHEDULES January 24 - April 20, 2023

Tuesdays and Thursdays: 1 PM-2:30 PM PST (plus optional 30 minute breakout group)

TUESDAYS TCP 202 HEALING RELATIONAL TRAUMA

TOPIC	DATE	FACULTY TEACHING	TA
Learning to Say Yes and Say No: Working with Boundaries and Desire	JULY 9 2024	ALBERT WONG	PAULINE ROMAS
Overcoming Isolation and Mistrust: Healing the Betrayed Child	JULY 23 2024	BILL SAY	PAULINE ROMAS
Learning to Say Yes and Say No: Working with Boundaries and Desire	JULY 30 2024	ALBERT WONG	PAULINE ROMAS
Healing Ancestral Trauma	AUGUST 6 2024	CAMARA RAJABARI	PAULINE ROMAS
The Art of Repair: How to Mend and Continue On (Thursday)	AUGUST 8 2024	ALBERT WONG	PAULINE ROMAS
Community Integration, Reflection and Harvesting	AUGUST 13 2024	ALBERT WONG	PAULINE ROMAS

LAST WEEK INTEGRATION & CLOSURE

TOPIC	DATE	FACULTY TEACHING	TA
Graduation and Closure	AUGUST 20 2024	ALBERT WONG	PAULINE ROMAS

CLASSROOM FORMAT

COURSE CONTENT: Students may participate in the training either by attending the Live Sessions on Zoom or by watching the Class Recordings which will be housed via the online learning platform, Somatopia.

REFERENCE MATERIALS: The online learning platform at Somatopia will be the repository archive for all information about the course including:

- Orientation information
- Student Handbook
- Detailed class schedule
- Instructions on how to access the live classes via Zoom
- Class recordings of live sessions – available within 24 hours of the end of the live event.



STUDENT ORIENTATION

Student orientation will occur on the first day of class, Tuesday, May 21st at 1 PM (Pacific Time). During this time students will be oriented to the parameters of the class, how to utilize the learning platform, community agreements, and the structure of the certificate program.

A recording will be made available for students who cannot attend live.



HOMWORK

In order to earn the Relational Skills Trauma Certificate, students must complete 10 core skills practice sessions and complete a self-evaluation. These are due by October 20, 2024.

Practice sessions may be completed either with members of the class cohort, or with willing volunteer "practice clients" outside of class.

Students are welcome to schedule the practice times as best fit their (and their practice partner's) individual schedule.



CLOSING CEREMONY

Closing Ceremony will occur on the last day of class, Thursday, August 20, 2024 at 1 PM (Pacific Time).

Students will be given an opportunity to share their experience in community.

Family, friends, and loved ones are welcome and invited to attend.



CERTIFICATE OF COMPLETION

In order to receive the Relational Skills Trauma Certificate, students must:

- Attend the live sessions and/or watch the recordings
- Complete 10 practice sessions implementing the Relational Skills techniques
- Complete a Self-Evaluation



CONTINUING EDUCATION

A maximum of 30 hours of CE credit is available.

CE credit is awarded for instructional time only and does not include practice sessions time, etc.

All sessions are eligible for Continuing Education with the exception of the sessions on June 13th, June 20th, and August 20th.

Teachings are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients.

Information on Continuing Education Credit for Health Professionals

- CE credits for psychologists are provided by the Spiritual Competency Academy (SCA) which is co-sponsoring this program. The Spiritual Competency Academy is approved by the American Psychological Association to sponsor continuing education for psychologists. Spiritual Competency Academy maintains responsibility for this program and its content.
- The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association.
- LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association.
- SCA is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. RNs must retain their certificate of attendance for 4 years after the course concludes.
- For questions about receiving your Certificate of Attendance, contact our Somatopia support team at support@somatopia.com.

For questions about CE, contact Spiritual Competency Academy at info@spiritualcompetencyacademy.com.

Please Note: Students will not be able to get CE for the entire course if they do not fulfill the attendance requirements for live sessions. (Three absences are allowed max over the course of the term.)



FREQUENTLY ASKED QUESTIONS

WHAT'S A VIRTUAL COURSE?

It's a great way to engage live and pre-recorded teachings and connect with your fellow classmates from the comfort of your home! All you need is a computer – either a desktop or laptop – and an internet connection. We use Zoom video conferencing to make it just like an in-person event, where you can ask questions, participate in breakout groups, and gain invaluable practice time in order to hone your skills in working with trauma.

CAN I GET BENEFIT FROM THE COURSE IF I MISS THE LIVE CLASSES?

Absolutely! You can access the recordings and transcripts of all course sessions from our online media archive, so you never need to worry about missing live calls. You can also engage the community and our teachers through our private online community group. Most people schedule practice sessions outside of class time -- and you can work either with your classmates or with other "practice clients" who you know and feel comfortable with.

I AM NOT A MENTAL HEALTH PROFESSIONAL. AM I ELIGIBLE TO TAKE THE TRAUMA CERTIFICATE TRAINING?

Absolutely, yes! :-)) While the program is designed for helping professionals working with trauma, people from a range of backgrounds may take the training and find it to be of benefit. The curriculum is tailored to mental health professionals, but substance abuse and addiction counselors, doctors, nurses, first responders, educators, coaches, spiritual counselors, yoga teachers, movement therapists, group facilitators, and anybody who wants to better learn how to heal from trauma may find it to be useful.

Please be advised that this training is educational in nature and is not intended to be a replacement for psychotherapy.

FREQUENTLY ASKED QUESTIONS

DOES THIS COURSE QUALIFY FOR CONTINUING EDUCATION CREDIT?

Yes! This course does qualify for continuing education credit for a range of individuals in the health professions. There is also an additional processing fee (\$95) in order to receive the continuing education credit.

Information on Continuing Education Credit for Health Professionals

- CE credits for psychologists are provided by the Spiritual Competency Academy (SCA) which is co-sponsoring this program. The Spiritual Competency Academy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Spiritual Competency Academy maintains responsibility for this program and its content.
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- LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association
- SCA is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. RNs must retain their certificate of attendance for 4 years after the course concludes
- For questions about enrolling in CE or receiving your Certificate of Attendance, contact somatopia@gmail.com. For questions about CE, visit www.spiritualcompetency.com or contact David Lukoff, PhD at CE@spiritualcompetency.com.

TUITION FEES

Our fees are sliding scale, and we make every effort to keep our trainings affordable for students.

Students may choose one of three sliding scale rates – Full Fee, Base Fee, or Reduced Fee – which range from \$987 to \$767 on a sliding scale basis.

Standard Tuition

\$987

- The Full Fee Tuition rate helps us provide scholarships to individuals who are students and/or low-income.
- Help us pay our faculty and staff
- Help us provide a world-class training experience
- Support your fellow practitioners who otherwise would not be able to participate
- Help sustain our mission and support our faculty

Scan to Register



Base Tuition

~~\$987~~

\$879

Sustainer

- The Base Fee Tuition covers most of the cost of operations (we rely on operating donations in addition)
- Help us pay our faculty and staff
- Help us provide a world-class training experience
- Help sustain our mission and support our faculty

Scan to Register



Payment Plan

~~\$257/month x 4~~

\$227/month x 4

Payment Plan

- The Payment Plan is designed to support and enable participation
- Help sustain our mission of creating an embodied world
- Contribute to the community through your presence, dedication, and goodwill

Scan to Register



FREQUENTLY ASKED QUESTIONS

WHAT'S A VIRTUAL COURSE?

This 3 month certificate program will run from **May 21 - August 20, 2024**.

WEEKLY CLASSES

Every Tuesday and Thursday from 1pm-2:30pm (Pacific Time)
+ optional after-class 30 minute practice session

SPECIAL DATES

There will be a **STUDENT ORIENTATION** on the first day of class, Tuesday, May 21, 2024.

There will be a **CLOSING CEREMONY** on the last day of class, August 20, 2024. Family, friends, and loved ones are welcome to attend the Closing Ceremony.

IS THIS A THEORETICAL OR EXPERIENTIAL LEARNING PROGRAM?

The answer to this is – yes, both! There are didactic, theoretical aspects to this Certificate training, but it is also intended to be pragmatic, practical and experiential. We want to feed both your minds – and your actual in-the-real-world practice, as well.

DO I NEED ANY SPECIAL BOOKS OR MATERIALS FOR THIS TRAINING?

There are no required books or materials for this training.

FREQUENTLY ASKED QUESTIONS

ARE THERE SCHOLARSHIPS AVAILABLE FOR THIS TRAINING?

Our fees are sliding scale, and we make every effort to keep our trainings affordable for students. For those who are unable to enroll at the Full Tuition, Base Tuition or Reduced Tuition rate, we do have a limited number of partial scholarship opportunities available. If you'd like to apply for a scholarship position, **please review our guidelines**, which include a link to our online application form. The Somatopia Scholarship program allows students who otherwise might not be able to participate in the training to be able to do so.

WHAT'S YOUR REFUND POLICY?

Your satisfaction with Somatopia and this program is our highest priority! You may request and receive a refund any time up to the end of the first week of class (January 30, 2023). To request a refund, please submit a **refund request form** and submit your request. Qualifying refunds will be processed within five business days and an email confirming the refund will be sent. If there's something we can assist you with, please email us at support@somatopia.com and we'll be happy to help! (No refund requests accepted after the above date or with scholarship awards.)



Scan to
submit
refund
request
form

HOW CAN I REACH CUSTOMER SUPPORT?

Please email us at support@somatopia.com and we should be able to find the answer to your question or the solution to your problem.

FACULTY BIOS



MARYASHA KATZ, LCSW
Core Faculty

Maryasha Katz is a Jewish Queer Licensed Clinical Social Worker, Dancer, and Life Coach. She is a member of the Adjunct Faculty in the Holistic Studies and Graduate Psychology Departments at JFK/National University and Palo Alto University. She has extensive experience working with trauma with a focus on sexual assault and domestic violence. In addition to her private practice, she provides supervision and consultation to other psychotherapists and organizations. Her skills in online course development have put her in high demand during these challenging times. She has also worked as the Counseling Department Supervisor and Sexual Assault Department Manager at Women's Crisis Support~Defensa de Mujeres, as a Self-Defense Instructor, and as a Trainer.

FACULTY BIOS



MICHAEL CLEMMENS, PHD
Core Faculty

Michael Craig Clemmens, PhD, is a psychologist and trainer in Pittsburgh. He is a lead faculty member of the Gestalt Institute of Cleveland and teaches at the Metanoia Institute in London and at the Esalen Institute in Big Sur, California. He is the author of *Getting Beyond Sobriety: Clinical Approaches to Long Term Recovery* (1997), *Embodied Relational Gestalt: Theory and Applications* (2019,) and numerous articles on Gestalt therapy, body process, and addiction. He travels extensively nationally and internationally teaching and offering experiential learning opportunities. He specializes in working with somatic process in clients and restoring "somatic intelligence" for clients who are dealing with historical trauma.

FACULTY BIOS



CAMARA MERI RAJABARI, LMFT
Associate Faculty

Camara Meri Rajabari (she/her) is an arts-based, somatic, ancestral psychotherapist, professor, activist practicing and living in the unceded lands of the Chochenyo and Ramaytush Ohlone peoples called Oakland, California. Her private practice specializes in anxiety, depression and intergenerational trauma experienced by Black, Indigenous and People of Color. She is also trained psychedelic-assisted psychotherapist working offering ketamine-assisted psychotherapy for clients experiencing complex PTSD. Camara's approach is person-centered, imaginal and inclusive. Her work focuses on intergenerational trauma, ancestral resiliency and the exploration/liberation of consciousness.

FACULTY BIOS



SUE MARTIN, MA, REAT
Associate Faculty

Sue Martin, MA, REAT, has over 40 years experience working in the field of trauma. In 1977 she cofounded one of the first shelters for battered women in the country and then, *Futures Without Violence* in 1980. Sue has taught students, professionals and community agencies for many decades. Known for her dynamic and passionate teaching, She served on the faculty of John F. Kennedy University from 2007 to 2020, teaching courses on *Working with Trauma and PTSD*, the *Psychobiology of Stress* and *Embodied Expressive Movement*. Sue has supported hundreds of students to learn to listen to their body's wisdom and to follow the depth of knowledge discovered therein. She is a proponent of simple practices that support embodying our essential/highest nature. Sue has a private practice in Berkeley, California and is a longtime student of the Diamond Heart School for Spiritual Development, where she is currently in the teacher-training program.

FACULTY BIOS



BILL SAY, MA
Associate Faculty

Bill Say holds an M.A. in psychology, and certification in Process Work and Core Energetics. He is an adjunct faculty member at the Wright Institute, California Institute of Integral Studies, JFK University and the Process Work Institute. He brings many years of experience to private therapeutic practice, diversity awareness training, conflict resolution and community building, with work in the US, Asia, Europe and the Middle East. Bill is Japanese Korean American, cis and male and straight identified, middle-class, spiritually oriented, socially introverted, married to Linda and parent to Gabe. His website is: <http://www.billsay.com>

FACULTY BIOS



SHIRLEY DVIR
Associate Faculty

Shirley is the founder and lead teacher of Relational Somatic Healing and a Licensed Marriage and Family Therapist. For over 10 years, she taught as a Certified Hakomi Teacher at the Hakomi Institute of California, John F. Kennedy University, California Institute for Integral Studies, and Shiluv Center in Tivon, Israel. She has also supervised associates pursuing MFT licensure and currently mentors licensed practitioners. She has training in psychodynamic work, attachment, EMDR, Sensorimotor Trauma Therapy, the Enneagram, family therapy, CranioSacral Therapy, and Body Mind Centering (Bonnie Bainbridge Cohen). Her main work today focuses on healing relational wounds with safe embodied touch.

FACULTY BIOS



PAT OGDEN, PHD
Associate Faculty

Pat Ogden, PhD (she/her) is a pioneer in somatic psychology, the creator of the Sensorimotor Psychotherapy method, and founder of the Sensorimotor Psychotherapy Institute. Dr. Ogden is trained in a wide variety of somatic and psychotherapeutic approaches, and has over 45 years of experience working with individuals and groups. She is co-founder of the Hakomi Institute, past faculty of Naropa University (1985-2005), a clinician, consultant, and sought after international lecturer. Dr. Ogden is the first author of two groundbreaking books in somatic psychology: *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* and *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment* (2015).

FACULTY BIOS



Katrina Curry (she/they), LMFT, RMFT, RCAT is a somatic psychotherapist and creative arts therapist specializing in transforming legacies of collective and personal complex trauma. Over 24 years, Katrina has specialized in trauma, steering their practice to serve queer, trans, BIPOC and neurodivergent communities. Trained extensively in modalities like Sensorimotor Psychotherapy, their approach honors collective healing and liberation. An engaged learner committed to reconciling relational harm, Katrina consults organizations on decolonizing praxis while also guiding rebellious embodiment programs. Her devotion as teacher and mentor cultivates brave spaces for people to unfold. A white-bodied, Deaf, genderfluid woman based in Canada, Katrina finds meaning bridging wisdom traditions to midwife new paradigms of justice.

PAT OGDEN, PHD
Associate Faculty

FACULTY BIOS



BRET LYON, PHD
Associate Faculty

Bret Lyon, PhD, SEP is one of the world's leading experts in the working with shame. He has been a teacher of Somatic and Emotional Mindfulness for over 30 years. He co-founded of the Center for Healing Shame with his wife, Sheila Rubin. Together they have led countless workshops on healing shame and trained hundreds of people in the Lyon/Rubin Healing Shame methodology. Together they have recently cowritten a landmark book that encapsulates their life's work: *Healing Shame: How to Work with This Powerful, Mysterious Emotion—and Transform It into an Ally*.

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SHEILA RUBIN, MA, LMFT, RDT/BCT
Associate Faculty

Sheila Rubin, MA, LMFT, RDT/BCT is a leading authority on Healing Shame. She co-created the Healing Shame – Lyon/Rubin Method and has delivered talks, presentations and workshops across the country and around the world, at conferences from Canada to Romania. Sheila has been presenting Healing Shame workshops with her husband, Bret Lyon, for over 10 years; she has been presenting workshops for therapists about working with shame, eating disorders, and child and family trauma for over 25 years. With Bret Lyon, she is the co-author of the upcoming Sounds True book, *Healing Shame: How to Work with This Powerful, Mysterious Emotion—and Transform It into an Ally*.

FACULTY BIOS



ALBERT WONG, PHD

Core Faculty, Program Director

Dr. Albert Wong is the former Director of Somatic Psychology at John F. Kennedy University and a leading clinician and educator in the field of somatics, healing trauma, and the body-mind connection. He served as residential staff at the Esalen Institute and as Core Faculty at the California Institute of Integral Studies, where he taught classes on Somatic Approaches to Trauma, Therapeutic Communication, and Theories and Techniques of Trauma Therapy. He has been featured on PBS, in *Time* Magazine, and his work has been published in titles ranging from the scientific journal *Biological Cybernetics* to the book anthology *Radical Spirit*. He is the founder of Somatopia, an online educational platform that is dedicated to creating an embodied world.