



## 3 x 4 - days Professional Training in Integral Somatic Psychology (ISP)

Raja Selvam, Psychologist Ph.D

### What is ISP?

Integral Somatic Psychology (ISP) is a complementary psychotherapeutic approach that can enhance all therapeutic modalities. This happens through an increased embodiment of cognitive, emotional and behavioural aspects on all levels.

Including the body in psychological work may improve the result considerably. A further possibility to increase the result of the therapeutic work is to also work with the energies in the body.

This area is relatively un-researched, but one that we get more and more knowledge of.

ISP is based on Eastern- and Western psychology. It is a master training for experienced therapists who are ready to work psychologically with the body and the body's energies in order to enhance the therapeutic result.

### What does ISP offer?

Over the 3 – four day workshops, the participants will learn:

- a) How different layers of the physical body (muscle, organ, and nervous system) generate as well as defend against all psychological experiences
- b) How different layers of the energy body (elements) generate as well defend against all psychological experiences
- c) How to work with physical and energy bodies during psychological work to improve physical, cognitive, emotional, behavioural, relational, stress, trauma, and spiritual outcomes
- d) How to regulate physical and energy bodies enough to prevent them from forming psychosomatic symptoms; and how not to regulate them too much that important experiences such as emotions are not destroyed, a common weakness in recent body and energy psychological approaches
- e) How to connect individual's physical and energy bodies to collective physical and energy bodies to further improve outcomes
- f) How to work with different types of emotions (primary, secondary, and the ever-present sensory-motor emotions); and use embodiment of such emotions as bridge to improving all aspects of experience such as cognition and behaviour and embodying all aspects of psyche such body, energy, and consciousness
- g) How to develop a greater capacity for polarities in life experience through body and energy to resolve current symptoms more efficiently and build resilience for the future

### Requirements for participating and certification

To apply for the workshop, it's required that you work therapeutically and bodily, for example as social worker, psychiatrist, psychologist, psychotherapist, and health personal.

You may take the first module (the physiology of emotions), or participate in all three workshops, which require four hours of individual sessions, six hours supervision in order to be certified.

Integral Somatic Psychology (ISP) is a training offered to more than a dozen countries around the world.

Additional information: <http://www.traumeheling.dk/2016/06/22/uddannelsen-til-isp-terapeut/> and [www.integralsomaticpsychology.com](http://www.integralsomaticpsychology.com)

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## Practical information

- Dates:** Module 1: 8 – 11 March 2018  
Module 2: 22 - 25 November 2018  
Module 3: 30. Maj – 2 June 2019
- Place:** Empowerhouse, Indiakaj 10, 2100 Copenhagen Ø
- Price:** 6.400,- DKK per module incl. lunch for the entire training. Deposit at 3.000 DKK corresponding to 1.000 DKK per module must be paid at registration. This will be set off when paying for the respective modules.

**Registration:** No later than February 1st, 2018.

Registration is final, when the fee has been paid.

By cancellation before the last registration date, the whole fee will be refunded. By cancellation thereafter, and up to 10 days prior to workshop start, Dkr 500 will be held to cover administration costs.

After this date no refund. Cancellation by E-mail ONLY, to

[Traumeheling@hotmail.com](mailto:Traumeheling@hotmail.com)



**RAJA SELVAM PH.D.** is a senior trainer in Peter Levine's Somatic Experiencing (SE) professional trauma trainings and the developer of Integral Somatic Psychology (ISP). ISP is currently offered in over a dozen countries around the world, in North and South Americas, Asia, Europe, and Australia. Dr. Selvam's work draws from bodywork systems of Postural Integration, Biodynamic Cranio-Sacral Therapy, and Polarity Therapy, body psychotherapy systems of Reichian Therapy, Bioenergetics, Biodynamic Analysis, Jungian and Archetypal psychologies, psychoanalytic schools of Object Relations and Inter-Subjectivity, Somatic Experiencing (SE), Affective Neuroscience, Quantum Physics, Yoga, and Advaita Vedanta.

The website is: [www.integralsomaticpsychology.com](http://www.integralsomaticpsychology.com).