



TRAUMA INFORMED SOMATIC COUNSELLING

THIS CERTIFICATE IS AWARDED TO

Reed Amos

This certificate is awarded to Reed Amos for completing 125 self study training hours in *Trauma Informed Somatic Counselling* at the International School of Holistic Healing under lead trainer Aimee Rai. This training is deemed counselling level 3 equivalent and is externally accredited by the ACCPH.

03/03/2026

Date



A. Rai

Lead Trainer

THIS DOCUMENT CERTIFIES THAT THE INDIVIDUAL NAMED ON PAGE ONE HAS COMPLETED THE ISOHH SELF STUDY 125 HOUR **TRAUMA INFORMED SOMATIC COUNSELLING** CERTIFICATE COURSE, INCLUDING THE FOLLOWING UNITS:

MODULE 1 : TRAUMA, PTSD, CPTSD POLYVAGAL THEORY, DYSFUNCTIONAL FAMILY & ACES, SAFETY AND STABILISATION	MODULE 2: COUNSELLING APPROACHES, THE WOUNDED HEALER, SOMATIC COUNSELLING CORE SKILLS PART ONE	MODULE 3: TRAUMA INFORMED MEDITATION, BREATH AND MINDFULNESS, NERVOUS SYSTEM REGULATION SKILLS, COMMERCIAL SPIRITUALITY AND BYPASS
MODULE 4: SOMATIC COUNSELLING CORE SKILLS PART TWO, STAGES OF TRAUMA RECOVERY	MODULE 5: INNER CHILD AND SHADOW WORK, PRIVILEGE AND POWER DYNAMICS	MODULE 6: COUNSELLING ETHICS AND BOUNDARIES, TRANSFERENCE AND COUNTERTRANSFERENCE, SESSION STRUCTURE & CLIENT PROTOCOLS
MODULE 7: AN INTRODUCTION TO SAFE, SOMATICALLY ORIENTED TRAUMA PROCESSING	MODULE 8: SOMATICALLY ORIENTED BI-LATERAL PROCESSING TECHNIQUES	MODULE 9: SOMATICALLY ORIENTED PARTS THERAPY AND ACTIVE IMAGINATION PROTOCOLS
MODULE 10: PSYCHOLOGICAL SOMATICS & PURE BODY BASED SOMATIC PROCESSING METHODS	MODULE 11: CARE OF THE SOUL IN THERAPEUTIC SETTINGS, NON-DUAL SPIRITUALITY AND FORWARD FACING TRAUMA WORK	MODULE 12: PSYCHOLOGICAL MODELS, CLIENT DIAGNOSIS AND TREATMENT PLANNING