

TRAUMA INFORMED SOMATIC COUNSELLING

THIS CERTIFICATE IS AWARDED TO

Laura Starky

This certificate is awarded to Laura Starky for completing 300 training hours in *Trauma Informed Somatic Counselling* at the International School of Holistic Healing under lead trainer Aimee Rai. This training is deemed counselling levels 3-5 equivalent and is externally accredited by the ACCPH.

April 2024

Cohort



A. Rai

Lead Trainer

THIS DOCUMENT CERTIFIES THAT THE INDIVIDUAL NOTED ON PAGE ONE HAS COMPLETED THE ISOHH 300 HOUR **TRAUMA INFORMED SOMATIC COUNSELLING** ACCPH ACCREDITED CERTIFICATE COURSE, INCLUDING 100 CONTACT HOURS AND 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