



INTEGRATED SOMATIC THERAPY (IST)

FACILITATOR TRAINING

180 HOURS

March – October 2023
Mumbai - India

Facilitated by: Zia Nath
Founder: Quanta Health Care Solutions
[About Zia](#)

Hosted by Nikate Khaitan
Founder: Awareness Foundation
[About Nikate](#)



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Integrated Somatic Therapy (IST) is a trauma informed therapeutic training program teaching hands on physical therapy as well as a somatic based counselling approach. Practitioners of this training can integrate the skills with other modalities or use this method as their main practice.

This therapy supports many health issues related to lifestyle stress, deep imbalances, trauma imprints, physical injuries, mental anxiety & emotional overwhelm.

The trauma informed therapeutic work supports patients to address trauma holistically, healing physical dysfunctions as well as psychological patterns. The work is deeply based on the Biodynamic Principles of Health, using this model for evaluation as well as treatment.

All modalities & skills taught in this training are non-invasive, gentle and non-medicative. They are respectful to the patient's boundaries and supportive of their individual process.

There are no contraindications to this work.

The training is taught in English.

Pre-requisites:

- Age 21 years & older
- Fluent in English (reading, writing, speaking)
- Graduate in any field
- Interest in non-invasive therapeutics

This is a 2 part training:

- 4 Seminars In-person
- 4 Seminars Online.

Participation in all seminars, in-person as well as online is required to complete the facilitator training for IST.

After successful completion of the Integrated Somatic Therapy (IST) facilitator's training, students can attend the advance seminars for:

- Advanced Biodynamic Craniosacral Skills
- Working with Mums & Babies.

THE ONLINE PROGRAM:

Students who are unable to attend the in-person seminars can attend the online program and continue to complete the Somatic Intelligence™ Facilitator Training.

This consists of 8 seminars in total - 4 online modules are completed with the IST facilitator training and 4 weekend seminars will be taught in a separate group that continues online.

More details are provided in the following pages.

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1 In-person training – Hands-On Physical Therapy:

4 Seminars of 5 days each (9 am – 5 pm)
March, April, July, Aug 2023

Learn basic principles of Biodynamic Craniosacral Therapy (BCST), Fascia Release, Joint Mobilization, Structure Unwinding and a few helpful massage skills. This is a trauma informed therapeutic work. Practitioners can support patients with:

- Nervous System regulation
- Sleep issues, headaches, stress & fatigue
- Increase vitality, improve circulation & immunity
- Hormonal Balance
- Depression & Anxiety
- TMJ (Jaw patterns) & Migraines
- Musculo-skeletal issues such as: Joint stress, restricted muscles, spine problems, neck tension, breathing issues
- Trauma Support: a physio-neuro-immuno-endocrinal support.

To know more about Craniosacral Therapy, and other modalities please visit:

[Craniosacral Therapy](#)



2 Online training: Somatic Intelligence

4 modules of 1 day each (9 am – 5 pm)
March, May, July, Aug 2023

- Participation in all the online modules is mandatory for the IST facilitator training
- For those wishing to continue with the Somatic Intelligence Online training, please find information in the following pages.

This is a somatic based approach to counselling and therapeutic dialogue. This approach can be integrated with many other therapies that a practitioner follows. This is a trauma informed therapeutic work.

Practitioners can support patients with:

- Trauma History & support
- Body-Mind regulation
- Improve HRV & Vagal Tone
- Increase stress boundaries
- Self-Regulate, Co-Regulate
- Improve resiliency
- Improve proprioception & interoception
- Release old patterns
- Discover healthy coping strategies
- Build a better relationship with self

To know more about Craniosacral Therapy, and other modalities please visit:

[Somatic Intelligence](#)

SCHEDULE

MODULE	DATE & TIME	DETAILS
SEMINAR 1 Module A	March 9th Thursday	ONLINE
SEMINAR 1 Module B	March 13h – 17th Monday – Friday	IN PERSON
SEMINAR 2 Module A	April 6th Thursday	ONLINE
SEMINAR 2 Module B	April 10th – 14th Monday – Friday	IN PERSON
SEMINAR 3 Module A	July 13th Thursday	ONLINE
SEMINAR 3 Module B	July 17th – 21st Monday - Friday	IN PERSON
SEMINAR 4 Module A	August 3rd Thursday	ONLINE
SEMINAR 4 Module B	August 7th – 11th Monday - Friday	IN PERSON
Clinical Practice	August – September – October	From Home: completion of assignments with supervision
MODULE 5: Assessment, Hands-On Evaluation & Completion	October 14th – 15th Saturday – Sunday 10am – 5 pm	IN PERSON

- All online modules are from 10 am – 5 pm
- All In person modules are from 9 am – 6 pm
- Except the first day of each module – Mondays are from 2 pm – 6 pm
- Total hours of classroom training (inclusive of online & in person) =160 hours
- Additional hours of clinical + practical applications = 20 hours
- Total hours of Training & Practice = 180 hours

Somatic Intelligence Practitioners of batch 2020-2022 can apply for an Assistant / Tutor role.

Information & Registration: Send your inquiry or request for a registration form:

Email: Quantacare@gmail.com **WhatsApp message:** [+91 9821470396](https://wa.me/919821470396)

INTEGRATED SOMATIC THERAPY (IST)



Fees

Fees per Seminar: (Inclusive of online & In person)	Rs. 40,000/-
Early Bird Discount for Seminar 1 ends on 3rd March 2023	Rs. 37,500/-
EARLY BIRD REGISTRATION FOR SEMINAR 1	Register
Fees for complete IST Training (4 SEMINARS):	Rs. 1,60,000/-
Discount for all 4 seminars together:	Rs. 1,46,500/-
Early Bird Discount for Seminars 1-4 ends on 3rd March 2023 EARLY BIRD REGISTRATION FOR SEMINARS 1-4	Rs. 1,42,500/-
EARLY BIRD REGISTRATION FOR SEMINARS 1-4	Register
Fees for SEMINAR 5 <i>Return of Submissions, Assessment & Completion</i>	Rs. 20,000/
REGISTER FOR SEMINAR 5	in August 2023

To apply for Financial Support or Work Scholarship please write your inquiry & details to quantacare@gmail.com

Online participants for Somatic Intelligence 2023 pls see following pages for Fees details of Online training.

Somatic Intelligence Practitioners Batch 2020 – 2022 get a 10% discount per seminar / full training.

- 5% early bird discount if registered before 3rd March.
- Please write to quantacare@gmail.com giving your training details and to register.

Course Curriculum

- This curriculum is for students of the complete facilitator training for Integrated Somatic Therapy.
- Students of the Somatic Intelligence Online training refer to Modules 1 – 4 A. After completion of modules 1-4 A, participants can continue to complete their online training with Modules 5 -8 (details provided in the following pages).

Curriculum

Module 1 A: Online, 1 day

- Orientation to the Facilitator Training
- Introduction of the Biodynamic Approach
- Homeostasis, Allostasis, Sources of Energy
- Basic Somatic Principles & practical Skills

Module 1 B: In-Person, 5 days

- Hands on palpation skills
- Fine tune perceptual experiences of touch.
- Different types of touch & palpation: how to palpate fascia, tissue, fluids, bones, restrictions, compressions, circulation, vitality.
- Afferent & Efferent Touch
- Biodynamic approach to assessment and treatment
- Integration of somatic skills with hands on physical therapy.

Module 2 A: Online, 1 day

- Somatic approach to Therapeutic Dialogue & Inquiry
- The physiology and philosophy of “Holding Space”
- Practitioner Neutral – Neutral in the therapeutic field
- Somatic Intelligence Practical Skills: Session exchanges online with colleagues

Module 2 B: In-Person, 5 days

- Introduction to the Craniosacral system: Anatomy & Physiology
- Elements of cerebrospinal fluid (CSF)
- Breath Of Life Phenomena
- Anatomy of Neuro Cranium, Viscero-Cranium, Spine, Sacrum, Hips
- Hand holds, palpation & treatment skills for above anatomical structures
- The Biodynamic approach to treating structures in a unified field.

Module 3 A Online, 1 day

- Revisiting Sources of Energy, Homeostasis, Allostasis
- How to create a table / chart / graph and evaluate the Autonomic Nervous System Regulation for self and client
- Introduction to trauma and trauma physiology – based on the work of Peter Levine.
- Different responses to threat, survival and trauma imprints
- Practical sessions: Stress – Resource Pendulation, Processing, Integration.

Module 3 B: In-Person, 5 days

- Integrating the Neuro-Endocrine-Immune functions of the body
- Relationship of Form & Function, Structure & Pattern.
- Practice of Cranial holds.
- Unwinding & release techniques for joints & muscles.
- Fascia – The living matrix – the body as a unit of function.
- Practice of somatic dialogue with hands on session.
- Listening deeply to the body – listening with our hands to the deeper forces of health & resources.

Module 4 A Online, 1 day

- The PolyVagal system
- Vagal Tone Dysregulations & treatments
- Heart Rate Variability (HRV) & Vagal Tone
- Somatic based practical skills for therapeutic sessions – supporting HRV & Vagal Tone
- Simplifying complex health perceptions. Working with the ordinariness of health – HERE & NOW.

Module 4 B: In-Person, 5 days

- Breath of Life phenomena in the evolving embryological forces.
- Ignition – the spark of life
- Integrating advance trauma skills with practical hands-on therapy.
- Supporting HRV & Vagal tone in practical sessions.
- Healing in the field of Stillness & Witness Consciousness.

SOMATIC INTELLIGENCE™ ONLINE

FACILITATOR TRAINING

In-Person & Online Seminars

March – December 2023 | Mumbai - India

For Online participants: Continuing from Module 4 A

Somatic Intelligence™ Facilitator Training

Seminar 1 – 8: 100 HOURS

- Training Dates – will continue from September to December 2023. Exact dates to be announced by May 2023.
- Seminar 5, 6, 7, 8 will be a 2-day online training specifically designed to increase practical / clinical application of the work with practice on colleagues and guest patients who will be invited to participate as well as online community sessions with Awareness Foundation.
- Seminar 9 is a single day for assessment and completion.
- Total training hours with Assessment & Practical Skills / Clinical session submissions: 100 hours

Course Curriculum continued:

Modules 5 – 6 – 7 – 8

- Deepening skills of therapeutic dialogue and inquiry.
- Working with different pathologies & terminal illnesses
- Using somatic modalities to heal & support HRV & Vagal tone acute dysregulations
- Stillness & Witness consciousness: a field of deep health & healing
- Birth trauma & early life imprints in adults – understanding the neurobiology of trauma imprints. Working with the HPAO axis. Supporting hormonal balance.
- Somatic based mindful nutrition

SOMATIC INTELLIGENCE™ ONLINE

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In-Person & Online Seminars

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Fees

Online Modules A 1-4 - Fees per Modules	Rs. 6,500/-
Early Bird Discount 3rd March:	Rs. 6,050/-
EARLY BIRD REGISTRATION FOR Online Module 1A	Register

Total fees for 4 Online Modules A 1-4	Rs. 26,000/-
Discount Fees for 4 Online Modules A 1-4 paid together	Rs. 23,500/-
Early Bird Discount 3rd March:	RS. 22,200/-
EARLY BIRD REGISTRATION FOR Online Modules A 1 - 4	Register

Seminars 5 – 8: Fees per Seminar	Rs. 12,500/-
<i>Registration & Payment for Seminars 5-8 will open in May 2023</i>	

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ADVANCED & SPECIALISED COURSES AVAILABLE FOR IST FACILITATOR

- CORE STABILIZATION WITH MIDLINE ALIGNMENT
 - TREATING TERMINAL ILLNESS – PALLIATIVE CARE
 - BIRTH & DEATH DYNAMIC
- PREGNANCY, BIRTH, BREASTFEEDING & EARLY LIFE PATTERNS, WORKING WITH INFANTS AND TODDLERS

This is open to all the birth professionals who have completed Modules 1-4 OF THE IST



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