



Level 5 Certificate:
*Working Somatically with Trauma in
Therapeutic Practice (online)*

Prospectus January 2027



COURSE DETAILS

At times in therapy, something changes that cannot be reached through words alone. A client goes quiet, becomes agitated, loses focus, or feels suddenly overwhelmed. These are not simply thoughts or emotions, they are shifts in the nervous system, and without a clear way of understanding or responding to that shift, the work can begin to lose its direction.

The Centre for Somatic Resilience Training facilitates CPCAB-accredited training in working somatically with trauma, grounded in a clear and practical understanding of nervous system protective responses and regulation. This training is grounded in the biology of the nervous system, with the StateShift® model used throughout as a practical way of mapping and working with moment-to-moment changes in state and longer-term patterns. This model provides therapists with a clear structure for tracking a client's real-time experience, informing clinical decision-making, and applying somatic interventions in a way that is safe, effective, and responsive.

Studies show that 94% of people attending therapy have experienced at least one traumatic event, while other perspectives suggest that trauma is a near-universal human experience. It is therefore highly likely that therapists are working with trauma, regardless of the client's presenting issue.

There has been a growing recognition that cognitive approaches alone are often insufficient. Many aspects of trauma are held within the nervous system, and require approaches that support regulation, integration within the body and the mind, and increased capacity over time.

Through a balance of theoretical teaching and experiential application, this Level 5 training equips students with a grounded understanding of the biological impact of trauma, alongside practical tools for working with the nervous system in a safe, structured, and clinically relevant way.

***"This is the missing piece.
After years as a therapist, this is what brings it all together."
Graduate feedback***

QUALIFICATION STRUCTURE

The course consists of:

- 50 hours of taught modules over 10 weeks (Course dates on P.5)
- 80 hours of self-study to fulfil the assessment criteria:
 - Initial self-review
 - Weekly written mini-assignments to meet criteria
 - Student Discussion
 - Reading materials
 - A Case Study
 - End of course self-review
 - 4 hours of personal Somatic-based Therapy (to be arranged privately by participants)

TEACHING TOPICS INCLUDE:

- **Understanding Trauma & Resilience**
We begin by exploring what trauma means across a range of experiences, from acute events to more subtle, cumulative overwhelm. Alongside this, we introduce resilience as something we can help our clients to build through the body's capacity to adapt, recover, and reorganise around traumatic events.
- **Understanding Survival Responses: Fight, Flight, and Freeze**
Take a deep dive into the body's built-in defence mechanisms and how these autonomic survival responses shape our client's lives.
- **The Nervous System in Clinical Practice**
Develop a practical understanding of the autonomic nervous system. You will not only grow in your own somatic awareness but be able to teach and gently guide your client to notice and make sense of what is happening in their own bodies.
- **Somatic Tracking**
Somatic work involves learning to notice and work with internal experiences. You will develop skills in tracking sensations, impulses, emotions, and patterns, helping clients reconnect with their

embodied experience in a manageable, safe, and therapeutically beneficial way.

- **The StateShift® Model: Mapping the Nervous System Experience**
Students are introduced to the StateShift® Model, a practical framework for tracking shifts in nervous system states and recognising patterns over time. This includes primary and mixed nervous system states and, while being client-friendly, it also supports more complex real-time clinical decision-making.
- **Integrating Top-Down and Bottom-Up Processing**
We do not abandon the mind in somatic work. Explore how cognitive understanding and embodied experience interact. Learn how to work with both perspectives to support deeper integration and more sustainable change.
- **Working with Established Models of Trauma Healing**
We cover a range of widely used frameworks (including polyvagal theory, the window of tolerance, and others), integrating them into a coherent body-based approach.
- **How Trauma Gets Stuck**
Explore how overwhelming experiences can lead to patterns that persist within the nervous system over time. We look at how these patterns develop, and how they can be approached safely and effectively in therapy.
- **Working Safely with Trauma**
Learn how to support clients in approaching difficult material in manageable steps, helping them move between states of activation and settling without becoming overwhelmed. This builds capacity and supports integration over time.
- **Working with Somatic Resonance**
We'll explore vicarious trauma, compassion fatigue, and burnout, with a focus on regulating your own nervous system in real time. This is not simply self-care between sessions, but the development of continuous somatic awareness and in-session regulation skills. This helps you maintain presence, support safety in the room, and reduce the cumulative impact of trauma work.
- **Supporting Flexible Movement Through Nervous System States**
The aim of somatic work is to restore flexibility in the nervous system. Rather than remaining fixed in particular states or repeating familiar patterns, we support clients to move more freely between activation and settling as the body is designed to do. This increased flexibility allows the system to adapt more effectively, supporting regulation, resilience, and integration over time.
- **Using Visualisations in Somatic Work**
Visualisation is a powerful tool in somatic therapy. We'll cover how to use this technique to help clients process events where direct

engagement with sensation may be too overwhelming or inaccessible.

- **Tutor Demos & Putting it into practice**

Each concept is demonstrated with a volunteer in a live session before being practiced. Weekly practice sessions allow students to experience somatic work from both therapist and client perspectives. This deepens understanding of nervous system responses and supports the development of safe and somatically attuned practice.

Essential to embodying these skills, students will have the opportunity to practice with each other every week; giving the 'therapist' a chance to hone their skills and the 'client' an opportunity to experience the survival responses of their own body. These experiential practice sessions offer invaluable insight into what our clients may be experiencing in somatic therapeutic sessions and help to inform safe and effective practice.

“The demonstrations before practicing were extremely valuable. I have never had a tutor explicitly demonstrate a session.”

Graduate feedback

Keep scrolling for course fees, dates and application process...

COURSE FEES & APPLICATION DEADLINE

Duration: 10 weeks

Schedule: Thursday, 9am am to 3pm

Tutor: Greg James (*Biography on page 7*)

Centre: The Centre for Somatic Resilience Training Ltd

Venue: Online

Fees: £1250 + CPCAB registration fee of £195

AVAILABLE COURSE DATES

January 2027

January 7th 14th 21st 28th | February 4th, 11th 25th | March 4th 11th, 18th

(February 18th – Half Term)

Important Information for January 2027 Cohort

Deposit:

£300 (to secure your place)

*Deposits are not due by a specific date, but courses tend to sell out within days of applications opening. Your place cannot be held without the deposit payment. **Deposits are non-refundable.***

Remaining Course Fee:

Full payment due by December 3rd 2026

CANDIDATE ENTRY REQUIREMENTS

Counsellors need to be qualified to a minimum of Level 4 Diploma in therapeutic counselling or be in their final year with at least 80 client hours completed. All candidates should be working under a clinical supervisor. Other therapeutic disciplines such as mindfulness practitioners and trauma coaches are also welcome as long as they are qualified to the requisite level in their field, a member of a professional body that recognises their qualification and are in active practice that is supported by a clinical supervisor. **This course assumes a basic understanding of**

practical counselling skills. This training helps you integrate bottom-up, body-based approaches into existing work. While practitioners from other backgrounds are welcome, *it's important to know that the content builds on the core competencies of a counselling relationship and may feel less accessible without that foundation.*

This is a practical course where you are required to engage with the experiential components of the course and reflect on how you are integrating somatic interventions into your current practice, so an active client workload is imperative.

We acknowledge the diverse experiences and knowledge that everyone brings to our programs. As a centre, we are committed to recognising prior learning (RPL) as a valuable component of our admission process. We may accept applications from late-stage psychology degree students and the like, only if there is a practical placement element of the course and the student has already completed at least 80 one on one hours working with clients and is continuing to do work with clients on a regular weekly basis. Please contact us if you are unsure about your suitability.

You may be asked to work with some difficult material, both in what you bring and in what others choose to bring into practice sessions. It is important to note that practice sessions are not intended to be therapeutic. The focus of practice sessions is always on the 'therapist's' learning. For this reason, it is important that any material you do bring has already been worked on or is currently being supported by existing personal therapeutic work. Students must have the capacity to self-regulate or have an established support network.

“This has been one of the most meaningful and impactful
trainings I have undertaken for both professional and personal
development”
Graduate feedback

YOUR TUTOR

Greg James is a psychotherapist and Somatic Experiencing Practitioner (SEP), author and speaker. He holds a Master's degree in counselling and psychotherapy practice, an SEP qualification endorsed by the European Association of SE and Somatic Experiencing International and a Level 4 diploma in integrative therapeutic counselling. He is the founder of The Centre for Somatic Resilience Training and works in a busy private practice specialising in the treatment of primary and secondary trauma.

Alongside his private therapeutic and teaching work, he is also the founder of a non-profit organization, ACTS (Access to Community Trauma Support). ACTS trains individuals on the frontline of social care in the prevention of secondary traumatisation and supports the mental health training of individuals at the grassroots level, ensuring that somatically informed treatment of trauma exists within communities that would otherwise not have access to it.

PERSONAL THERAPY

To better understand some of the somatic interventions described and practiced during the workshop, it is required that students undertake at least four personal sessions with a somatic practitioner during the course. These should not begin until two weeks prior to the course start date. Any personal sessions done before this time will not be counted.

Somatic Practitioners include:

Sensorimotor Psychotherapy:

<https://sensorimotorpsychotherapy.org/therapist-directory/>

Somatic Experiencing:

www.seauk.org.uk/find-a-somatic-experiencing-practitioner/

NARM trained therapists

Please check with the course tutor if you are unsure if your chosen therapist is qualified in a suitable approach.

APPLICATION INFORMATION

Download the application form from www.somaticresilience.co.uk and send it back along with any supporting documentation (detailed on the application form). Please remember to include ALL the items requested with your application form.