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

Prospectus October 2025

cpcab accredited

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COURSE DETAILS

The Centre for Somatic Resilience Training facilitates the only CPCAB-accredited somatic trauma certificate in the UK that is taught by a Somatic Experiencing® Practitioner. It focuses on a deep foundational knowledge of nervous system threat responses and regulation and offers proven effective somatic principles that students can integrate seamlessly into their existing practices.

Studies show that 94% of people attending therapy have experienced at least one trauma, while others suggest that trauma visits us all. It is therefore likely that therapists are working with traumatised clients regardless of the client's presenting issues. Somatic therapy has recently seen a surge of interest from clients and therapists alike who have realised that somatic interventions can reach places that other therapies are not able to go, simply because the resolution lies in the body and not in the mind.

Through a balance of theoretical teaching and experiential application, this Level 5 training is designed to give students a solid understanding of the biological principles of trauma exposure and the somatic tools to help resolve it.

QUALIFICATION STRUCTURE

The course consists of:

- 45 hours of taught modules over 10 weeks (Course dates on P.5)
- 85 hours of self-study to fulfil the assessment criteria:
    - Initial self-review essay
    - Weekly learning journal to meet criteria
    - Student presentation
    - Reading and video materials
    - End of course self-review

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- 4 hours of personal Somatic-based Therapy (to be arranged privately by participants)

TOPICS INCLUDE:

- **Defining Trauma & Resilience**
  We begin by exploring what trauma really means, not just in extreme cases, but in everyday experiences.
  Understanding resilience, the body's ability to recover and adapt, is key to helping clients heal and grow.
- **Biological Survival Responses: Fight, Flight, and Freeze**
  Learn about the body's built-in defence mechanisms and how these automatic survival responses are activated during trauma experiences. By recognizing these responses in clients, we can help them to make sense of their reactions before guiding them through the healing process.
- **The Threat Response Cycle**
  We'll dive into the full cycle of the body's reaction to perceived threats and what happens when this cycle is incomplete, leading to stuck trauma responses.
- **The Language of Somatic Work**
  Somatic work requires a new vocabulary and listening style. You'll learn how to tune in to the subtle language of the body (signals, sensations and patterns) to help clients reconnect with their felt sense.
- **The Autonomic Nervous System**
  The nervous system is the body's command centre for trauma responses. By understanding the autonomic nervous system (ANS), we can better track dysregulation in clients and find pathways back to safety and balance.
- **The Felt Sense: Connecting Top-Down and Bottom-Up Processing**
  Explore how emotions and sensations interconnect. You'll learn how to guide clients in attuning to their "felt sense" and engage both cognitive (top-down) and bodily (bottom-up) processes to create deeper healing.

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- **Polyvagal Theory, Triune Brain, Window of Tolerance, and River of Life Models**
  These models illustrate how trauma impacts the body and mind. We'll discuss how to use these frameworks in therapy to better understand clients' reactions and how to bring them back to a place of safety and regulation.
- **Cultivating Safety and Agency in the Body**
  Without safety, there can be no healing. Learn specific techniques to help clients feel safe in their bodies again, empowering them to trust themselves and their environment.
- **How Trauma Gets Stuck**
  Trauma can often feel "frozen" in the body. We'll look at how and why this happens and explore techniques for gently releasing these stuck patterns.
- **Titration and Pendulation: Somatic Tools for Trauma Work**
  Discover how small, manageable doses of traumatic or somatic memory (titration) and the natural ebb and flow between calm and activation (pendulation) can be used to release trauma safely.
- **Working with Resources to Build Somatic Resilience**
  Building resilience is an ongoing process. Learn how to work with a client's internal and external resources to strengthen their ability to recover from stress and trauma, allowing them to release held tension and energy.
- **The Risks of Working with Trauma**
  Working with trauma has risks, not just for clients but for practitioners too. We'll discuss vicarious trauma, compassion fatigue and burnout and how to protect your own nervous system while helping others.
- **Working with Nervous System Resonance**
  You'll learn how to regulate your own nervous system while working with a dysregulated client. This fosters a deep sense of safety and connection in sessions and keeps you, the therapist from being impacted by the trauma being worked on.
- **Resolving Incomplete Defensive Responses**
  You'll explore techniques to help clients resolve incomplete fight or flight responses, allowing the body to complete what it couldn't in the moment of the trauma.
- **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 like inescapable

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attacks, car accidents, or medical trauma in a safe and controlled way.

- **Working Somatically with FND (Functional Neurological Disorder)**
  Functional Neurological Disorder describes a condition whereby a person experiences unexplained neurological symptoms that have no discernible organic cause. As not much is known about these conditions, they remain mysterious and complex. While no one can claim to know how to cure it, you will learn how somatic work and nervous system regulation can help address some of these symptoms and lessen their impact.
- **Alternative channels**
  Learn how to work in different channels with those for whom access to sensation or imagery is too overwhelming or impossible.
- **Integrating Somatic Assessment into Your Practice**
  You'll explore practical ways to incorporate somatic assessments into your current therapeutic approach, enhancing your ability to identify trauma-related issues and give your client's a better sense of the road ahead.
- **Putting It into Practice**
  Each week, there will be opportunities for you to implement what you've learned in practice sessions, building confidence and skill in working somatically with trauma.

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.

COURSE FEES & APPLICATION DEADLINE

Duration: 10 weeks

Schedule: Fridays, 9:30 am to 2:30 pm

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

Centre: The Centre for Somatic Resilience Training

Venue: Online

Fees: £1200 + CPCAB registration fee (£TBC)*
*The CPCAB is releasing their 2025 fees in January 2025. This document will be updated as soon as the information is provided
(No VAT applicable)

AVAILABLE COURSE DATES

Late 2025

October 3rd, 10th, 17th, 24th (October Half Term) November 7th, 14th 21st, 28th, December 5th, 12th

(October 31st Half Term)

Important Information for October 2025 Cohort

Application Deadline:
August 15th 2025

Deposit:
£300 (to secure your place)
Deposits are not due by a specific date but courses tend to sell out within a month of being advertised. Your place cannot be held without the deposit payment.

Remaining Course Fee:
Full payment due by August 21st 2025
(This prevents a late registration fee from CPCAB)

Late Registration:
Final payments submitted after the deadline will incur an additional £60 charge.

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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 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 so 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, 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.

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YOUR TUTOR

Greg James is a psychotherapist and Somatic Experiencing Practitioner (SEP). 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 works in a busy private practice specialising in the treatment of primary and secondary trauma. Alongside his private therapeutic and teaching work, he is a member of Somatic Experiencing International's global outreach team; The SE Committee for Humanitarian Response (SECHR), for which he heads the sub-committee for the continent of Africa. The SECHR's mission is to teach somatic interventions and to help resource traumatised populations in the face of natural or man-made disasters as well as longer-term on-going trauma.

Greg is also the founder of a non-profit organization, ACTS (Access to Community Trauma Support). Based in Southern Africa 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.

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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:

Somatic Experiencing:

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

Sensorimotor Psychotherapy:

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

Please check with the course tutor if you are unsure if your chosen therapist is qualified to the right level.

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.

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