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# Integral Somatic Psychology (ISP)

A master training for improving outcomes in all therapeutic modalities through greater embodiment of emotions through body, energy, and consciousness

## ***What is ISP?***

Integral Somatic Psychology (ISP) is a complementary approach based both on Western and Eastern psychology which is geared towards improving outcomes in all therapeutic modalities through greater embodiment of all aspects of experience (e.g. cognition, emotion, and behavior), and all levels of the psyche (e. g. body, energy, and consciousness).

## ***What does the training offer?***

Over three workshops of four days each, through lectures, exercises, demonstrations, and practice sessions, the participants will learn:

- a) How different layers of the physical body (muscles, organs, and the nervous system) generate as well as defend against psychological experiences
- b) How different layers of the energy body (elements) generate as well defend against psychological experiences
- c) How to work with the physical and energy bodies during psychological work to improve physical,

cognitive, emotional, behavioral, relational, stress, trauma, and spiritual outcomes

- d) How to regulate the physical and energy bodies enough to prevent them from forming psychosomatic symptoms; and how not to regulate them too much that important experiences such as emotions are not destroyed—a common weakness in recent body and energy psychological approaches
  - e) How to connect the individual's physical and energy bodies to collective physical and energy bodies to further improve outcomes
  - f) How to work with different types of emotions (primary, secondary, and the ever-present sensori-motor emotions) and use embodiment of such emotions as a bridge to improving all aspects of experience such as cognition and behavior and embodying all aspects of psyche such body, energy, and consciousness
  - g) How to develop a greater capacity for polarities in life experience through body and energy to resolve current symptoms more efficiently and build resilience for the future
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# Training details for India

A joint venture of Prafula Psychological Services, Mumbai & Trauma Vidya, California, USA.

## Requirements for admission and certification

**Eligibility:** Participants should be experienced professionals in their field—psychiatrists, psychologists, psychotherapists, social workers, counselors, health practitioners, body or energy workers, or teachers of psychology, meditation, or spirituality. They should a) already include psychological work with others at least some of the time and b) already have some experience with including the physical body or energy body in their work. Participants have to send their CV / Biodata with a description of the work they are doing

**Certification:** You can take the first workshop alone to great benefit, or take all three workshops and complete three hours of personal sessions, attend at least 4 out of 6 study groups/ case supervision of 3 hours each to receive a certificate of completion in the Integral Somatic Psychology (ISP) professional training, taught in over a dozen countries around the world.

**Dates of the Training:**

**Bangalore:**  
**Module 1** : 29th August to 01st September 2018 (4 days)  
**Module 2** : 10th to 13th November, 2018 (4 days)

**Mumbai:**  
**Module 1** : Three Batches completed  
**Module 2** : 5th to 8th September, 2018 (4 days)  
**Module 3 for all in Mumbai** : 19th to 22nd January, 2019 (4 days)

**Fees:** **Module 1 & 2** : Rs 15,000/- each **Module 3** : Rs 18,000/-  
Individual sessions of 50 minutes: Rs 1,500/- (By appointment)  
Study group / Group Case Supervision sessions of 3 hours: Rs 800/- each  
(3rd Tuesday of each month at Prafula Centre, Andheri, 4:45 pm to 7:45 pm).

**Venue:**

**Mumbai:**  
A. V. Hall, Don Bosco Youth Services, Matunga East, Mumbai 400 019.

**Bangalore:**  
Indian Social Institue, 24, Benson Road, Benson Town, Bengaluru, Karnataka 560046

**Timings:** Sessions will be from 10 am to 6 pm on all scheduled days  
Personal Sessions will take place by appointment. Supervision sessions will be held as per a pre-decided schedule which will be presented at the time of training.

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## Testimonials:

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I was a part of the first batch of Integral Somatic Psychotherapy training in India in 2010 and have been extensively using this approach in my therapy sessions ever since. This training has had a most profound and positive impact on my own work as a therapist. Most of my colleagues at my counseling centre, Inner Space, are now trained in this style of psychotherapy. The most powerful contribution of this therapeutic style is its focus on physiology of emotion and regulation of the body as a support to therapeutic work. It beautifully integrates with all other therapeutic modalities and helps therapists to address deeper realms of an individual's psychological patterns that surround a symptom.

I would highly recommend taking this course as an unavoidable part of training in psychotherapy and would encourage all counselors, psychologists and psychotherapists to experience it.

*-Sadia Saeed*

Founder and Chief Psychologist, Inner Space

Founder, Mindful Spring

This training is essentially helpful when working with attachment related concerns, sometimes addiction, and in trauma related work. It improves rapport and empathy skills dramatically. Where analysis and intellectual awareness stops, ISP knowledge and practice helps deal with internal defences with compassion, thereby aiding in 'absorption' and integration of insights to bring about those shifts and changes for which one seeks therapy. Big shifts in lesser number of months can be expected with lesser to no symptom substitution- than the combination of only traditional insight oriented therapies with some CBT (as per my experience)

The ISP training, supervision, practice sessions, personal sessions have all together led to deepening traditional and contemporary psychotherapeutic knowledge with a holistic understanding by adding the way our body and brain react to thoughts, feelings and meanings. Together they make a powerful, constructive, useful combination- something I'm learning as each day passes. There's immense gratitude to those who connected me to do this program and further training in it, and towards Mimansa Popat for convincing Dr. Raja Selvam to continue to teach in India. Their generosity in sharing their knowledge is inspiring and invaluable.

*- Kunjal Shah*

Psychotherapist & Counselor.

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## About the Trainers

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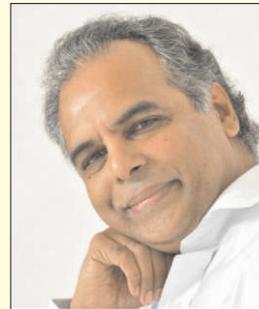
**Module 1 & 2** will be conducted by Mimansa Popat



**Ms. Mimansa Popat** pursued her Post Graduation in the fields of Special Education; Counselling Psychology and Education Management. She later went on to train in NLP, AMR, and Kinesiology. She is a Faculty member of William Glasser International, which

offers a therapeutic approach using Choice Theory & Reality Therapy. She has completed the Somatic Experiencing Practitioners course offered by Federation of Human Enrichment and assists trainings in Somatic Experiencing in India and overseas. Mimansa conducts Group Work & Basic Trainings in Integral Somatic Psychology in India. A Teacher Trainer with over 20 years experience, Mimansa is also a Practitioner using both the mind and body in relationship counselling with self and others, enabling clients to choose correctly, overcome their phobia, deal with fears and anxiety issues etc. for the last 15 years.

**Module 3** will be conducted by Raja Selvam:



**Raja Selvam, PhD**, is a senior trainer in Peter Levine's Somatic Experiencing (SE) professional trauma trainings and the developer of Integral Somatic Psychology (ISP). ISP is currently offered in over a dozen countries around the world, in North and South

Americas, Asia, Europe, and Australia. Dr. Selvam's work draws from bodywork systems of Postural Integration, Biodynamic Cranio-Sacral Therapy, and Polarity Therapy, body psychotherapy systems of Reichian Therapy, Bioenergetics, Biodynamic Analysis, Jungian and Archetypal psychologies, psychoanalytic schools of Object Relations and Inter-Subjectivity, Somatic Experiencing (SE), Affective Neuroscience, Quantum Physics, Yoga, and Advaita Vedanta.

For further details visit us at [www.prafultaandheri.org](http://www.prafultaandheri.org) or email us on [prafultaandheri@gmail.com](mailto:prafultaandheri@gmail.com)

For details on International credentials visit [www.integralsomaticpsychology.com](http://www.integralsomaticpsychology.com)