

PROGRAM OVERVIEW

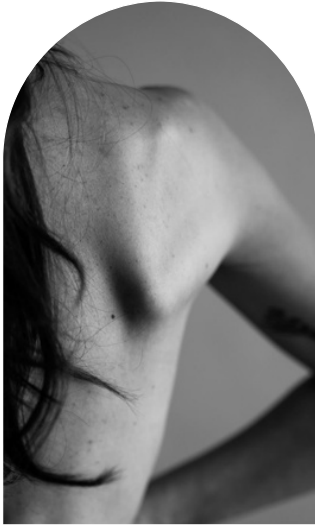


THE SOMATIC ENERGETICS CERTIFICATION PROGRAM

is a comprehensive 9-month journey designed for individuals seeking personal and professional transformation through healing and mastery of somatic & energy practices. This curriculum integrates foundational knowledge, hands-on experience, and advanced techniques to empower participants as skilled practitioners. You will be required to submit 15 hours of practicum hours to receive the certification.

All LIVE sessions are Q&A, LIVE coaching & mentorship then will lead into an embodiment practice. There will be added “Healing Lab” sessions monthly where you can come join in and practice with peers for extra hands-on learning and a 3 day LIVE in person training.





MONTH 1 CREATING SAFETY IN THE BODY

Objective Establish a foundation of safety and awareness within the body to facilitate deeper healing and growth.

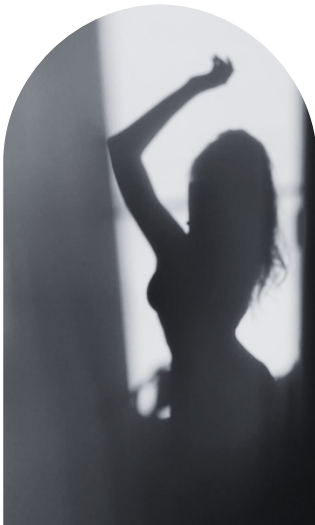
- **Pre-Module** Opening Ceremony/Trauma-informed coaching foundations
- **Module 1** Breath
- **Module 2** The Body - Anatomy & Physiology I
- **Module 3** The Body - Anatomy & Physiology II
- **Bonus Module** Breathwork group session
- **LIVE Session 1**
- **LIVE Session 2**



MONTH 2 REGULATING YOUR NERVOUS SYSTEM

Objective Explore techniques for regulating the nervous system and understanding energy healing practices.

- **Module 4** Breathwork how to training
- **Module 5** Reiki I- Intuitive Energy Healing
- **Module 6** Understanding Trauma & Trauma-Informed/healing approach
- **Bonus Module** Acupressure & Meridian Points
- **LIVE Session 1**
- **LIVE Session 2**



MONTH 3 UPGRADING YOUR EMOTIONAL INTELLIGENCE

Objective Develop emotional intelligence and healing through somatic channels and hypnosis.

- **Module 7** Somatic Channels for Healing
- **Module 8** Rediscovering Wholeness- inner child work
- **Module 9** Foundations of hypnosis & somatic hypnosis
- **Bonus Module** Human Design Workshop
- **LIVE Session 1**
- **LIVE Session 2**



MONTH 4 MOVING FROM SURVIVAL TO CREATION MODE

Objective Transition from survival patterns to creative and empowered living.

- **Module 10** Reiki 2 & Advanced Techniques (taught throughout)
- **Module 11** Root Chakra Activation
- **Module 12** Sacral Chakra Healing
- **Bonus Module** -
- **LIVE Session 1**
- **LIVE Session 2**



MONTH 5 CHAKRA ACTIVATION + IGNITING YOUR ENERGY

Objective Deepen energy work through chakra activations and sound healing.

- **Module 13** Sacral Chakra Continued
- **Module 14** Solar Plexus – Personal Power
- **Module 15** Heart Chakra Healing
- **Bonus Module** Sound Healing Workshop
- **LIVE Session 1**
- **LIVE Session 2**



MONTH 6 IGNITING YOUR ENERGY

Objective Activate higher chakras and develop intuitive energy practices.

- **Module 16** Throat Chakra Activation
- **Module 17** Developing Intuition – Third Eye
- **Module 18** Crown Chakra – Divine Connection
- **Bonus Module** Kundalini Activation Session
- **LIVE Session 1**
- **LIVE Session 2**



MONTH 7 SOMATIC PARTS WORK + ENERGY TRACING

Objective Introduce somatic parts integration and energy tracing for self-inquiry and emotional healing.

- **Module 19** Somatic Parts Work & Energy Tracing I
- **Module 20** Somatic Parts Work & Energy Tracing II
- **Module 21** Somatic Parts Work & Energy Tracing III
- **Bonus Module** Somatic Integration Circle
- **LIVE Session 1**
- **LIVE Session 2**



MONTH 8 WOMB HEALING + CREATIVE EMPOWERMENT

Objective Reconnect with creative power through womb healing and empowerment practices.

- **Module 22** Womb Healing I
- **Module 23** Womb Healing II
- **Module 24** Womb Healing III
- **Bonus Module** Womb Activation Session
- **LIVE Session 1** Womb Healing Group Practice
- **LIVE Session 2** Q&A and Creative Empowerment Circle



MONTH 9 PRACTITIONER ACTIVATION

Objective Solidify practitioner skills and prepare for certification.

- **Module 25** Peer Practice & Supervision
- **Module 26** Advanced Techniques & Case Studies
- **LIVE Session 1** Practitioner Skill Assessment
- **LIVE Session 2** Closing Circle and Certification Ceremony