

Institute of Somatic Psychotherapy

An Online Training Course in Somatic Psychotherapy

The Institute of Somatic Psychotherapy (iosp.com.au) is planning a series of on-line training (live) seminars, with the aim towards providing a two-year “conversion” course in Somatic Psychotherapy for professional counsellors and psychotherapists. The 1st year of the programme starts in March 2021.

This professional training program will provide a unique opportunity for counsellors, psychotherapists, psychologists, psychiatrists and allied (mental) health professionals, interested in integrating a “somatic psychotherapy” perspective into their current professional practice, by focusing on incorporating an “embodied (Felt-Self) relational” experience into their professional therapeutic practice with clients / patients.

The 1st year of this training program consists of: 15 fortnightly, 2-hr ‘on-line’ (Zoom) live webinar / seminar modules, interspersed with about 15 practically-focussed smaller “syndicate” groups; as well as reflective learning tasks, reading materials, worksheets and exercises. It is specifically designed for practising health professionals, who want to extend their interests and practice towards Somatic Psychotherapy. Full details are in the on-line brochure.

CPD Hours: This 1-year training program counts as 30 hours of ‘Category A’ CPD for PACFA’s membership requirements and may, in time, be accredited as part of a 2-year ‘specialist’ “Conversion Course” training program in Somatic Psychotherapy that meets the PACFA Specialist Training Standards.

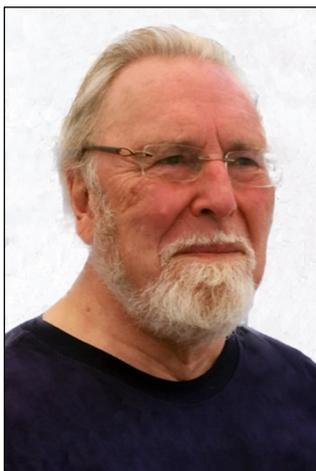
For full details regarding the course, and to register, please go to the IOSP website: www.iosp.com.au or download the brochure ([here](#)).



This seminar is being promoted by the Institute of Somatic Psychotherapy (www.iosp.com.au), a member of PACFA.

It will be conducted via Zoom.

IOSP is also promoting an on-line, 2-year training in Somatic Psychotherapy for mental health professionals, starting in March, 2021



Courtenay Young is a well-known British psychotherapist, who trained originally in Body-Oriented Psychotherapy and has had direct experience in several other somatic psychotherapy methods, working with many different client groups, in many different settings. He also works with people in crisis and Spiritual Emergencies.

He now works as a counsellor and psychotherapist in the UK-National Health Service, near Edinburgh in Scotland, as well as having a private practice. Prior to this – for 17 years – he was the resident psychotherapist in a spiritual community in N.E. Scotland.

He is the editor of the International Journal of Psychotherapy and has published many professional journal articles, several books, and edits & publishes books on Body Psychotherapy.

Courtenay taps into nearly 40 years of experience, a wealth of knowledge and experience, and presents it all simply, humorously and openly.

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