

## Sponsorship Support

If you work within an organization or space that may be open to sponsoring your place on this course, we'd love to support you with this. This would enable someone else to take on the scholarship position from our limited funding resources.

For example, if you work for a business (i.e. yoga studio, healing center, corporate or IT firm, institution, or within a state or country capacity) or with organizations that support mental health, care-giving, wellness, humanitarian, education or any space of service, your business or organization may be willing to pay for your training. Here is an email template that you can edit with the specifics that relate to your situation.

### Letter or email template:

Dear [organisation leader],

I think our organisation can greatly benefit from the 300hr Trauma-Informed Movement Facilitator training by SomaPsych and Legacy Motion. I am interested in undertaking this training and am reaching out to ask if you would consider funding my registration fees.

### Course Content

Trauma-informed training helps us better understand the effects of trauma on individuals and how it impacts their ability to participate in group settings. It provides a framework to contextualize the people we work with and understand the systems and structures we operate within, supporting our work at both individual and collective levels toward social change.

This approach is characterized by an awareness of how traumatic experiences shape our nervous systems, brains, relational attachment patterns, sense of self, and worldview. The course fills our facilitation toolkit with supportive movement-based practices that can improve physical, emotional, cognitive, and community building health.

Trauma-Informed practices represent an embodied commitment to decolonization, disability justice, anti-racism, and anti-oppression, both personally and systemically. Beyond neurophysiology, the course explores how dominant societal structures generate systemic trauma through ingrained prejudice, bias, oppression, and marginalization.

### Benefit to Our Community

This training will directly benefit our organization by:

1. Enhancing our team's capacity to support individuals experiencing stress/trauma
2. Developing advanced facilitation skills applicable across our work
3. Improving our organizational approach to inclusive, compassionate practice
4. More adaptive team communication
5. Improved conflict resolution skills
6. Deeper understanding of systemic wellness approaches

*Write something relevant to your specific org / community. See below for inspiration for a variety of communities.*

*[For participant to reflect on and integrate:*

*Reflection Questions:*

- *How do our current practices limit holistic human support?*
- *Where have I observed spaces needing more compassionate approaches?*
- *What personal experiences might have shaped my understanding of trauma and collective healing?]*

I'm committed to sharing learned techniques and integrating them into our current work processes.

### Course Details:

- 300hr Trauma-Informed Facilitator Training: Somatics, Yoga, & Embodied Practices
- Faculty from SomaPsych & Legacy Motion with International Guest Facilitators
- 1 Year Training Program, Online & Interactive
- September 28, 2025 - September 20, 2026
- Cost: Sliding scale NZD\$4300 - NZD\$6140

Would you be willing to discuss this opportunity?

Best wishes,

[Participant name]

### **Communities this work can benefit:**

**Mental Health Counselor or Therapist:** Trauma-informed facilitation skills can be highly valuable in a counselling or therapy setting. Facilitators who work in this field may help individuals process trauma, develop coping skills, and build resilience. This specific training helps you incorporate somatic and other body-based modalities and practices into your offering to help regulate and support yourself and your clients moving forward.

**Social Worker:** Social workers often work with individuals and families who have experienced trauma, and may use trauma-informed facilitation techniques to support them. This training specifically focuses on not only supporting ourselves and our clients through challenging experiences but also exploring how to powerfully incorporate wrap-around support and be a catalyst for social change and justice.

**Substance Abuse Practitioners:** Individuals struggling with substance abuse may also have experienced trauma, and trauma-informed facilitation can be an effective approach for addressing both issues. This training equips you with the tools and resources to support people through body-based approaches to nervous system regulation and support.

**Nonprofit or Community Organization Staff:** Trauma-informed facilitation can be an essential skill set for those who work in community organizations or nonprofits that serve individuals who have experienced trauma, such as domestic violence shelters, homeless shelters, or youth programs. This training allows you to feel confident working with a variety of populations and communities in a respectful and mana/autonomy-enhancing way.

**Educators:** Trauma-informed facilitation skills can be useful in educational settings, such as schools, colleges, and universities. Facilitators may work with students who have experienced trauma and may provide training for educators and staff on trauma-informed practices. This training focuses on increasing your understanding of trauma symptoms and responses so that you know how to hold space for them, navigate them safely and effectively, and create safer, more accessible and inclusive environments.

**Yoga Teachers, Coaches, and Wellness Practitioners:** This training equips you to not only make your current offering safer and more inclusive and accessible for the general public, but also provides the tools and knowledge to work with specific populations and communities that have experienced individual and collective trauma. This training explores intentional sequencing, language, supportive and autonomy-enhancing choice-making skills, somatic practices for self- and co-regulation, as well as evidence-based tools and techniques for navigating activating and triggering experiences.

**Human Resources and Business Owners:** Trauma-informed facilitation skills can also be valuable in human resources roles, particularly when working with employees who have experienced trauma or managing difficult workplace situations. While you may not know someone's life story, this training shows you that creating safer, more humanistic spaces within your organization helps employees and colleagues feel heard, seen, and supported - helping you foster a culture of engagement, healthy productivity, and creativity.

**First responders:** Trauma-informed facilitation skills can be highly valuable to first responders. Particularly with tools to hold space for each person with a safe and humanistic

SOMAPsych



posture, using a body-based approach supported with appropriate evidence. These practices will particularly help you to regulate and support yourself moving forward.