



# Trauma-Informed Practice Training

## For Organisations

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### Trauma-Informed Practice at SomaPsych

Trauma-informed practice recognizes that trauma affects not just individuals but entire communities and workplaces. Understanding trauma's impact on the nervous system and behavior helps organizations create environments where staff and clients can thrive.

#### Key Principles:

- Creating genuinely safer environments
- Building stronger working relationships
- Developing balanced power structures
- Supporting individual agency and choice
- Understanding nervous system responses
- Recognizing systemic impacts

The benefits extend throughout organizations: improved staff wellbeing and retention, stronger professional relationships, reduced stress responses, and better service delivery. At a community level, this approach helps build more resilient organizations and interrupts cycles of stress and trauma.

### Schedule

Day 1: 9:00am - 4:00pm NZT

Day 2: 9:00am - 4:00pm NZT

Day 3: 9:00am - 4:00pm NZT

\*\*With breaks plus 1 hour lunch break per day

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## Approach & Content

Our training offers a dynamic blend of theoretical knowledge and practical application, ensuring participants can immediately integrate the concepts into their personal and professional lives. Sessions are experiential, incorporating somatic practices that allow participants to feel the direct impact of nervous system regulation and restoration.

## Evidence-Based Somatic Practices

Participants will engage in scientifically-backed methods, such as:

- Vagus nerve stimulation
- Breathing techniques tailored for nervous system support
- Grounding and resourcing exercises

These methods support immediate and sustained nervous system restoration.

## Key Benefits of Somatic Practices:

1. **Completing the physiological stress cycle**, allowing the body to release stored tension and stress.
2. **Restoring nervous system balance**, reducing the likelihood of burnout and vicarious trauma.
3. **Improving mental agility and resilience**, enabling participants to respond adaptively in high-stress situations.
4. **Fostering recovery and post-traumatic growth**, empowering individuals and teams to move beyond trauma.

By grounding their understanding in both theory and embodied practice, your teams will be better equipped to navigate the complex challenges inherent in fostering supportive, inclusive, and trauma-informed environments.

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## Outcomes for Your Staff

This training empowers staff to:

- **Facilitate safer spaces**—both physically and psychologically—ensuring clients and colleagues feel seen, heard, and valued.
- **Implement trauma-informed approaches** in a variety of contexts, from office settings to community-focused initiatives such as addiction support, homelessness services, and violence prevention.
- **Develop holistic strategies** that address systemic and social challenges, promoting sustainable healing and growth.
- **Cultivate biological resiliency and self-regulation**, providing tools to manage stress and maintain balance.
- **Embrace trauma stewardship**, understanding the importance of self-care as a foundation for supporting others.
- **Incorporate sustainable self-care practices**, fostering a culture of community care that uplifts both individuals and the collective.
- **Apply self-regulation techniques** to enhance co-regulation, helping build trust and safety in relationships.

## During this training, participants will learn:

- The anatomical effects of trauma on the nervous system
- Identification of trauma symptoms, behaviors, and triggered reactions
- Humanistic approaches to service delivery
- Tools for promoting biological resiliency, self-regulation, and resolution
- Best practices and protocols in trauma-informed care
- Language considerations for supported and autonomy-based decision-making
- Community building and outreach methods
- Trauma stewardship and self-care strategies
- Techniques for creating safer, more inclusive, and accessible spaces
- Concepts of post-traumatic growth and maintaining hope
- Strategic embodied social justice and systemic change considerations
- Facilitation methods specific to healthcare practitioners for all populations

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## Training Outline Overview

### Module 1: Resourcing Self

Nervous system resourcing for self  
Vicarious trauma & burnout prevention  
Completing the stress cycle

### Module 2: Understanding Trauma and Somatics

Trauma 101  
Polyvagal theory basics  
Neurophysiological Impacts of trauma

### Module 3: Supporting Others

Creating trauma-informed spaces  
Arc of process  
Somatic tools for trauma & nervous system support

## Certification

To earn a **Certificate of Completion** as a **Trauma-Informed Organisation**, participants must complete all training sessions. These guidelines for completion are to ensure that we are building a safe and robust community during this transformational learning experience.

## Pathway

Completing the 3-day training is just the beginning. To support long-term integration of trauma-informed practices, we offer:

1. **Ongoing Consultation Support** (Link to consultation info pack / website page)  
Stay connected with our team for additional guidance. We provide follow-up consultation sessions for individuals and teams via Zoom, helping you navigate challenges and refine your approach.  
*(For more details, visit our consultation info pack or website.)*
2. **Integration Check-In**  
Around **6 to 9 months post-training**, we'll schedule an optional **refresher call**. This session is designed to:

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- Review your progress and key successes
- Identify any challenges you've encountered
- Provide further support and resources to deepen trauma-informed practices

These follow-ups ensure your organization continues to build on the training, fostering a culture of resilience and ongoing learning.

## Pricing Tiers

Our tiered pricing model reflects:

1. Recognition of systemic inequalities
2. Belief in meaningful mutual exchange for deepest engagement
3. Consideration of trainers' expertise and program quality

We invite participants to reflect on:

- Their access to resources and privilege
- The value of our programs
- Comparable offerings' pricing
- What they can genuinely afford

By choosing a price point within your means, you enable others to participate at theirs, fostering a more inclusive learning environment.

**TIER 1 | Supporter:** For well-resourced companies and organizations. Reflects the course's value in Western economic markets. A portion of this contributes to our scholarship fund to make these trainings accessible for others.

**TIER 2 | Sustainability:** For those with more limited financial resources, such as non-profits with access to funding.

**TIER 3 | Access / Scholarship:** For those working with lower incomes, non-profits, or those working with marginalized communities. These are limited and require an application.

\*\*\*Find out more about [tiered pricing](#).

\*\*\*View our financial policy [here](#).

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## Price List (NZD, GST inclusive)

Group Size	Tier 1	Tier 2 (80% of tier 1)	Tier 3 (40% of tier 1)
Up to 15 people	10,000	8,000	4,000
16-25 people	14,000	11,200	5,600
Conference (unlimited)	18,000	14,400	7,200

\*Note: Prices do not include venue cost, trainer travel, or accommodation expenses. These will be added to the invoice.

All resource materials, including electronic copies of the manual, pre-readings, and additional learning resources, are included in the price.

## Next Steps

1. **Confirm Your Pricing Tier**

Reach out to Jay at [info@somapsych.org](mailto:info@somapsych.org) to confirm your chosen pricing tier.

2. **Receive Your Invoice and Training Details**

Once confirmed, you will receive an invoice along with a link to the full training details.

3. **Tailored Pre-Training Consultation**

To ensure the training meets your organization's unique needs, we'll schedule a **15-30 minute consultation**. During this call, we'll discuss:

- The nature of your organization's work
- Areas where you aim to integrate trauma-informed practices
- Specific challenges your team is facing

This allows Amanda to tailor the focus within the standard training modules to address your organization's key priorities, ensuring maximum relevance and impact.

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## Facilitator Biography



### **Amanda Hanna**

**BA Psych - MA Psych Student, Integrative Somatic Practitioner  
300hr TCTSY-F, 1000hr E-RYT, YACEP, Certified Mindfulness &  
Meditation Trainer, Somatic Dance Teacher, Shaking Medicine  
Facilitator**

Amanda is a dedicated somatic practitioner with over 10 years of working in trauma-informed spaces, including social justice and inclusivity. Currently pursuing a Master's in Psychology, she combines academic knowledge with practical expertise. Amanda's integrative approach focuses on nervous system support and hormone balancing, recognizing the link between physical and mental wellbeing.

Through regular workshops and trainings, Amanda shares her knowledge on trauma-informed facilitation, resilience, nervous system regulation, neuroscience, and embodied practices. Her work aims to empower individuals to discover their inner strength and voice in a supportive, respectful environment.

Amanda is committed to enhancing our understanding of stress, adversity, and trauma while providing tools for personal restoration and growth. By blending extensive training with compassionate, evidence-based practices, she tailors her approach to each individual's or group's unique journey.