

Mindful-Somatic Approaches to Trauma Therapy: A Comprehensive Certification Program

Dr Paris Williams



**A Live-online Highly Experiential
Certification Training Program**

March—July, 2026

9am-5pm (all 10 days)

(In NZ day/time)

63 Hours of Continuing Education Credits

***Learn a comprehensive framework and a set of powerful therapy tools drawn from the
latest developments in trauma therapy...***

There has been a steady movement within the field of trauma therapy over the past few decades towards the increasing recognition that (a) Psychological trauma (i.e., PTSD, acute & developmental trauma) is primarily held within the body and nervous system, and (b) Working directly with the body (via sensations, impulses, breath, posture, etc.) in a state of mindfulness is therefore key to resolving entrenched trauma conditions.

In this highly experiential training, we'll explore the basic theory and practices of some of the most effective mindful-somatic methods, drawing particularly from Hakomi Mindful

Somatic Psychotherapy, Sensorimotor Psychotherapy, Somatic Experiencing, Acceptance and Commitment Therapy (ACT), Internal Family Systems (IFS) and Nonviolent Communication (NVC).

In particular, you will...

... learn a simple yet powerful universal framework for making sense of extreme emotional and traumatic states, helping you to identify where your clients' experiences are on the spectrum of ANS (Autonomic Nervous System) arousal, and therefore which interventions are likely to be most helpful at any given point in the therapy process. This theoretical framework is based on the latest research on the psychology and physiology of trauma.

... learn a broad map outlining the essential stages of the overarching process of trauma-focused therapy.

... develop your own capacity as a therapist to remain present and grounded, safely holding the space for clients to do the difficult work of trauma recovery, while not risking your own dysregulation, vicarious trauma and “burnout”.

... learn a number of effective yet relatively simple mindful-somatic tools based on these methods that you can begin using right away to...

- Help your clients develop confidence working with strong feelings and nervous system dysregulation
- Help your clients develop a sense of groundedness, presence and orientation
- Help your clients to develop a rich and healthy connection with their own feelings and needs
- Make the distinction between a beneficial "emotional release" and being "stuck in a trauma response"
- Work with flashbacks, intrusive memories and nightmares
- Work with somatization (unresolved feelings/memories held within the body)

The Instructor: Dr. Paris Williams (he/him), Clinical Psychologist (Licensed in Colorado, California and Utah), has BA, MA and PhD degrees in Contemplative (mindfulness-centred) Psychology, Somatic Psychology, Humanistic/Existential/Transpersonal Psychology, Clinical Psychology, and Ecology. He has taught many mindful-somatic psychotherapy trainings in the U.S. and internationally. He has researched and supported those recovering from acute and developmental trauma, psychosis, chronic pain, substance dependency and other extreme states, and has authored the widely acclaimed book, *Rethinking Madness*. He continues to work as a psychologist in private practice, supporting individuals, couples and families, supervising individuals and groups of health professionals, and is an adjunct professor at the *Graduate School of Counseling* at Naropa University. Learn more about Paris at pariswilliamsphd.com

Online 10-day Training (divided into 5 x 2-day modules):

**All days/times are in New Zealand time zone*

Module 1: 13-14 March, 2026

Module 2: 10-11 April, 2026

Module 3: 8-9 May, 2026

Module 4: 5-6 June, 2026

Module 5: 3-4 July, 2026

*(*9:00am – 5:00pm all days)*

Investment

Super Early Bird Discount: \$1,950 NZD (expires 30th November)

Early Bird Discount: \$2,250 NZD (expires 15th January, 2026)

Regular Investment: \$2,450 NZD (after 15th January, 2026)

For more information or to register, visit:

<https://integrativepsychology.info/courses/mindful-somatic-approaches-to-trauma-therapy-comprehensive-nz-2026/>

...or you can contact Paris directly at:

paris@integrativepsychology.info