



CERTIFICATE IN SOMATIC TA

In-person experiential course
6 days over 3 weekends in
Edinburgh. Starts September 2026

Somatic TA is a gateway to working with unconscious process and a powerful tool for encouraging change.

Particularly helpful when working with more complex presentations, stuckness, overwhelm, anxiety and when other issues in the therapeutic work are difficult to verbalise or access.

Somatic work is not limited by modality and integrates with a range of theoretical approaches including Transactional Analysis, psychoanalysis, body psychotherapy & trauma-informed work.

Learning outcomes include:

- Awareness of your own body process and defences
- Understanding 'bodymind' in the therapeutic relationship and therapeutic interventions.
- Developing your knowledge of somatic orientated psychotherapy and trauma process
- Developing your own style of working

The Certificate in Somatic TA is a dynamic and experiential course with plenty of space for play and process. We will practice techniques through group work, observation and supervision to give attendees the confidence to use the somatic within their work.

Course Content

The course is made up of 3 weekend modules - each covering a foundational part of the somatic framework

Module 1: 19 & 20 September 2026 *Mapping the Territory*

Getting to know your bodymind, establishing contact, space and pace.

Module 2: 17 & 18 October 2026 *Expanding the Frame*

Moving through new territories, deepening contact, stretching beyond your comfort.

Module 3: 28 & 29 November 2026 *Standing in Your Boots*

Developing your own style, taking space and experimenting with flow.

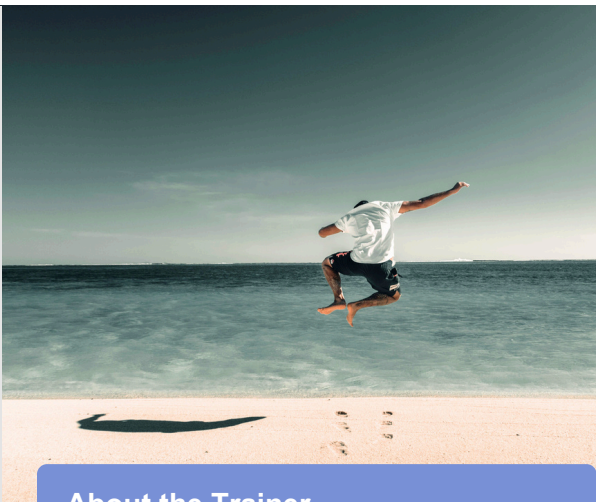
Assessment

There is one assessment that takes place during the April weekend. Students design a short body-orientated activity for an individual, couple or group.

Course Fees

£880 (£850 for applications before 1 June 2026)

A £200 deposit is required to secure your place.



About the Trainer

Ronen Stilman is an ITAA, UKCP and COSCA accredited trainer, supervisor and psychotherapist. He works with individuals and couples and practitioners in private practice. Ronen is interested in how people relate and identify in the context of culture, politics and society.

He has been developing his understanding of somatic work within the therapeutic frame for some years.



More Information and How to Apply

Scan the QR code below or go to www.ronenstilman/somaticta for full course information, downloadable brochure and a link to the online application form.



RONEN STILMAN
PSYCHOTHERAPY

www.ronenstilman.com

