



# CERTIFICATE IN SOMATIC TA

With Ronen Stilman

TSTA(P) CTA(P) MSc (TA Psychotherapy)

An in-person experiential course taking place on 6 days over 3 weekends.

Location: Edinburgh.

Dates: Starts November 2024

## Overview

This course is for counsellors, psychotherapists and mental health professionals who are looking to integrate body work within their practice and deepen their work with clients or expand the complexity of their therapeutic toolbox.

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

The certificate course is for practitioners from any modality who are already in practice and have had some experience of long-term work (i.e. a year) and is suitable for students in advanced training to seasoned practitioners.

**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.

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 dates

23 & 24 November 2024

18 & 19 January 2025

5 & 6 April 2025



**RONEN STILMAN**  
PSYCHOTHERAPY

## Course Philosophy

The underpinning philosophical frame of this course is one that considers the bodymind (Dewey, 1925/1981) as central to how we identify and relate and is therefore central to therapeutic change and therapeutic relationship. It sees the somatic as a key gateway to working with unconscious process and a powerful tool for manifesting change.

## Learning outcomes

Learning outcomes from the course include:

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

## Course Content

### Module 1: 23 & 24 November 2024 Mapping the Territory - Getting to know your bodymind, establishing contact, space and pace

Content for this module includes:

- Overview of course and group contracting
- Exploring motivations and identifying your learning edges
- Communicating safety in somatic context - experimenting with grounding, rhythmic attunement and proxemics
- Unearthing trauma and adverse childhood experiences
- Listening with the body - experimenting with script protocol, body armour, social pain
- Understanding the role of somatic process in unconscious process
- Emerging ethical dilemmas
- Skills practice and supervision

### Module 2: 18 & 19 January 2025 Expanding the Frame - Moving through new territories, stretching beyond your comfort

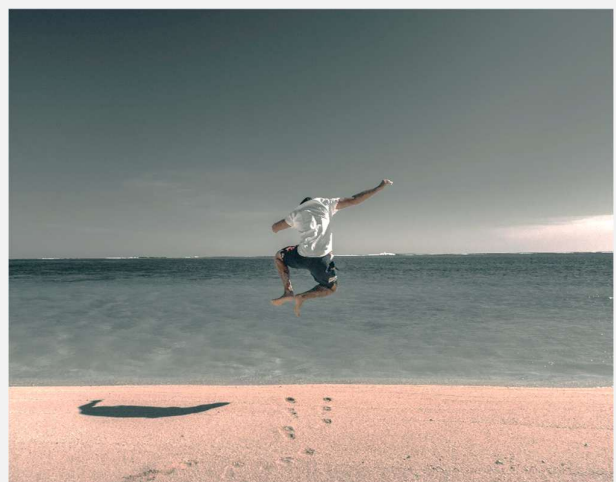
Content for this module includes:

- Conceptualising somatic energy through Freudian, Reichen and Transactional Analysis theory
- Reframing stuckness in somatic and theoretical terms
- Deepening contact - kinesthetic responses, unconscious process and parallel process
- Beyond Ego states - revisiting the role of the somatic in mental health
- Linking body structure with personality structure
- Emerging ethical dilemmas
- Observed skills practice and supervision

### Module 3: 5 & 6 April 2025 Standing in Your Boots - Developing your own style, taking space and experimenting with flow

Content for this module includes:

- Assessments
- Somatic work in systemic context
- Deepening your understanding of unconscious process
- Pheysis and the erotic
- Exploring resistance to flow
- Revisiting your edge
- Clarifying what you might need from supervision going forward
- Closure and moving away



## Assessment

There is one assessment on the course. In the final weekend, you will be asked to deliver a body orientated activity for a client/couple/group (anywhere between 2-10 minutes).

You will be asked to facilitate the exercise with the group followed by facilitating questions and answers about the theoretical underpinnings of your thinking. In addition, there will be an opportunity for group feedback about your activity, facilitation and theory.

Upon successful attendance of all three modules and successful completion of the assessment, you will receive a Certificate in Somatic TA.

## Course details

The course fees are £850 with a deposit of £200 required to secure your place. Fees can be spread over 3 payments but must be paid in full before the start of the course. \*

Course dates are:

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5 & 6 April 2025

The course times are 10.00am to 5.00pm each day. We provide drinks but you will need to bring a packed lunch. Alternatively, there are cafes nearby where you can purchase food.

Training takes place at EH1 Therapies centre, 4b Randolph Place EH3 7TQ. It is just minutes' walk from Charlotte Square, Princess Street and George Street.

It is easily accessible from main transport routes. For more details, please see the [location](#) page on the website.

There isn't a car park at the venue but there is paid on-street parking in the vicinity.



## From the trainer, Ronen Stilman

I am an ITAA, UKCP and COSCA accredited trainer, supervisor and psychotherapist.

I work with individuals and couples and practitioners in private practice. I am fascinated by how people relate and identify in the context of culture, politics and society.

I have been developing my understanding of somatic work within the therapeutic frame for some years.

If you have questions about the course, please get in contact via the email address below.



I very much look forward to welcoming you on the course.

*Ronen*

## How to apply

To apply for the Certificate in Somatic TA, use the QR code (left) or this link <https://forms.gle/wxKV8BDrMur3sdB49> to complete the online application form. Your application will be acknowledged via email together with details of making payment for the deposit. Your place will be confirmed via email once the deposit payment has been received.

[www.ronenstilman.com](http://www.ronenstilman.com)  
[contact@ronenstilman.com](mailto:contact@ronenstilman.com)



\*Sign-ups before 1 July 2024 will receive an early bird discount of £50.