

Psychosomatic Therapy

Psych(E)osomatic – **Psych** (Mind) **E** (Soul) **Somatic** (Body) = the connection between Mind, Body & Soul. Your body communicates with you through thoughts, emotions, physical pain, body sensations and through your intuitive guidance.

Psychosomatic Therapy is the analysis of the *'information'* recorded *'in your 'formation'*.

The information is contained in the unconscious messages your face and body are trying to communicate to you so you can bring them to the conscious mind.

The Psychosomatic Therapy process reveals the barriers and natural protection methods your body has learnt from earlier years by 'filling in the gaps' from your life experiences. We then decode your body's messages and reinforce positive changes through new productive patterns.

How Does it Work?

Set in a safe space, this journey invites self-exploration and reflection, and for you to be seen and witnessed as you may have never been seen before.

Psychosomatic Analysis is the link that unites the Mind, Body, and Spirit. The process allows us to explore how your life experiences have impacted your thoughts, emotions and your physical body. We then discuss the emotional component of various imbalances, whilst interpreting the messages of your body to you. Over the course of the session, we take an in-depth analysis of:

- Face Analysis.
- The Issues in the Tissues.
- Your overall shape and posture.
- Your body-language - how you walk and talk, the individual characteristics of you.
- Your breathing patterns and facial features.
- Bone structure, skin/flesh tone.

Through each analysis we reveal the harmony and balance of your body's energy centres and the balance between the left and right sides of your body, sourcing information on how you experience and interact with others, and how you treat yourself.

Psychosomatic Analysis aims to:

- Reveal trapped emotions and past experiences stored in the physical body.
- Identify core issues that may be impacting your life experiences.
- Reduce stress in your life.
- Understand the emotional component to various illnesses, physical problems, stress, depression, mental and emotional issues.

- Improve your relationship with yourself, family, friends, work colleagues and clients.

example, as we see your locked jaw, we also notice your locked knees and tight hips, showing possible strong and forceful attitudes which may be impacting on your life and holding you back.

[Book Here](#)

Psychosomatic Therapy Certificate Training

Created for the analysis of habitual long-term patterns of behaviours and reactions that show up in the body/mind, Psychosomatic Therapy provides an intense self-development immersion, which can be undertaken as a personal or professional journey.

Each course is a completely individual experience, as you are the canvas we will be exploring. The person that matters is you.

We will teach you what we have experienced as successful therapists.

Psychosomatic Therapy Certificate III training is designed and accredited with the Psychosomatic Therapy College (RTO) as a VET standard government accredited certificate III 10484 NAT. It is offered Online and as a Face-Face training. Once all the modules and RPL process have been completed you can apply for certification with The Psychosomatic Therapy College.

[Click here for more info on Psychosomatic Therapy.](#)

What Will You Gain?

Because the training focuses on developing a deeper understanding of how emotional stress becomes ingrained and trapped, creating behavioural traits, you will learn powerful skills and tools to free the body from present constraints.

This Course is for you if you are:

1. Wanting to bring Somatic & Emotional Anatomy Understanding to your practice.
2. Looking to upskill your communication / life skills in your current occupation.
3. Wanting to become a Psychosomatic Therapist.
4. Desiring Personal Development.
5. Wanting to deepen your connection with current clients and increase your referral base due to the impact of Psychosomatic analysis.

Pre-Requisites

No pre-requisites or previous experience required. However, the ability to understand the concepts and to communicate effectively is necessary.

Pathway 1 - 9 Modules Online, followed by Level 2 Face-Face (7 days)

Each module undertaken On-line precedes the next.

Part A - Face Analysis Practitioner

Qualification requires the attendance and completion of the following (all modules are requirements for national competency):

ONLINE 4 x 5/6 hr sessions = 20hrs

Module 1: Introduction to Psychosomatic therapy

- Evolution of Body-Mind Medicine to gain an understanding of your own body-mind.
- The role of Psychosomatic Therapy.
- Learn the Psychosomatic Principles – the three keys to success.
- Gain awareness and understanding of ‘Why I am in the Shape I am in?’
- Communication is 93% non-verbal, so what are you truly communicating?

Module 2: Numerology in the Body

- Learn how your birthdate creates your personality profile.
- Understand the Psychosomatic Responses to your soul’s destiny.
- How do the Numbers show up in your body and others?

Module 3: Client History & Consultation

- Learn how to take a comprehensive Psychosomatic Emotional Anatomy interview and how to transcribe this to your client/communication style with others.

Module 4: Face Reading Analysis Practicum

- Communicate well by understanding who you are talking to.
- Learn the principles of Face Analysis - what face shape, left and right sides, the zones of the face, profile, individual features and characteristics reveal about you.
- How you experience the world through your thoughts, emotions and feelings.
- How do you project yourself into the world?
- Your preferences and qualities.
- Learn the skill of Face Analyse Reporting with integrity and understanding.

Practitioner Face Analyst qualification requires the completion of the RPL process with the Psychosomatic Therapy College. This pathway requires documentary evidence of skills and knowledge, including case studies, reflective learning and a Recognition of Prior Learning (RPL) application through the Psychosomatic Therapy College (PTC). As part of this process, students must also complete the legal and ethical unit (CHCLEG003) and communications (CHCCOM006) online modules, unless these units have previously been

attained, and be marked competent. Further information will be provided during the training.

Practitioner Face Analyst Course Investment - \$1200(AUD) Includes Manual, Advanced Face Analysis Book & Charts.

[Click here to Enrol or Enquire](#)

Part B - Complete Level 1 - Enrol for all 9 Modules \$3150 & save \$450

Face/Hand/Feet Practitioner – Pre-requisite attendance Modules 1-4

Qualification requires the attendance & completion of the following: All modules are requirements for national competency.

ONLINE 6 x 5hrs = 30hrs

Module 5: Theory of Body-Mind Analysis

- What does balance, posture, structure and tissue condition of the body reveal?
- Understand the significance and imprint of past traumas, tension, emotions are at a cellular body level.
- How to balance male-female energy and left/right brain responses.
- Become more present for yourself and others.

Module 6: Feet Reading Analysis

- What direction are you heading in? Find out through your feet.
- Discover their shape, zones, and what the toes say about your personality and potential.
- How do you walk your talk? What is holding you back from the deeper meaning of your life?
- Learn how to balance male-female energy and left/right brain responses.

Module 7: Hand Reading Analysis

- Learn what each action and hand position means. Our hands are the extension of our heart. We unconsciously communicate and act with our hands every day.
- Learn the value of your hand shape, digits and fingerprints say about your personality and potential.
- Discover the deeper meaning of touch, and how to listen and feel inside whatever you touch outside.
- How to use your hands for healing and energy work.

Module 8: Emotional Anatomy

- Study the four basic archetypes, their structure, shape and psychosomatic performance.
- Learn the theory of the body trauma/emotional release points.
- How thought and emotional conditioning effects body structure and performance.

Module 9: Introduction to Psychosomatic Diseases

- Discover the emotional cause of dis-ease.
- Go deeper into overall patterns in behaviours of the Body-Mind.
- Gain an understanding of how the way we hold our body, breathe, walk and stand influences our thoughts, actions, experiences and relationships in life.
- What are the messages from the body and how do we heal from them?

Practitioner Hand/Feet Analysist qualification (if not already completed) requires the completion of the RPL process with the Psychosomatic Therapy College. This pathway requires documentary evidence of skills and knowledge, including case studies, reflective learning and a Recognition of Prior Learning (RPL) application through the Psychosomatic Therapy College (PTC). As part of this process, students must also complete the legal and ethical unit (CHCLEG003) and communications (CHCCOM006) online modules, unless these units have previously been attained, and be marked competent.

Enrol for all 9 Modules \$3150 & Save \$450 (includes all manuals and charts)

What's Next...

At the end of this training, should you wish to gain full **Certificate III Psychosomatic Therapy** the next part of your journey must include the **Level 2 Face to Face component** and the completion of the RPL process with the Psychosomatic Therapy College.

“The Psychosomatic Therapy Training is a pathway to the Australia 10821 Nat Certification III in Psychosomatic Therapy issued by the Psychosomatic Therapy College (RTO).”

Practitioner Certification:

- Practitioner Mentoring and Client Practice.
- Master how to conduct a client session.
- Learn how to create a comfortable and safe environment.
- Manage challenging reactions.
- How Psychosomatics fits into many fields.

FACE-FACE TRAINING ONLY

Level 1 - 6 DAYS (9am-7pm) In-house at Dodges Ferry, Tasmania

An introduction to Psychosomatics

1. Numerology in The Body
2. Face Analysis

3. Body-Mind Analysis
4. Foot Reading Analysis
5. Hand Reading Analysis
6. Client History and Consultations

Psychosomatic Therapy Certificate III must include the following Face-Face training and the completion of the Psychosomatic College RPL Process.

Level 2 - 7 DAYS (9am-7pm) In-house Dodges Ferry, Tasmania

This will cover the following, ensuring you have completed all Face-Face Components:

1. Recap of Level 1
2. Mind-Body Analysis Practical
3. Emotional Release
4. Psychosomatic Diseases
5. Day 10: Practitioner Certification
6. Day 11 & 12: Client Consultation practitioner days

For Certification: The RPL process with the Psychosomatic Therapy College must be undertaken. This pathway requires documentary evidence of skills and knowledge, including case studies, reflective learning and a Recognition of Prior Learning (RPL) application through the Psychosomatic Therapy College (PTC). As part of this process, students must also complete the legal and ethical unit (CHCLEG003) and communications (CHCCOM006) online modules unless these units have previously been attained, and be marked competent.

We would love to hear from you if you have any questions or feel this training is for you. Please send an email to vicki@soulembodiment.com.au

[Click here to Contact Vicki](#)