

ISP Curriculum (2 modules)

Integral Somatic Psychology Professional Training

Module 1: The Physiology of Emotions and Attachment

Working with Emotions and Attachment with Greater Efficiency through the Science of the Physiology of Emotions and Attachment and Principles of Energy Psychology.

You will learn how to work with emotional or affective experiences more deeply and completely through the physical and energy bodies, work that can also significantly improve cognitive and behavioral work that you do with yourself and your clients. You will also learn how to work with psychophysiological or psychosomatic symptoms with greater effectiveness. You will learn how different layers of your physical body are involved in generating and defending against different types of emotions and other psychological experiences. You will learn how to work with your energy body through your physical body to balance cognition and emotion in your work. You will also learn about the physiology of attachment in the muscular system in the physical (gross) body and in the layers of the energy (subtle) body. And you will learn how to develop your inter-personal resonance and use it help yourself and your clients especially in relationship work.

Course Content:

1. Basic principles of Integral Somatic Psychotherapy:

- The ISP framework: The individual physical (gross) body, the individual energy (subtle) body, the dynamic collective physical (gross) body, the dynamic collective energy (subtle) body, the dynamic collective body of unity, and the absolute collective body of unlimited of pure awareness or consciousness. Multi-disciplinary theoretical and empirical evidence for different levels of the ISP model from Western and Eastern sources.
- All Western and Eastern therapeutic approaches as special cases of the integrative ISP framework. ISP as a master training for experienced professionals in any therapeutic modality with prior psychological **and** somatic expertise.
- Embodiment of psychological experience in the individual physical (gross) body as the core clinical strategy in ISP. Four inter-related aspects of embodiment of psychological experience with a broad definition of emotion or affect as the bridge: Working with psychological, physiological, and energetic defenses to expand and deepen the experience in the body and to build capacity for tolerating it; and working with the experience cognitively and behaviorally to facilitate greater embodiment of the experience in the body, defined as a person's stable relationship to the experience such

as love or grief over time. Scientific evidence for effectiveness of embodiment in increasing clinical outcomes in cognitive, emotional, and behavioral work.

- Three aspects of regulation: physiological, energetic, and psychological.
- Presentation of case studies of the effectiveness of the Integral Somatic Psychology (ISP) approach in different cultures including a published peer reviewed research article.

2. Working to improve self-regulation across the three layers of the individual physical (gross) body:

- The muscular system governed by the somatic nervous system
- The viscera governed by the autonomic nervous system
- The central nervous system and structures that surround it

Presentation of a model of regulation with seven easy-to-learn flow patterns to regulate the physiology during psychological work without compromising or destroying the very psychological experience one is working with, a common problem in many body-oriented and energy-oriented approaches in mainstream psychology.

3. Understanding the seven basic dynamics such as constriction/flaccidity and hyper/hypo arousal through which the three layers of the individual physical (gross) body are used to generate as well as defend against different psychological experiences such as

perception, cognition, memory, imagination, affect, verbal and non-verbal expression, behavior, and relationship. Theoretical and empirical evidence for these generative and defensive dynamics from scientific research in academia and clinical research in body psychotherapy traditions.

4. Affect theory. Theories of affect and affect development. Levels or types of affect. Affect and psychophysiological disorders. Relevant research.

5. Choice of tools: Awareness, intention, imagination, breath, sound, movement, self-touch, touch of another, bodywork, and energy work as clinical tools that can be used appropriate to the therapist's training, preference, and licensure context. Understanding of the relative advantages, disadvantages, and limitations of each tool.

6. The role played by the muscular system in generating as well as defending against psychological experiences including emotions. The psychological functions of the muscles of the legs, arms, head, face, neck, and torso areas including shoulder, respiratory, and pelvic diaphragms. Relevant research and techniques for working with muscles in these areas during psychological work.

7. **The definition of the individual energy (subtle) body as a sub atomic particle level or quantum body and the emerging evidence for it from neuroscience, quantum physics, and research on near death and out of body experiences.** The role of the individual energy (subtle) body in generating as well as defending against physiological and psychological experiences, and in the regulation of the individual physical (gross) body. Relevant findings and evidence from Western approaches such as biodynamic cranial osteopathy and Western and Eastern energy psychology approaches.
8. **The psychological and physiological functions of three lower energy centers and the elements associated with them (ether, air, and water, metaphors for the felt sense experience) of the different layers of the individual energy (subtle) body.**
9. **Understanding the relationship between the individual physical (gross) and energy (subtle) bodies in terms of basic concepts of energy zones and primary energy flow patterns from Polarity therapy.** Simple strategies for expanding the individual energy (subtle) body and for embodying it in the individual physical (gross) body in a balanced way to improve physical, energetic, and psychological regulation in clients and yourself.
10. **Simple ways of working with layers of the energy (subtle) body** through the physical (gross) body to increase embodiment and regulation of physiological, energetic and psychological experiences to improve clinical outcomes in therapy.
11. **The role of resonance between individual bodies and between individual and collective bodies in physical, energetic, and psychological self-regulation and interactive regulation.** Evidence for different types of resonance between individual bodies and between individual and collective bodies from theoretical and empirical scientific research including findings from quantum physics. Differentiation of transference, counter-transference and resonance. Strategies for developing and utilizing resonance in clinical work.
12. **The science of the physiology of attachment in the muscular system layer of the individual physical (gross) body.** Relevant findings from scientific research and body psychotherapy traditions.

Module 2: The Physiology of Attachment, Stress, and Trauma

Working with the Physiology of Attachment, Stress, and Trauma with Greater Efficiency through the Science of the Physiology of Attachment, Stress, and Trauma and Principles of Energy Psychology.

You will learn how to work with extra-ordinary experiences of life-threatening stress and trauma as well as ordinary but overwhelming life experiences of development and relationship in the organs, glands, and blood vessels governed by the autonomic nervous system and in the central nervous system areas of the brain and spinal cord and the structures that surround them. You will also learn how to improve your work with extra-ordinary life threatening stress and trauma as well as ordinary but overwhelming life experiences of development and relationship through layers of the individual energy (subtle) body.

You will learn the physiology of emotions and other psychological experiences in the organs, glands, and blood vessels governed by the autonomic nervous system and in the central nervous system area of brain and spinal cord. You will learn how to work with the lower energy centers and associated elements not covered in module one (earth and fire) and review the work with lower energy centers and associated elements covered in module one (ether, air, and water). You will learn how to work more efficiently with life-threatening stress and trauma as well as ordinary but difficult life experiences of development and relationship by mobilizing and embodying archetypal resources of the collective bodies through the two higher energy centers at the brow and the crown to facilitate physiological, energetic, and psychological transformation in an individual. You will also learn how to ensure that your spiritual growth unfolds in an embodied and grounded manner.

Course Content:

- 1. The role of the autonomic nervous system and the organs, glands, and the blood vessels governed by it in generating as well as defending against physiological and psychological experiences in traumatic as well as non-traumatic but difficult life experiences of development and relationship.** Relevant research including the emotional and attachment implications of the polyvagal theory of the autonomic nervous system and simple techniques for working with organs, glands, and blood vessels during psychological work.
- 2. The role of the central nervous system area of the brain and spinal cord and surrounding structures in generating as well as defending against traumatic as well as non-traumatic but difficult life experiences of development and relationship.** Findings from science, body psychotherapy, and energy psychology.
- 3. Simple strategies for working directly with the physiology of the brain and spinal cord and surrounding structures and in the organs, glands, and the blood vessels governed**

by the autonomic nervous system when working with traumatic experiences as well as non-traumatic but difficult life experiences of development and relationship.

4. **The science of the physiology of emotions and other psychological experiences in the organs, glands, and blood vessels governed by the autonomic nervous system and the central nervous system area of the brain and spinal cord in the individual physical (gross) body.** Relevant findings from scientific research and body psychotherapy traditions.
5. **The role of the two higher energy centers at the brow and the crown of the head. The relationship between these two higher energy centers in the individual energy (subtle) body and the dynamic collective physical (gross) body, the dynamic collective energy (subtle) body, the dynamic collective body of unity, and the absolute collective body of pure awareness or consciousness.** The nature of the four elements associated with the two higher energy centers. The higher-order (spiritual) and lower order (physiological, energetic, and psychological) functions of the four higher elements.
6. **Simple strategies for working with the two higher energy centers, the four higher elements, and the archetypal resources they constitute to help heal symptoms of extra-ordinary experiences of life threatening stress and trauma and symptoms of ordinary but difficult life experiences of development and relationship.** Simple strategies for embodying the higher elements from the two higher energy centers in the individual energy (subtle) and physical (gross) bodies.
7. **Study of the lower energy centers (naval and root) their associated elements (fire and earth), and their physiological and psychological characteristics not covered in module one. Review of the lower energy centers (throat, heart, and sacral), the elements associated with them (ether, air, and water) and their physiological and psychological functions covered in module one.** Simple strategies for working with the naval and root energy centers and the associated fire and earth elements.
8. **Understanding the range of possibilities for the growth of the human psyche, from resolving physiological and psychological problems at the individual level,** to improving the individual's relationship to other individuals and other collective levels of the psyche, to self-actualization as conceptualized by Maslow or individuation as theorized by Jung, to enlightenment, the highest personal and spiritual achievement possible for the human psyche according to **Advaita Vedanta**. Evidence from philosophy, neuroscience, quantum physics, and inter-subjectively verified multi-cultural multi-traditional empirical research for integrative models of the psyche such as Jungian psychology, Integral Psychology of **Ken Wilber**, and Advaita Vedanta.