

THE EMBODY LAB

Somatic Attachment Therapy Certificate

60 HOUR CERTIFICATE PROGRAM
January 30th — April 28th, 2022

with

Co Directors

Karine Bell
Dr. Maureen Gallagher
Dr. Scott Lyons - Founder of
the Embody Lab

Additional Faculty

Kai Cheng Thom
Jessica Montgomery

Special Guests

Euphrosia "Efu" Nyaki, Dr. Albert
Wong, Dr. Dan Siegel, Dr. Peter
Levine, Dr. Diane Poole Heller,
Bonnie Bainbridge-Cohen,
Sheleana Aiyana

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This information and more is also on your [online learning platform](#).

WELCOME TO THE PROGRAM

Welcome to the 2022 Somatic Attachment Therapy Certificate program. This unique 3-month online certificate program is designed for individuals, practitioners and educators wanting to explore the transformative power of somatics and attachment work, one that fosters true healing in the form of compassionate and sustaining relationships.

This program brings together world renowned somatic attachment therapy teachers to offer a holistic, body-centered method to healing relational wounds and trauma. This extraordinary program offers a collection of practical tools that guides the healing process for yourself and your work with others.

Below is helpful information to get you ready for the start of the program. Thank you for joining us!

In gratitude,

Karine Bell, Dr. Maureen Gallagher, and Dr. Scott Lyons

EDUCATION PROGRAM NOTICE

The Somatic Attachment Therapy Certificate program is an educational program. This program is not intended to provide therapy to students. Our faculty cannot offer one-on-one therapeutic sessions to students. The Embody Lab cannot make direct referrals for therapy for liability reasons. We suggest that if you are looking for a resource you may search for Somatic Therapists in your region or you may check out resources such as google, [United States Association for Body Psychotherapy \(USABP\)](#), or the [International Somatic Movement Education and Therapy Association \(ISMETA\)](#).

Questions asked during the live sessions should remain focused on the educational understanding and enhancement of the material.

Any therapeutic questions for your own individual journey or of those you know, we encourage you to engage with your resources outside of the program.

STUDENT ENROLLMENT FORM

If you have not already, please complete the [Student Enrollment Form](#) to help us further setup and customize the program. Link:

<https://docs.google.com/forms/d/e/1FAIpQLScql7Mnuiv7Kokk4K9ffJKIkc0MvIS85qjEUqcSSQRmTAlIQQ/viewform>

WHAT YOU'LL LEARN

- Recognize and embody the key principles of somatic attachment therapy
- Explore evidence-informed approaches to healing relational wounds
- Establish deeper therapeutic alliances that foster attachment repatterning
- Discover techniques to offer self-regulation and co-regulation
- Compassion-informed assessments that illuminate how a client's attachment style has been embedded/played out in their daily life
- Identify boundary ruptures and support the processes of boundary mending
- Discover strategies for embodied conflict resolution
- Tools to process transgenerational attachment trauma
- Understand unconscious dynamics that block someone's capacity for intimacy
- Discover the pathways for relational rupture and repair
- Understand how to help others process, metabolize, and integrate implicit and explicit memories of attachment wounding
- Understand the potency of somatic attunement and how it informs the experience of comfort, empathy, validation, and safety

SCHEDULE

STUDENT ORIENTATION

Sunday, January 30th @ 3:30 - 5pm ET with co-directors

LIVE ZOOM COMMUNITY CONNECTIONS with Co-Directors

Wednesday, February 23rd @ 2 - 3:30pm ET with co-directors

For the first community connection, you'll have the option to choose one of the following community connections:

- BIPOC (Body of Culture) with Karine Bell & Kai Cheng Thom or
- White Bodied with Dr. Scott Lyons and Jessica Montgomery

Wednesday, March 16th @ 7 - 8:30pm ET with Karine Bell & Dr. Scott Lyons

This community connection will be for All Students with an option to participate in breakout rooms including: BIPOC, LGBTQIA+, General / All Students and others depending on class content.

Wednesday, April 13th @ 7 - 8:30pm ET with Karine Bell & Dr. Scott Lyons

This community connection will be for All Students with an option to participate in breakout rooms including: BIPOC, LGBTQIA+, General / All Students and others depending on class content.

PHASE 1 - ADULT ATTACHMENT AND TRAUMA THEORY

February 1st - 11th, 2022

Module 1 with Dr. Maureen Gallagher

*Tuesday, February 1st
2 - 4 pm ET (New York)*

Module 2 with Dr. Maureen Gallagher

*Thursday, February 3rd
2 - 4 pm ET (New York)*

Module 3 with Dr. Maureen Gallagher

*Tuesday, February 8th
2 - 4 pm ET (New York)*

Module 4 with Dr. Maureen Gallagher

*Thursday, February 10th
2 - 4 pm ET (New York)*

Module 5: The Evolving Field of Somatics and Attachment Therapy

Panel: Dr. Diane Poole Heller, Euphrasia "Efu" Nyaki, Dr. Dan Siegel, Dr. Albert Wong

Moderators: Karine Bell & Dr. Scott Lyons

*Friday, February 11th
6 - 7:30 pm ET (New York)*

note day & time

PHASE 2 - HEALING THE SELF: FORMING A SECURE BOND WITH SELF

February 15th - March 24th, 2022

Module 1 with Dr. Maureen Gallagher

Tuesday, February 15th

2 - 4 pm ET (New York)

Module 2 with Dr. Maureen Gallagher

Thursday, February 17th

2 - 4 pm ET (New York)

Module 3 with Dr. Maureen Gallagher

Tuesday, February 22nd

2 - 4 pm ET (New York)

Module 4 with Dr. Maureen Gallagher

Thursday, February 24th

2 - 4 pm ET (New York)

Module 5 with Dr. Maureen Gallagher

Tuesday, March 1st

2 - 4 pm ET (New York)

Module 6 with Dr. Maureen Gallagher

Thursday, March 3rd

2 - 4 pm ET (New York)

Module 7 with Dr. Maureen Gallagher

Tuesday, March 8th

4:30 - 6:30 pm ET (New York) **note time shift**

Module 8 with Dr. Maureen Gallagher

Thursday, March 10th

4:30 - 6:30 pm ET (New York) **note time shift**

Module 9 with Dr. Maureen Gallagher

Tuesday, March 15th

2 - 4 pm ET (New York)

Module 10 with Dr. Maureen Gallagher

Thursday, March 17th

2 - 4 pm ET (New York)

Module 11 with Dr. Maureen Gallagher

Tuesday, March 22nd

2 - 4 pm ET (New York)

Module 12 with Dr. Maureen Gallagher

Thursday, March 24th

2 - 4 pm ET (New York)

PHASE 3 - HEALING IN RELATIONSHIP

March 6th - April 8th, 2022

Module 1: Mapping the Embodied Self & Relational Reciprocity

Dr. Scott Lyons

Sunday, March 6th / 12 - 2 pm ET (New York) **weekend**

Module 2: Curiouser & Curiouser: Somatic Experiments for Attachment Healing

Jessica Montgomery

Sunday, March 13th / 12 - 2 pm ET (New York) **weekend**

Module 3: Catalyzing Safety & Connection in Couples

Jessica Montgomery

Sunday, March 20th / 12 - 2 pm ET (New York) **weekend**

Module 4: Transgenerational Trauma & Attachment

Dr. Peter Levine

Friday, March 25th / 1:30 - 3 pm ET (New York)

note day & time

Module 5: Attending & Mending Boundary Ruptures

Dr. Scott Lyons

Sunday, March 27th / 12 - 2 pm ET (New York) **weekend**

Module 7: Shame & Layers of Support

Karine Bell

Thursday, March 31st

2 - 4 pm ET (New York)

An Introduction to Creating Conscious Love

Sheleana Aiyana

Saturday April 2nd / 2 - 5pm ET (New York) **special event**

Module 8: Tending the Communal Relational Field

Karine Bell

Tuesday, April 5th

2 - 4 pm ET (New York)

Module 9: Collective Conflict Healing

Kai Cheng Thom

Thursday, April 7th

2 - 4 pm ET (New York)

Module 10: Working with Babies & Bonding through Touch

Bonnie Bainbridge Cohen

Friday, April 8th / 2 - 3:30 pm ET (New York)

note day & time

Module 6: Understanding Conflict & Attachment

Kai Cheng Thom

Tuesday, March 29th / 2 - 4 pm ET (New York)

PHASE 4 - INTEGRATION & ADVANCED PRACTICES

April 12th - April 28th, 2022

Module 1 - Integration Session

Dr. Maureen Gallagher, Karine Bell, Dr. Scott Lyons

Tuesday, April 12th

2 - 4 pm ET (New York)

Module 2

Dr. Maureen Gallagher

Thursday, April 14th

2 - 4 pm ET (New York)

Module 3

Dr. Maureen Gallagher

Tuesday, April 19th

2 - 4 pm ET (New York)

Module 4

Dr. Maureen Gallagher

Thursday, April 21st

2 - 4 pm ET (New York)

Module 5

Dr. Maureen Gallagher

Tuesday, April 26th

2 - 4 pm ET (New York)

Module 6 - Integration Session

Dr. Maureen Gallagher, Karine Bell, Dr. Scott Lyons

Thursday, April 28th

2 - 4 pm ET (New York)

MEET THE PROGRAM DIRECTORS



KARINE BELL

Co-Director

Karine Bell is a somatics teacher and abolitionist, dedicated to embodied trauma alchemy. A bi-cultural black womxn, she's also a culturally reflexive anthropologist exploring the intersection of where our bodies/psyches/experiences meet our collective histories.

Website: www.rootedandembodied.com, www.karinebell.com, Instagram: [@tending.the.roots](https://www.instagram.com/tending.the.roots), [@karinebell](https://www.instagram.com/karinebell)



DR. MAUREEN GALLAGHER

Co-Director

Maureen Gallagher a Licensed Psychologist, Somatic Experiencing Faculty Member, and Inner Relationship Focusing Trainer. Her work and teaching are dedicated to embodiment, relying on somatic techniques and attachment theory. Her clinical work integrates relational psychoanalysis and experiential and process oriented models of attachment theory with somatic psychotherapies. She has maintained a private practice for over 20 years.



DR. SCOTT LYONS

Co-Director

Scott is the creator of Somatic Stress Release™ - a process of restoring our biological adaptation system and founder of The Embody Lab - a hub for embodied education, self-discovery and healing for global transformation.

Website: www.drscottlyons.com

ADDITIONAL FACULTY



BONNIE BAINBRIDGE COHEN

Bonnie Bainbridge Cohen is a movement artist, researcher, educator and therapist, and the developer of the Body-Mind Centering® approach to movement, the body, and consciousness. Since founding The School for Body-Mind Centering® in 1973, her work has influenced the fields of yoga, movement, dance, bodywork, body psychotherapy, childhood education, and other body-mind disciplines. She has been exploring yoga for over 50 years.

Website: www.bonniebainbridgecohen.com



JESSICA MONTGOMERY

Jessica Montgomery, MSW, CHT is a somatic counselor, Hakomi Trainer and catalyst. Blending brain science with mindful experiential techniques and profound regard for the unbroken wisdom within, Jessica facilitates individuals, couples and communities toward greater wholeness. Based in Portland Oregon, she has taught internationally in diverse settings from integrative medicine to wilderness retreat to bodyworker and counselor education. As co-developer of the Primary Attachment model, she supports practitioners in expanding capacity for professional intimacy. Jessica is skilled at synthesizing key information across disciplines, inspiring embodied approaches to personal and social evolution.



KAI CHENG THOM

Kai Cheng Thom is a writer, performer, somatic healer, and bodyworker based in tkaronto, colonially known as Toronto, Canada. She has published and spoken widely on trauma and Transformative Justice.

Instagram: [@kaichengthom](https://www.instagram.com/kaichengthom), Twitter: [@razorfemme](https://twitter.com/razorfemme)



SHELEANA AIYANA

Sheleana is an author + spiritual guide. She is passionate about healing our relationship patterns and making space for authentic love and connection because relationship is the fabric of our being.

Website: www.risingwoman.com, Instagram: [@risingwoman](https://www.instagram.com/risingwoman), [@sheleanaiyana](https://www.instagram.com/sheleanaiyana)



DR. PETER LEVINE

Peter A Levine, PhD, is the developer of Somatic Experiencing®, a naturalistic and neurobiological approach to healing trauma and author of several best-selling books on trauma, including Waking the Tiger. Dr. Levine holds doctorates in both Biophysics and Psychology and continues to teach trauma healing workshops internationally.

Website: www.somaticexperiencing.com, www.traumahealing.org

PANELISTS



DR. ALBERT WONG

Dr. Albert Wong is a leading clinician educator in the field of somatic psychology and the Former Director of Somatic Psychology at JFK University. He maintains a private counseling and consulting practice centered around somatic psychotherapy and is the founder of the online somatic education platform, Somatopia.

Website: www.somatopia.com, Facebook: www.facebook.com/somatopia, Instagram: [@somatopia](https://www.instagram.com/somatopia),
YouTube: www.youtube.com/qjwwong



DR. DAN SIEGEL

Dr. Siegel is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the Mindful Awareness Research Center at UCLA. He is also the Executive Director of the Mindsight Institute which focuses on the development of mindsight, teaches insight, empathy, and integration in individuals, families and communities.

Website: www.mindsightinstitute.com, www.drdansiegel.com, Facebook: www.facebook.com/drdansiegel, Instagram: [@drdansiegel](https://www.instagram.com/drdansiegel), Twitter: [@DrDanSiegel](https://twitter.com/DrDanSiegel)



DIANE POOLE HELLER

Diane Poole Heller PhD is an internationally recognized speaker, author and expert in the field of attachment theory and trauma resolution. Her signature approach—DARe (Dynamic Attachment Re-patterning experience)—provides therapists and individuals with relevant skills and practical exercises that facilitate healing from attachment and trauma wounds.

Website: www.dianepooleheller.com



EUPHRASIA "EFU" NYAKI

Euphrasia (Éfu) Nyaki was born and raised in Tanzania where she earned a bachelor of science degree, later trained as a healer. Efu is a Faculty Member of Somatic Experiencing®, and a Professor of Family Constellation System Therapy by Hellinger Institute. Efu teaches Trauma Resolution and Generational Trauma healing. Efu is also a co-founder of AFYA: Holistic Healing Center located in the northeast of Brazil.

MANUALS & SUPPORTING MATERIAL

You can find the manuals for the course on your online learning platform under [PREPARING FOR YOUR CERTIFICATE PROGRAM > MANUALS](#)

You can find the [Student Handbook](#) and the [Skill Competency Template](#) for the course on your online learning platform under [PREPARING FOR YOUR CERTIFICATE PROGRAM > STUDENT HANDBOOK & SKILL COMPETENCY TEMPLATE](#)

JOIN LIVE SESSIONS ON ZOOM

*The Zoom link will be active **15 minutes prior to the start time** and you will be let into a waiting room.*

When the instructor and the Zoom Assistant are ready, they will let all participants into the live session.

Please join a few minutes early to allow yourself to settle in.

These will use meeting format where students will be able to see each other and participate in optional Breakout Rooms

- *Learn more about meeting format on Zoom's website [HERE](#).*
- *Learn more about participating in Breakout rooms [HERE](#).*

***Optional* Breakout Rooms Post Session**

Stay 30 minutes after the class ends to connect with students and discuss the class in small breakout rooms with the Zoom Assistant with discussion prompts previously provided by the faculty.

- *Learn more about participating in Breakout rooms on Zoom [HERE](#).*

Community Connections with the Co-Directors

Community Connections with the Co-Directors will also use meeting format where students will be able to see each other. See notes above about Meeting format.

Please note: Your spoken, written questions, comments and image during the live sessions may be recorded and included in the video and audio recordings, transcriptions and may be distributed by The Embody Lab and used in perpetuity. If you choose to show your video and / or unmute yourself to speak during the session, you consent in advance to these uses. Breakout sessions are not recorded or transcribed.

REMINDER EMAILS

- **Student Orientation** - A reminder email will be sent 1 day before the Student Orientation, as well as the day of, with your Zoom link.

- **Live Classes** - You will receive a reminder email, with your Zoom link, at 6am PT / 9am ET for each day of the live sessions.
 - **Weekly Schedule Reminder** - Each Saturday at 6am PT / 9am ET, you will receive a Weekly Schedule email with a reminder of the upcoming week's schedule and any other important announcements.
 - If you do not receive the reminder emails with the Zoom Links, you may also find your Zoom link in the [Online Learning Library](#) under **PREPARING FOR YOUR CERTIFICATE PROGRAM > ACCESS LIVE SESSIONS** - [get your ZOOM link here!](#)
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WATCH THE RECORDINGS

In your [Online Learning Library](#), you will have lifetime access to all of the recordings for each session of the course after the end of each live class. We hope you can join us live but if you miss a class or have to leave early, the video, audio and transcript files will be uploaded as follows:

- After each session, a **temporary recording** will be made available within 12 hours of the end of live event. *Please note that this will be a temporary link to an unedited Zoom recording.
- The **fully edited video**, to watch in the player or download plus the audio and transcript, will be available within 48 hours of the end of the live event.
- Once they have been uploaded, you may watch the video in the video player or download the video, audio and transcripts under "Downloads".

Please note that for **Community Connections**, due to the personal nature of the content, recordings will only be viewable in the video player. Downloads for video, audio and transcripts will not be available.

CONTINUING EDUCATION CREDITS FOR HEALTH PROFESSIONALS

All students who complete the program will receive a certificate of completion. If you are interested in CEs, please register your interest on the [Student Enrollment Form](#).

CERTIFICATE OF COMPLETION / GRADUATION REQUIREMENTS

Below are the requirements to receive the Certificate of Completion:

- Attend the live sessions or watch the recordings.
- Practice Sessions - 20 hours total of practicing and integrating the material with other students in the program. To connect with another student, use the Online Community Forum or the Student Contact Lists under the Community Section
- Complete the Self Evaluation.
- Complete the above by June 28th, 2022.

COMMUNITY

The certificate program provides multiple options to connect with other students. This is optional and not required.

- **Breakout Rooms on Zoom** - After each of the 2 hour live sessions with faculty, a 30 minute *optional* breakout room period will be offered to students to further discuss the material. Although the faculty will not stay for the breakout rooms, they will provide discussion prompts to help facilitate the small student discussion groups. Breakout rooms will include: BIPOC, LGBTQIA+, General / All Students and others depending on the content of the presentation.
- **Live Zoom Community Connections with Directors** - The directors are offering 90 min *optional* community connections as outlined in the schedule section at the beginning of this document.
- **Online Community Forum** - This community forum is open to ALL STUDENTS and is for students to be able to communicate amongst each other. This is hosted on the same platform that you are using to access the course and has a similar look and feel to other public social media platforms like Facebook.
- Please read the **community agreements** below.

COMMUNITY AGREEMENTS

Inspired from: The Agreements for Multicultural Interactions at EBMC, Adapted from Visions Inc, "Guidelines for Productive Work Sessions" www.visions-inc.org

1. Try It On:

Be willing to "try on" new ideas, or ways of doing things that might not be what you prefer or are familiar with.

2. Practice Self Focus:

Attend to and speak about your own experiences and responses. Do not speak for a whole group or express assumptions about the experience of others.

3. Activation Happens - Nourish Yourself

4. Practice "Both / And":

When speaking, substitute "and" for "but". This practice acknowledges and honors multiple realities. Refrain from blaming or shaming self and other. Practice giving skillful feedback.

5. Move Up / Move Back:

Encourage full participation by all present. Take note of who is speaking and who is not. If you tend to speak often, consider “moving back” and vice versa.

6. Practice Mindful Listening:

Try to avoid planning what you’ll say as you listen to others. Be willing to be surprised, to learn something new. Listen with your whole self. Be open for the embodied experience.

7. Confidentiality:

Take home learnings, but don’t identify anyone other than yourself, now or later. If you would like to follow up with anyone regarding something they said during a session, ask first and respect their wishes.

8. Right to Pass - Agency of Self-Care:

You can say “I pass” if you don’t wish to speak. Discern a reflex pattern and resourcing.

CARE TEAM & SUPPORT

CARE TEAM FOR LIVE SESSIONS

The Care Team is a group of hand-picked stellar humans who are here to support the certificate students to reconnect to their own resources during the live Zoom sessions. They will be introduced at

the beginning of each session and directions will be provided on how to connect with them via Chat during the live session.

The Somatic Attachment Therapy Certificate program is an educational program. This program is not intended to provide therapy to students. Our faculty cannot offer one-on-one therapeutic sessions to students. The Embody Lab cannot make direct referrals for therapy for liability reasons. We suggest that if you are looking for a resource you may search for Somatic Therapists in your region or you may check out resources such as google, [United States Association for Body Psychotherapy \(USABP\)](#), or the [International Somatic Movement Education and Therapy Association \(ISMETA\)](#).

ADMIN & TECHNICAL SUPPORT

If you have any administrative questions or need technical support at anytime, please email us at info@theembodyslab.com