

## Basic Somatic Transformation

### A Relational and Body-Centered Approach to Healing Trauma

#### 2018 / 2019

Welcome to Somatic Transformation! We are excited to share this amazing professional and personal journey with you. The following information will help you prepare for the training and clarify the relationships we are building and the responsibilities involved. Upon acceptance into the program and your registration, you have committed to this 12-month journey of learning with Sharon and a small group of colleagues. You are also committing to the total cost of the training sequence.

Each Module will be a combination of didactic presentation, dialogue, demonstration, practice sessions, and reflective learning processes. There will be several facilitators participating in the training. Facilitators have successfully completed the Somatic Transformation Training Program, use Somatic Transformation in their own practice, and have facilitated at one or more previous programs.

Each participant will receive a certificate of attendance for each Module of three days of training. A certification of completion will be presented at the end of the one-year program. To earn

additional certification as a Somatic Transformation Practitioner, participants are required to have a number of personal sessions and hours of consultation. The specifics of certification are available on our website to accepted students.

#### Dates & Location

We will meet on **Fridays, Saturdays, and Sundays** during the year at Sharon's office and teaching space. There is parking at the site, and the location is within walking distance from the ferry from Seattle.

#### **213 Madison Ave. N., Bainbridge Island, WA 98110.**

September 28, 29, 30 — 2018

November 30, December 1, 2 — 2018

January 11, 12, 13 — 2019

March 15, 16, 17 — 2019

May 17, 18, 19 — 2019

September 13, 14, 15 — 2019

We will meet **at 9AM to 5PM**. We will provide tea and light snacks during breaks. We will enjoy a ninety-minute lunch break, providing time to enjoy a meal and a walk. There are many restaurants and coffee shops within easy walking distance.



## Certificate & Continuing Education Credits

Each participant will receive a certificate of attendance for each two-day Module. A certificate of completion will be presented at the end of the one-year course.

The course is approved for **108 CEUs** through Washington State Society of Clinical Social Work. Each Module provides 18 CEUs.

## Registration & Fees

Each three-day module is \$750. A one-time registration fee of \$375 is due after acceptance to the training, and applied to the cost of the first module. The remaining \$375 for the first module is due September 1st, 2018. Each subsequent module payment of \$750 is due on the first day of the month before each module. Visit [somatictransformation.com/payments](http://somatictransformation.com/payments) to pay via PayPal, or by check using the information provided at that page.

Please note that in registering for this course, you are committing to a year of learning and to the total cost of the program, \$4,500. In the event that you cannot attend a module because of an emergency, your payment for the module missed will be applied to that module in the next cycle of training.

## Lodging & Attendance

If you are staying on Bainbridge Island, you can choose from three hotels and several bed & breakfast options. You can find these options at [visitbainbridge.com/category/lodging](http://visitbainbridge.com/category/lodging).

Furthermore, you may find many listings on vrbo.com or airbnb.com.

For those commuting from Seattle, we recommend taking the 7:55AM ferry from Seattle's Coleman dock, and returning on the 5:30PM Bainbridge sailing. The crossing takes approximately 35 minutes, and we suggest arriving early if you are boarding by car as these are commuter sailing times, and there are no reservations. You can find a full ferry schedule at [wsdot.wa.dot/ferries/schedules](http://wsdot.wa.dot/ferries/schedules). Again, the teaching space is within walking distance of the Bainbridge terminal, and there is parking on-site.

During the training, participants are asked to turn off cell phones or any other distractions. Of course, you are welcome to use your personal devices during breaks.

## Contact

For further information, please email the Course Coordinator, Cheryl Petra at [montanasun@gmail.com](mailto:montanasun@gmail.com) or Sharon at [sharon@sharonstanley.org](mailto:sharon@sharonstanley.org).

