Somatic Healing Practitioner Training Workbook

Part 2

Introduction

Welcome to Day 2 of the Somatic Healing Practitioner Training! Today, we will focus on restoring safety from within. You will learn practices that empower you to cultivate inner safety and resilience, which is essential for effective somatic healing. This workbook includes reflective prompts designed to help you process your experiences and deepen your understanding of today's practices.

Instructions

Take your time with each prompt and express your thoughts and feelings freely. Reflection is a crucial part of integrating the practices you will learn today, and it will prepare you for the work we'll do during our live session tomorrow on Day 3.

DAY 2

As you watch the training video for Day 2, please write any questions, reflections or insights you may have here.

REFLECTIVE PROMPTS ON THE GUIDED PRACTICE
TO RESTORE SAFETY FROM WITHIN

1. Physical Sensations

- What physical sensations did you notice during the practice?
- How did your body feel before, during, and after?

2. Emotional Awareness

- What emotions came up for you during the practice?
- Were there any moments when you felt more at ease or more tense?

3. Grounding Experience

- How did the grounding exercise affect your sense of safety and connection to the present moment?
- Did you feel more anchored in your body?

4. Movement Reflection

- What sensations did you notice in your body?
- What did you notice inside by connecting to your safe place & exercising your soothing gesture?

5. Breath Connection

- How did your breath change throughout the practice?
- Did you notice any shifts in your anxiety or calmness?

6. Affirmation Impact

- Which affirmation resonated most with you?
- How did it feel to repeat it, and did it change your internal dialogue in any way?

7. Integration

- How can you incorporate what you experienced today into your daily life?
- Are there specific techniques or insights you want to remember?

8. Next Steps

- What challenges do you anticipate in practicing these techniques outside of our sessions?
- How can you prepare for those challenges?

9. Overall Reflection

- What was the most surprising or impactful part of the practice for you?
- How do you feel about your ability to regulate your nervous system moving forward?

Conclusion

Thank you for engaging deeply with these reflective prompts. Your insights will enhance your learning experience and prepare you for further exploration in somatic healing. Remember, cultivating inner safety is a journey of growth, connection, and compassion—both for yourself and those you will support.

Next Steps

Feel free to revisit these prompts after the training to continue your reflection and integration process. We look forward to seeing you for our live session tomorrow!