



# ISITTA

Innate Somatic Intelligence Trauma Therapy Approach

SYDNEY TRAINING 2026

# Innate Somatic Intelligence™ Trauma Therapy Approach

An Immersive Hakomi Trauma Training for Therapists

**With Manuela Mischke-Reeds, MA, MFT**

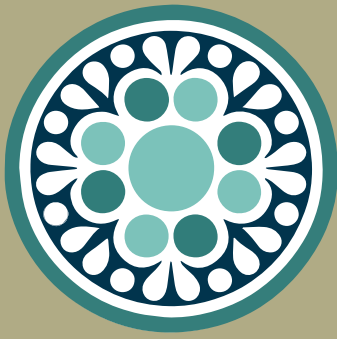
**Dates:** Sat 5th – Wed 9th December 2026

**Location:** Crows Nest, Sydney, Australia (in-person)

Therapists are facing individual, historical, and systemic trauma with their clients, whilst also navigating the challenges of the current uncertain world at the same time. In this complex relational field of current societal shifts, therapists are impacted in their own mental health wellbeing. Somatic skills are needed to both navigate one's nervous system health and meet the client's experience of their trauma complexity.

Innate Somatic Intelligence™ Trauma Therapy (ISITTA™) is a somatic integrative therapeutic modality that addresses how trauma in the body can be safely released and awaken innate healing capacities. The ISITTA trauma work focuses on key somatic trauma practices that can be easily integrated into other therapy modalities. Based on the Hakomi method and principles, the ISITTA work gives the therapist the much-needed somatic tools to help clients integrate their trauma experiences. This immersive training has a dual purpose: train the therapists to be self-regulated and somatically wise, whilst working with C-PTSD trauma states and building a somatic trauma repertoire.

ISITTA is an integrative and multidimensional training; it trains the practitioner experientially from their own soma-intelligence and provides a wide variety of somatic polyvagal-informed clinical skills that are applicable to trauma healing. The ISITTA training addresses both the



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clinical need for learning precise somatic therapy skills and becoming more somatically resourced as a practitioner. We learn somatic therapy from the inside out through experiential and relational practices.

This unique training integrates Hakomi core techniques, somatic therapy techniques, trauma movement therapy skills, and embodied mindfulness practices and safe touch work into a coherent model of how to reconnect with the innate somatic intelligence in each of us.

### Topics Covered:

- The multidimensional aspects of individual and systemic trauma
- Soma-up: Polyvagal informed lens to trauma
- Innate Wisdom: Cultivating the Therapist's Seat to meet trauma complexity
- Somatic Interventions for relational trauma and C-PTSD clients
- Somatic Self-Regulation techniques for the therapist and client
- Intrinsic movement techniques for trauma healing
- Compassionate Inquiry: Facilitation skills to illicit the innate somatic intelligence in trauma clients
- Trauma Body Maps: trauma responses and triggers in the body
- Somatic Resourcing: safety, belonging and connections
- Safe interventions with trauma clients
- Social Location and Cultural Awareness as a trauma therapist
- Learning Objectives:
- Integrate somatic therapy skills for trauma healing
- Learn how to facilitate somatic trauma states towards coherence and resource
- Develop a somatic self-care awareness and tools
- Practice trauma techniques that are polyvagal informed
- Understand trauma in the context of both individual, relational and collective trauma
- Learn precise somatic awareness practices
- Continuum practice for therapist self-regulation
- Trauma sensitive movement tools



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## Format of the training:

This in-person training will be a multidimensional learning experience. Short didactic presentations, groups discussions, small group skill practices, live demos, and experiential somatic and movement practices. The emphasis is on learning from the soma-up, participants need to be comfortable to do somatic movement floor work.

## Who is this training for?

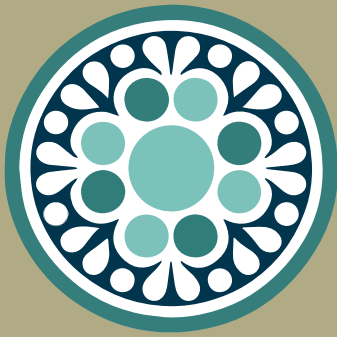
ISITTA is a somatic experiential approach that can be applied to many professions such as Psychotherapy, Clinical Psychology, Mental Health Counseling and Coaching, Psychedelic-Assisted Therapies, or any health professional who is seeking nuanced somatic trauma healing tools.

## Why take this training?

If you want to expand your somatic clinical skills set towards more nuanced interventions or integrate somatic therapy into your practice this training will be helpful. This training is suited to therapists that want an immersive experience themselves and see their own mental health as essential in providing best care to their clients. This training recognizes the potential burnout working with trauma clients and helps the clinicians to restore their own inner wellbeing through intrinsic movement, breath and somatic awareness practices. This training builds practical skills that can be applied right away with clients.

## Recommended Books:

- Mischke-Reeds, M. (2019). 125 Somatic Psychotherapy Tools for Trauma and Stress (PESI).
- Mischke-Reeds, M. (2025). Trauma-Sensitive Movement: 96 Somatic Techniques to Support Nervous System Regulation and Embodied Transformation in Therapy (PESI)



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## Manuela Mischke-Reeds

**MA, MFT.**

Manuela Mischke-Reeds is an international teacher of somatic psychology, a somatic trauma psychotherapist, a founder of the Hakomi Institute of California and Embodwise (non-profit). She is a Mentor at CIIS Psychedelic Research Program. Manuela is the developer of the Innate Somatic Intelligence Trauma Therapy Approach (ISITTA), an in-depth trauma training program for therapists and practitioners.

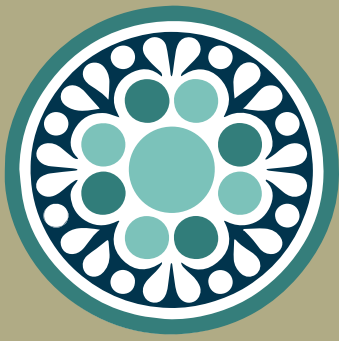
Manuela has 25+ years of clinical experience with a wide variety of trauma clients such as first responders and victims of political torture. She trains professionals on the topics of somatic psychology, trauma-informed therapies, somatic psychedelic assisted psychotherapy and movement therapy.

Manuela is the author of several books:

- 8 Keys to Practicing Mindfulness: Practical Strategies for Emotional Health and Well Being (W.W.Norton 2015)
- 125 Somatic Psychotherapy Tools for Trauma and Stress (PESI 2018)
- Trauma-Sensitive Movement: 96 Somatic Techniques to Support Nervous System Regulation and Embodied Transformation in Therapy (PESI 2025)
- Embodied Psychedelic Therapy: A Somatic Guide with Joshua Sylvae (W.W.Norton 2025)

You can find out more about Manuela's work and teaching at:

[www.manuelamischkereeds.com](http://www.manuelamischkereeds.com) and [www.embodywise.com](http://www.embodywise.com).



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## DATES:

Saturday 5th – Wednesday 9th December 2026

## TIMES:

10:00am – 5:30pm daily

The training will provide 25 hours for Continuing Professional Development programs.

## VENUE:

Crows Nest Centre, 2 Ernest Place, Crows Nest in Sydney

Morning and afternoon tea provided.

## INVESTMENT:

Early Bird Payment – due by 1st September 2026      \$2,640      (\$2,400 plus GST)  
(\$550 deposit to secure your place, plus balance of \$2,090 due by 1st September 2026)

Standard Payment – due by 4th December 2026      \$2,860      (\$2,600 plus GST)  
(\$550 deposit to secure your place, plus balance of \$2,310 due by 4th December 2026)

## CANCELLATION POLICY

Cancellations received by email or phone before 1st November will receive a full refund minus a \$99 administrative fee. Cancellations received between 1st November and 28th November will receive a refund minus \$550 deposit. There will be no refunds for non-attendance or cancellations received within 7 days of the start of the training.



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## REGISTRATION:

Click [here](#) to download the registration form.

Please pay by internet payment and email your completed Registration Form to Karen

Baikie at [sydney\\_training\\_info@hakomi.com.au](mailto:sydney_training_info@hakomi.com.au)

## INTERNET PAYMENT:

Hakomi Sydney (account will come up as Grow Mindfully Pty Ltd)

BSB 082 401

Account 426426834

Please include your name as the reference

## ENQUIRIES

If you have further questions, contact:

**Karen Baikie**

Email: [sydney\\_training\\_info@hakomi.com.au](mailto:sydney_training_info@hakomi.com.au)

Phone: 02 9436 0919