



# ISITTA

Innate Somatic Intelligence Trauma Therapy Approach

SYDNEY TRAINING 2026

## ISITTA REGISTRATION FORM

*Innate Somatic Intelligence Trauma Therapy Approach, considers applicants for admission to our trainings without regard to age, gender, gender identity, race, creed, color, national/ethnic origin, sexual orientation, physical ability or marital status.*

### IMPORTANT NOTE:

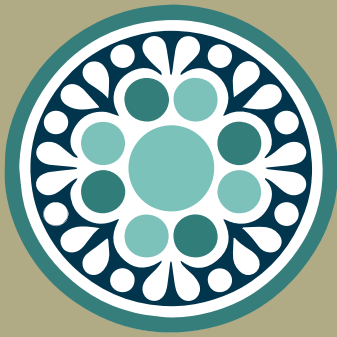
We want you to be comfortable and safe in this training and want to set the right expectations so you can get the most out of our unique approach to working with trauma. Please note that this trauma training is highly experiential and requires students to be open and curious to explore their own experiences.

This training is suitable for mental health professionals that want to integrate somatic therapy and Hakomi techniques into their existing practice.

Your personal trauma stories might be relevant for learning about trauma from the inside out. This training does not substitute trauma therapy and we highly encourage anyone to have the outside support of a trained mental health professional. Your personal narrative exploration is voluntary and serves as a reflection and deeper understanding to become trauma informed.

The training will require a willingness to engage in somatic practices, including movement and breathing practices. All these practices are done with keeping you and everyone safe you will always have a choice in this training, and no one is excluded for their preferences of learning. We encourage somatic learning from your own experiences so that you can better understand the clients you will be working with.

**Please copy the following questions and responses into a separate document and email to: [sydney\\_training\\_info@hakomi.com.au](mailto:sydney_training_info@hakomi.com.au)**



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## CONTACT INFORMATION:

- Application Date:
- Name:
- Gender: \_\_\_ M \_\_\_ F \_\_\_ Non-binary
- Preferred pronouns:
- Mobile:
- Email:
- Address:
- Occupation:
- Payment Plan: Early Bird / Standard / Instalment Plan
- Payment Amount and Date:

## PROFESSIONAL ASPIRATIONS:

Tell us a bit about why you want to take this trauma training and how you will use it in your work.

## WORK HISTORY:

Please tell us a bit about any relevant work.

## EDUCATION HISTORY:

Please tell us a bit about your educational history

## HAKOMI AND EXPERIENTIAL PSYCHOTHERAPY EXPERIENCE:

Briefly describe any other trainings or workshops that you've taken in Hakomi Mindful Somatic Psychology. If you haven't studied Hakomi, please describe any experiential psychotherapy methods you've learned.



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## TRAUMA THERAPY OR TRAINING EXPERIENCE:

Please list any prior trauma trainings you've taken or other related educational experiences, if not included above.

## OTHER:

Anything else you want us to know about you? If you're comfortable doing so, you can also share any personal trauma experiences that feel relevant. Only answer if you feel you want us to know about it to get to know you and be sensitive to your needs.

**Thank you for registering for ISITTA Training.**