

Certificate in Embodied TA



Introduction

This is a highly experiential, process driven training. My goal is to facilitate participants to gain confidence and skills to include embodied approaches in their therapy practice. The training involves skills practice, experiential exercises, opportunity and encouragement to look at your own embodied process, group process and supervision.

Dates

Module one: Friday the 2nd of Oct 2026 5pm – 9pm and Saturday the 3rd 9am – 6pm

Module two: Friday the 20st of Nov 2026 5pm – 9pm and Saturday the 21nd 9am – 6pm

Module three: Friday the 29th of Jan 2027 5pm – 9pm and Saturday the 30th 9am – 6pm

Module four: Friday the 2nd of Apr 2027 5pm – 9pm and Saturday the 3rd 9am – 6pm

Locations

Ringmer, East Sussex.

Fee

The course fee is £965. There is an early bird fee of £850 if you book before the 1st of May 2026. Concession fee may be available on request. Upon booking, there is a 20% non-refundable deposit of the full fee (£965). The full fee is due by the 1st of August 2026. Instalments by arrangement are possible.

Learning objectives

- Deepening understanding of your own body and bodily processes.
- Understanding the science behind working in an embodied manner.
- To gain multiple practical skills which can be taken into clinical work immediately.
- An understanding of Polyvagal theory and how to work with it.
- To gain confidence to work with the body therapeutically, especially around working with trauma.
- To see how movement and touch can be integrated into talking therapy.

Topics covered

- Polyvagal theory
- Trauma (discharge and release)
- Working with touch
- Dance and movement
- Tension and flow
- Embodied countertransference
- Befriending the body
- Listening to your own body
- And more...

Entry requirements

This is an intermediate to advanced training, suitable for participants who have some experience of counselling skills, and possibly working with clients. Some beginners

knowledge of TA is preferable, although not essential. If you are unsure of your suitability, please get in touch to discuss your specifics.

Qualification

48 hour certificate in Embodied TA. In order to achieve the certificate 100% attendance is required. In exceptional circumstances, you may be able to make up any missed hours through written work.

How to apply

Feel free to ask any questions first. If you then wish to apply for the training, please send me a brief description of your clinical experience, training/qualification level. If we have not worked together before a brief zoom chat to make sure the course is right for you, might be necessary.

Cancellation policy

If for any reason you need to cancel your place, the remaining balance (minus the deposit) will be fully returned if you let me know before August the 1st 2025. After this, unfortunately the whole fee is non-refundable.

About the trainer

I am a UKCP psychotherapist, trainer and supervisor; a Certified Transactional Analyst; PTSTA(P); and an accredited Dance of Awareness therapist. I hold an advanced diploma in Body Psychotherapy. I currently work as a core tutor on the TA and Integrative psychotherapy training at The Link Centre.

Alongside my clinical and teaching practice, I am part of the reviewing team for the Transactional Analyst Journal, Chair of UKATA's Exam Committee, and the UK's Written Exam Coordinator for the CTA. I am passionate about integrating embodied approaches and Interpersonal Neurobiology with TA.

Contact details

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