**Course References & Links**

<https://www.yogaanytime.com/blog/asana/what-is-the-somatic-approach-to-yoga#:~:text=Yoga%20is%20a%20somatic%20practice,movement%20without%20actually%20feeling%20it>

<https://www.antioch.edu/academics/psychology/somatic-psychotherapy-certificate/>

<https://pubmed.ncbi.nlm.nih.gov/9384857/>

<https://learnmuscles.com/blog/2018/02/17/where-does-somatic-memory-in-the-body-reside/>

<https://integrativepsych.co/new-blog/somatic-therapy-explained-methods>

<https://www.scribd.com/read/479633641/The-Somatic-Therapy-Workbook-Stress-Relieving-Exercises-for-Strengthening-the-Mind-Body-Connection-and-Sparking-Emotional-and-Physical-Healing>

<https://www.psychologytoday.com/us/therapy-types/somatic-therapy>

<https://www.orlandosentinel.com/health/get-healthy-orlando/os-somatic-massage-confronts-pain-trauma-20180628-story.html>

<https://beintegrativewellness.com/holistic-healing-somatic-touch.htm>

<https://positivepsychology.com/somatic-experiencing/#:~:text=.%2C%202015).-,Is%20Somatic%20Experiencing%20Evidence%2DBased%3F,applying%20them%20to%20wider%20populations>.

<https://www.mayoclinic.org/diseases-conditions/somatic-symptom-disorder/symptoms-causes/syc-20377776#:~:text=Overview,emotional%20distress%20and%20problems%20functioning>

<https://psychiatry.org/patients-families/somatic-symptom-disorder/what-is-somatic-symptom-disorder>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181769/>

<https://www.ucl.ac.uk/news/2022/jul/analysis-depression-probably-not-caused-chemical-imbalance-brain-new-study>

<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/complementary-and-alternative-medicine>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/types-of-complementary-and-alternative-medicine>

<https://www.scientificamerican.com/article/what-is-homeostasis/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7076167/>

<https://www.apa.org/topics/trauma>

<https://www.unh.edu/pacs/what-grounding>

<https://www.mayoclinic.org/departments-centers/integrative-medicine-health/sections/overview/ovc-20464567>

<https://www.nccih.nih.gov/about/nccih-strategic-plan-2021-2025>

<https://www.nccih.nih.gov/grants/mind-and-body-research-information-for-researchers>

<https://www.ncbi.nlm.nih.gov/books/NBK539845/>

<https://gut.bmj.com/content/47/suppl_4/iv15>

<http://www.vivo.colostate.edu/hbooks/pathphys/digestion/basics/gi_nervous.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5050399/>

<https://www.ncbi.nlm.nih.gov/books/NBK539845/>

[https://www.merckmanuals.com/home/brain,-spinal-cord,-and-nerve-disorders/autonomic-nervous-system-disorders/overview-of-the-autonomic-nervous-system](https://www.merckmanuals.com/home/brain%2C-spinal-cord%2C-and-nerve-disorders/autonomic-nervous-system-disorders/overview-of-the-autonomic-nervous-system)

<https://outdoorindustry.org/resource/2019-outdoor-participation-report/?utm_source=media&utm_medium=press-release&utm_campaign=participation>

<https://www.apa.org/news/press/releases/stress/2017/technology-social-media.pdf>

<https://www.apa.org/topics/trauma>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/trauma/about-trauma/>

<https://earlyconnections.mo.gov/professionals/trauma-informed-care>

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/trauma>

<https://www.aplaceofhope.com/what-trauma-is-and-is-not/>

<https://earlyconnections.mo.gov/professionals/trauma-informed-care>

<https://www.cdc.gov/violenceprevention/aces/index.html>

<https://nyulangone.org/news/understanding-difference-between-difficult-moment-trauma>

<https://about.kaiserpermanente.org/total-health/health-tips/healing-from-collective-trauma>

<https://www.scientificamerican.com/article/how-you-feel-what-another-body-feels/>

<https://www.sciencedirect.com/science/article/abs/pii/S1053811912001309>

<https://www.mindbodygreen.com/articles/attunement>

<https://www.sciencefriday.com/segments/marina-abramovic-experimenting-on-consciousness-through-art/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4212945/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5442367/>

<https://www.6seconds.org/2007/01/26/the-physics-of-emotion-candace-pert-on-feeling-good/>

<https://rogersbh.org/emotional-dysregulation-facts>

<http://www.nature.com/news/fearful-memories-haunt-mouse-descendants-1.14272>

[https://www.biologicalpsychiatryjournal.com/article/S0006-3223(15)00652-6/fulltext](https://www.biologicalpsychiatryjournal.com/article/S0006-3223%2815%2900652-6/fulltext)

<https://www.theguardian.com/science/2015/aug/21/study-of-holocaust-survivors-finds-trauma-passed-on-to-childrens-genes>

<https://www.mountsinai.org/about/newsroom/2015/study-of-holocaust-survivors-finds-trauma-passed-on-to-childrens-genes>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6720013/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3000712/>

<https://chronicillnesstraumastudies.com/type-2-diabetes-trauma/>

<https://pubmed.ncbi.nlm.nih.gov/26299061/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3991026/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7024758/>

<https://my.clevelandclinic.org/health/articles/22857-gamma-aminobutyric-acid-gaba>

<https://psychcentral.com/health/essential-oils-for-stress#list>

<https://training.seer.cancer.gov/anatomy/body/review.html>

<https://my.clevelandclinic.org/health/body/21048-skeletal-system>

<https://www.kenhub.com/en/library/anatomy/the-musculoskeletal-system>

<https://www.ptdirect.com/training-design/anatomy-and-physiology/the-musculoskeletal-system-2013-an-overview>

<https://training.seer.cancer.gov/anatomy/body/review.html>

<https://www.ptdirect.com/training-design/anatomy-and-physiology/the-skeletal-system>

<https://training.seer.cancer.gov/anatomy/muscular/>

<https://www.ptdirect.com/training-design/anatomy-and-physiology/general-muscle-charts-of-the-body>

<https://www.ptdirect.com/training-design/anatomy-and-physiology/the-nervous-system-2013-anatomy-and-function>

<https://www.news-medical.net/health/What-is-the-Nervous-System.aspx>

<https://training.seer.cancer.gov/anatomy/endocrine/>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/anatomy-of-the-endocrine-system>

<https://www.epa.gov/endocrine-disruption/what-endocrine-system>

<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/reproductive-system>

<https://training.seer.cancer.gov/anatomy/reproductive/>

<https://training.seer.cancer.gov/anatomy/reproductive/female/>

<https://training.seer.cancer.gov/anatomy/cardiovascular/>

<https://www.cardiosecur.com/magazine/specialist-articles-on-the-heart/cardiovascular-system>

<https://www.cardiosecur.com/magazine/specialist-articles-on-the-heart/cardiovascular-system>

<https://www.heartmath.org/articles-of-the-heart/the-math-of-heartmath/heart-intelligence/>

<https://training.seer.cancer.gov/anatomy/lymphatic/>

<https://biologydictionary.net/lymphatic-system/>

<https://training.seer.cancer.gov/anatomy/respiratory/>

<https://nurseslabs.com/respiratory-system/>

<https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/anatomy-of-the-urinary-system>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1297513/>

<https://www.activeherb.com/blog/ayurveda-tcm-exploring-the-similarities-differences-of-these-ancient-systems.html>

<https://study.com/academy/lesson/what-is-energetic-anatomy-definition-uses-concepts.html>

<https://www.psychologytoday.com/us/therapy-types/somatic-therapy>

<http://wellnesscke.net/downloadables/AbriefhistoryofSomaticanddance.pdf>

<https://www.verywellmind.com/what-is-somatic-experiencing-5204186>

<https://www.awarenessandbodywork.com/resources/somatic-psychology-history/>

<https://positivepsychology.com/somatic-experiencing/#:~:text=.%2C%202015).-,Is%20Somatic%20Experiencing%20Evidence%2DBased%3F,applying%20them%20to%20wider%20populations>

<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.620381/full>

<https://psychcentral.com/blog/how-somatic-therapy-can-help-patients-suffering-from-psychological-trauma>

<http://wellnesscke.net/downloadables/AbriefhistoryofSomaticanddance.pdf>

<https://www.eightelementswest.com/8-principles-of-somatics-abcs/>

[**https://integrativepsych.co/new-blog/somatic-therapy-explained-methods**](https://integrativepsych.co/new-blog/somatic-therapy-explained-methods)

<https://www.verywellmind.com/what-is-active-listening-3024343>

<https://www.maxwell.syr.edu/docs/default-source/ektron-files/reflective-listening-nk.pdf?sfvrsn=f1fa6672_5>

<https://www.castleford-yoga.co.uk/2015/12/08/pranayama-series-nadi-shodhana-alternate-nostril-breathing/>

<https://www.himalayanyogainstitute.com/9-yogic-breathing-practices-mind-body-balance-healing/>

<https://www.sciencedirect.com/topics/medicine-and-dentistry/physiological-state>

<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/homeostasis>

<https://m1psychology.com/brain-waves-and-hypnosis/>

[Introduction To NLP Anchoring 2: What Is Anchoring?](https://nlppod.com/introduction-to-nlp-anchoring-2-what-is-anchoring/)

[Introduction To NLP Anchoring 1: Identifying States You Want To Change](https://nlppod.com/nlp-anchoring-identifying-states/)

<https://www.appliedbehavioranalysisedu.org/what-is-deep-pressure-stimulation/>

<https://www.appliedbehavioranalysisedu.org/what-is-deep-pressure-stimulation/>

<https://www.hrrv.org/blog/how-to-give-a-hand-massage/>

<https://www.bodhitreespa.co.uk/thai-foot-massage/>

<https://www.thaiyogamassage.school/workbooks/thai-foot-massage-workbook.pdf>

<https://www.ayurgamaya.com/blog/2020/9/3/abhyanga-oil-massage-benefits>

<https://chopra.com/articles/the-benefits-of-ayurveda-self-massage-abhyanga>

<https://www.ayurgamaya.com/blog/2020/5/16/ayurveda-body-type-quiz-vata-pitta-kapha-dosha-imbalance-test>

<https://www.sc.edu/about/offices_and_divisions/housing/documents/resiliencyproject/7keyattitudesofmindfulness.pdf>

<https://psychcentral.com/anxiety/how-to-train-your-brain-to-alleviate-anxiety>

<https://truhugs.com/research-science/weighted-blanket-benefits-anxiety-weighted-blanket/>

<https://casper.com/blog/what-is-weighted-blanket/>

<https://spinecarechiropractor.com/2020/05/27/the-surprising-link-between-posture-and-depression/>

<https://pubmed.ncbi.nlm.nih.gov/27494342/>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/multimedia/back-pain/sls-20076817?s=3>

<https://my.clevelandclinic.org/health/articles/4485-back-health-and-posture>

<https://www.yogabasics.com/learn/history-of-yoga/>

<https://en.wikipedia.org/wiki/Asana>

<https://www.yogaanytime.com/blog/asana/what-is-the-somatic-approach-to-yoga#:~:text=Yoga%20is%20a%20somatic%20practice,movement%20without%20actually%20feeling%20it>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>

<https://somaticmovementcenter.com/somatic-movement-what-is-somatic-movement/>

<https://www.childrensmn.org/educationmaterials/childrensmn/article/15925/bilateral-coordination/>

<https://journals.lww.com/acsm-healthfitness/fulltext/2018/05000/unilateral_and_bilateral_exercise_movements_.6.aspx>

<http://pfc.my/blog/unilateral-vs-bilateral-exercise>

<http://talk.yoga/2015/10/the-power-of-a-walk/>

<https://openaccesspub.org/jbbs/article/698>

<https://mountainkidslouisville.com/blog/empathy-connection-confidence-3-ways-dance-aids-emotional-development/>

<https://www.elitedancestudio.net/blogs/how-dancing-benefits-mental-health/>

<https://rootedcounselingmi.com/blog/2019/8/26/4-things-you-need-to-know-about-somatic-dance-movement>

<https://www.impulstanz.com/media/download/Informations_SMTT_en.pdf>

<http://wellnesscke.net/downloadables/AbriefhistoryofSomaticanddance.pdf>

<http://wellnesscke.net/downloadables/AbriefhistoryofSomaticanddance.pdf>

<https://www.goodtherapy.org/learn-about-therapy/types/art-therapy>

<https://www.wavwatch.com/blog/healing-with-sound-vibrations-how-sound-frequencies-heal-different-health-problems>

<https://www.ementalhealth.ca/Waterloo-Regional-Municipality/Bilateral-Music-for-Anxiety-Stress-and-Trauma/index.php?m=article&ID=84502>

<https://www.linda-thai.com/blog/bilateral-music>

<https://www.wavwatch.com/blog/healing-with-sound-vibrations-how-sound-frequencies-heal-different-health-problems>

<https://owlhearthealingarts.com/bilateral-music-relieves-depression-and-anxiety/?doing_wp_cron=1664721325.0054969787597656250000>

<https://www.healthymindmi.com/bilateralmusic>

<https://www.healthline.com/health/binaural-beats>

<https://www.bettersleep.com/blog/science-behind-solfeggio-frequencies/>

<https://mindeasy.com/the-9-solfeggio-frequencies-and-their-benefits/>

<https://repetitionsfitness.ca/healing-benefits-music-tuned-432-hz/>

<https://www.bettersleep.com/blog/solfeggio-frequencies-how-to-benefit-from-528-hz/>

<https://www.abc.net.au/news/2020-04-21/chanting-practice-reduce-symptoms-stress-anxiety-depression/12046736>

<https://www.yogapedia.com/2/8623/meditation/mantra/the-meaning-of-om-mani-padme-hum>

<https://my.clevelandclinic.org/health/symptoms/21773-heart-rate-variability-hrv>

<https://www.heartmath.org/research/research-library/basic/following-the-rhythm-of-the-heart/>

<https://wildtreewellness.com/butterfly-hug/>

<https://www.counselingconnectionsnm.com/blog/what-is-bilateral-stimulation-how-is-it-used-in-emdr-therapy>

<https://play-it-through.co.uk/2019/09/12/emotional-first-aid-trauma-tapping-technique/>

<https://iwacoaching.com/emotional-clearing-method/>

<https://www.healthline.com/health/muscle-testing>

<https://theconversation.com/polygraph-lie-detector-tests-can-they-really-stop-criminals-reoffending-130477>

<https://books.google.com/books?hl=en&lr=&id=e0s1AlEucxkC&oi=fnd&pg=PA79&dq=ethical+practice+somatics+and+children&ots=nS8bafEUwU&sig=Lz2ez_xnGeJG_4YwrPjwumOVMng#v=onepage&q=ethical%20practice%20somatics%20and%20children&f=false>

[**https://positivepsychology.com/boundaries-psychology-therapy/**](https://positivepsychology.com/boundaries-psychology-therapy/)

<https://www.goodtherapy.org/blog/psychpedia/stereotype>

<https://www.somatichealingtherapy.com/resources/what-is-touch-trauma-therapy>

<https://www.bodynamic.com/blog/ethical-consideration-in-somatic-psychotherapies/>

<https://www.massagetherapy.com/articles/touch-trauma>

<https://www.europsyche.org/quality-standards/eap-guidelines/statement-of-ethical-principles/>

<https://iwacoaching.com/product/business-mastery-course-online/>