



How to run somatic online sessions

In these challenging times, when people are practicing social isolation, it is more important than ever to support our clients in regulating their emotions, connecting with their bodies and finding ways to be self sufficient around touch, intimacy and pleasure.

In this class we will explore how to use the virtual world as a portal for connection, support and coaching with your clients.

We will explore how to move away from talking only sessions to use creative ways of translating practices to an online platform. Even traditionally hands on practices can be effectively explored when you teach online.

Screens can be challenging when it comes to somatic work but can also provide a great opportunity for your clients to learn how they can be their own best resource.

This class will cover:

- Somatic practices you could coach online
- Developing the language required for guiding while someone is practicing
- How to utilize the client's and the practitioner's environment for effective somatic work
- Developing your presence for online work (how to stay centred, connected and attentive)
- Negotiating boundaries and agreements
- Expanding your sense of possibility for online learning objectives
- Session structure
- Supporting your clients between sessions

We are offering this class twice so that people in different times zones can access it. Visit [the ISS web site](#) for upcoming dates.

Price:

\$45 AUD

Payment is PayPal, following this link: [Institute of Somatic Sexology](#)

Registration:

Please email Uma to register:

uma@instituteofsomaticsexology.com

