

A master training to improve outcomes in all therapeutic modalities using greater embodiment of emotions through body, energy, and consciousness

## What is ISP ?

Integral Somatic Psychology (ISP) is a complementary approach based both on Western and Eastern psychology which is geared towards improving outcomes in all therapeutic modalities through greater embodiment of all aspects of experience (e.g. cognition, emotion, and behavior), and all levels of the psyche (e. g. body, energy, and consciousness).

## What does the training offer?

Over three workshops of four days each, through lectures, exercises, demonstrations, and practice sessions, the participants will learn how to develop a greater capacity for polarities in life experience to resolve current symptoms more efficiently and build resilience for the future.

## Testimonials

The course has brought into my awareness the urgent need to recognize, accept and integrate our emotions with our thoughts. The focus on cognitive and behavioral issues has pushed into the background the role that emotions play in our lives. Knowing that emotions can be trapped at a physical level and need to be assimilated into our experience is an essential component of growth and needs to be studied with openness and objectivity. My initial skepticism has given way to a curiosity that I wish to expand and that I know will be satisfied through this course. The non-judgmental and secure environment created for the participants experience makes the training an enriching and rewarding experience.

-Dr. Cicilia Chettiar

HOD Dept. of Psychology, Maniben Nanavati Women's College

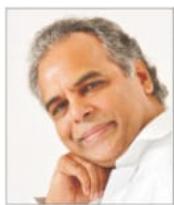
## About the Trainers

Module 1 & 2 will be conducted by Mimansa Popat



Ms. Mimansa Popat is a Mental Health Professional with over 25 years of experience. As a therapist she has specialized in Choice Theory & Reality Therapy, Gestalt Therapy, Somatic Experiencing (SE) and Integral Somatic Psychology (ISP). She assists on SE and ISP training programs overseas and Asian countries besides teaching ISP in India.

Module 3 will be conducted by Dr Raja Selvam:



Raja Selvam, PhD, is a senior trainer in Peter Levine's Somatic Experiencing (SE) professional trauma trainings and the developer of Integral Somatic Psychology (ISP). Dr. Selvam's work draws from bodywork systems of Postural Integration, Biodynamic Cranio-Sacral Therapy, and Polarity Therapy, body psychotherapy systems of Reichian Therapy, Bioenergetics, Bodydynamic Analysis, Jungian and Archetypal psychologies, psychoanalytic schools of Object Relations and Inter-Subjectivity, Somatic Experiencing (SE), Affective Neuroscience, Quantum Physics, Yoga, and Advaita Vedanta

## Venue

Mumbai : Prafnita, Andheri East  
 Don Bosco, Matunga

Bengaluru: ISI, Benson Town

## Training Dates

### Module I :

Bangaluru : Mar. 06th to 09th, 2025  
 Mumbai : Mar. 20th to 23rd, 2025  
 Jul. 03rd to 06th, 2025

### Module II :

Bangaluru : Sep. 25th to 28th, 2025  
 Mumbai : Oct. 09th to 12th, 2025

### Module III :

Mumbai : February 2026

*CV to be sent to  
[prafnitaispindia@gmail.com](mailto:prafnitaispindia@gmail.com)*

*The training also includes periodic study groups and case consults towards international certification. Practicum and related information see website.*

## Fees

Module I & II : Rs. 29,400/-  
 +18% GST each

Module III : Rs. 32,890/-  
 + 18% GST

Personal Sessions, Individual Case Consults : Rs. 2,500/-  
 Study Group - Supervised Practice & Case Consultations : Rs. 1,600/-

Group Case Consults online with Dr. Raja will be made available at subsidized rates for India.

Individual Case Consults with Faculty Rs. 3000/- Only one during the entire training is possible.

For further details visit us at  
[www.prafnitaandheri.org](http://www.prafnitaandheri.org),  
[www.integralsomaticpsychology.com](http://www.integralsomaticpsychology.com)  
 or email us on  
[prafnitaispindia@gmail.com](mailto:prafnitaispindia@gmail.com)