

Learn to practice embodying emotions with Dr. Raja Selvam from home!

At times convenient for you in all European countries: Central European Time (CET).

The practice of embodying emotions, taught in the Integral Somatic Psychology (ISP) professional training, has been found helpful in reducing treatment times and improving diverse outcomes (cognitive, emotional, behavioral, relational, and spiritual) in all therapy modalities.

The science-backed and body-based approach of ISP is detailed in Dr. Selvam's recent book: *The Practice of Embodying Emotions: A method for improving cognitive, emotional, and behavioral outcomes*. For more book information: <https://integralsomaticpsychology.com/books/the-practice-of-embodying-emotions-by-raja-selvam>

CENTRAL EUROPEAN TIME online ISP Professional Training

Module 1 - November 24-27, 2022 / Module 2 - May 25-28, 2023 / Module 3 - November 23-26, 2023

For more information: <https://bit.ly/3Qvw3Gh>