The Somatic Psychology program offers an integrative perspective on professional training and counseling psychology theory and practice. Experiential and conceptual learning, clinical skill development, and personal experience are woven through each class. The focus is on how breath, movement, musculature, cognitions, affective expressions, and relational patterns are shaped by past and present experiences. Courses integrate somatic-oriented material with contemporary psychological and developmental theories and practices.

Program Highlights

The Somatic Psychology program grounds psychotherapeutic inquiry and clinical training in the body. Focusing on psychological and bodily dynamics, the program’s systemic approach considers the whole person in his or her psychophysical context. Courses explore the body/mind connection and integrate somatic psychology with contemporary relational, developmental, and neuropsychological theories and clinical practices. Within an environment of rigorous intellectual study, students develop a reflective approach to somatic psychotherapy.

Students receive a strong foundation in counseling theory and practice in preparation for the California Marriage and Family Therapy licensing exams. Clinical training includes diagnosis, assessment, treatment planning, and the application of psychotherapy to adults, couples, groups, families, and children. Each cohort balances classroom learning with experiential workshops and a yearlong supervised clinical training.

Admissions

415.575.6164 admissions@ciis.edu
For information on application requirements and procedures, or to complete an online application, please visit www.clis.edu/admissions.

Financial Aid

415.575.6122 financialaid@ciis.edu
For information about our financial aid programs, including federal student loans, private loans, grants, and student employment, please visit www.clis.edu/financialaid.

About CIIS

California Institute of Integral Studies is an internationally recognized leader in integral education. CIIS has an enrollment of more than 1,600 students pursuing degrees in a variety of academic programs in its schools of Consciousness and Transformation, Professional Psychology and Health, and in the Undergraduate Studies division. In addition, CIIS hosts a vibrant arts and educational programs through the arts at CIIS, and offers a dynamic array of events through its Public Programs & Performance division, including workshops, concerts, and conferences. CIIS is accredited by theWSCUC, Senior College and University Commission (WSCUC).
Our program and CIIS itself provide the perfect home for thoughtful idealists who are shaping their lives toward the health of the planet and of the fragmented human community, and who have engaged themselves in preparing for significant contributions to these issues by engaging in one or another transformative practice.

Our unique program artfully interweaves academic, clinical, and experiential training in conventional and body-oriented models of psychotherapy and addresses a wide array of issues and challenges that diverse individuals and communities face. Students develop their own embodiment while learning to foster embodied and resourceful functioning—self-awareness and regulation, relational engagement, and creative problem-solving—in their clients. Healing happens in the here and now—and the body is a gateway to the present moment.

Our recent graduates work in a wide variety of professional positions in the following areas:

1. Public agencies for adult, adolescent, child, couples, and family therapy
2. Private practices that integrate somatic and psychological service models
3. Specialized clinics and mental health services for trauma, eating disorders, addiction, autism, sleep apnea, hormonal care, women’s health, integrative health, and transitional programs for young adults
4. Programs for incarcerated individuals and their families
5. Organizations serving LGBTQ communities
6. Wilderness therapy programs
7. Public and private school settings
8. Research centers
9. Academic institutions
10. Nonprofit organizations
11. State and local government agencies
12. Military and veteran’s affairs
13. Drug and alcohol treatment
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27. Military and veteran’s affairs
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33. Military and veteran’s affairs
34. Drug and alcohol treatment
35. Business and industry
36. Military and veteran’s affairs
37. Drug and alcohol treatment
38. Business and industry
39. Military and veteran’s affairs
40. Drug and alcohol treatment