

2026 Training: Somatic & Breath Fundamentals in Psychotherapy
“Stabilizing the Process”
Learning Objectives & Agenda



With Molly Fleming, LPC-MHSP, YT
& Beth Rushing, LPC-MHSP

Friday 1-23-26 & Saturday 1-24-26 Learning Objectives

Gain insight to the practice of Somatic Psychotherapy and how it contributes to the therapeutic process.

Engage with and deepen understanding of mind-body-breath relevance to the healing process, evidenced by proficiency in directing the mechanics of breathing.

Develop knowledge of ethical principles in the use of somatic approaches (ethics of touch).

Learn and experience somatic interventions that stand to deepen a range of therapeutic modalities.

—Approved for 11 NBCC Credit Hours including 3 Ethics Credit Hours

To register, contact Mollykflemingcounseling@gmail.com

Two-day training cost is \$500. \$350 student rate and non-licensed helpers and healers.

Registration and payment due by January 9, 2026.



Bardo Consulting: Professional Development Programs has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7721. Programs that do not qualify for NBCC credit are clearly identified. Bardo Consulting: Professional Development Programs is solely responsible for all aspects of the programs.

Friday January 23 “Stabilizing the Process” Agenda

9:00 am to 10:30 am	Lecture and Discussion Introduction to the Training Overview & Fundamentals of Somatic Psychotherapy Molly Fleming, LPC-MHSP, YT
10:30 am to 10:45 am	Break
10:45 am to 12 noon	Lecture, Practice and Discussion The Felt Sense, Grounding & Embodiment Molly Fleming, LPC-MHSP, YT and Beth Rushing, LPC-MHSP
12 noon to 1 pm	Lunch Break
1 pm to 2:30 pm	Lecture, Practice and Discussion Mechanics of Breathing Molly Fleming, LPC-MHSP, YT
2:30 pm to 2:45 pm	Break
2:45 pm to 4:00 pm	Practice and Discussion Group Practice in Guiding Stabilizing Breathwork Molly Fleming, LPC-MHSP, YT and Beth Rushing, LPC-MHSP

Saturday January 24 “Stabilizing the Process” Agenda

9:00 am to 10:30 am	Lecture and Discussion Ethical practice in breath and somatic interventions. Beth Rushing, LPC-MHSP
10:30 am to 10:45 am	Break
10:45 am to 12:15 pm	Lecture and Discussion

	Ethical practice in breath and somatic interventions (continued). Beth Rushing, LPC-MHSP
12:15 pm to 1:15 pm	Lunch Break
1:15 pm to 2:30 pm	Lecture, Practice & Discussion Practice and Discussion Group participation in Transformational Breathwork Molly Fleming, LPC-MHSP, YT and Beth Rushing, LPC-MHSP
2:30 pm to 2:45 pm	Break
2:45 pm to 4:00 pm	Lecture and Discussion Transformational Breathwork: Review of contraindications, opportunities, logistical and safety considerations. Molly Fleming, LPC-MHSP, YT and Beth Rushing, LPC-MHSP

Trainings will be in-person at the counseling offices at 200 East Parkway North, Memphis.

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