



Certified
Synchronized Synergistic Therapy®

Join our upcoming SST Trainings

What is SST?

Synchronized Synergistic Therapy® (SST) is a trauma-informed, integrative therapeutic approach that helps clients access, process, and release trauma stored in the nervous system by pairing a psychotherapist with a body therapist. Rooted in neuroscience and somatic practices, SST provides a structured yet flexible framework for deep, lasting healing.

TRAINING DETAILS



Step 1: 12 Online Modules

Self-paced video lessons covering SST theory, somatic and physiologic effects of trauma, SST disciplines and structure, and more!



Step 2: 3-Day In-Person Intensive

Live SST demonstrations, supervised practice, hands-on co-facilitation, and experience receiving SST.



Step 3: Ongoing Support

Quarterly practitioner webinars, case consultations, Founders' Corner meetings, and a post-training cohort call.

TARGET AUDIENCE



Licensed Mental
Health Professionals



Acupuncturists



Massage
Therapists



Neurofeedback
Providers

WHAT'S INCLUDED

- ✓ Enjoy lifetime access to our full library of SST theory video modules. Review, refresh, and expand your knowledge whenever you need at your own pace.
- ✓ Printed SST Practitioner Training Manual
- ✓ Digital resources (clinical forms, SST resource handbook, etc.)
- ✓ Hands-on experiential training with live SST demonstrations
- ✓ Experience receiving an SST session
- ✓ Supported practice as a provider in your first SST session
- ✓ Optional listing in the Certified SST Practitioner Directory
- ✓ Quarterly Founders' Corner Zoom meetings
- ✓ Cohort Collaboration Zoom call six weeks post-training

TRAINING COST



Individual Rate:
\$895



Colleague Rate:
\$595 each

**Eligible for practitioners who register with a colleague from another SST discipline.*