



School of  
Empowered Feminine



Trauma Release  
Massage Therapy  
Practitioner  
Course Prospectus

CLARE SPINK N.D.

# COURSE OVERVIEW

## Level 3 Diploma

## Two Day Practitioner Course +

## 2 Online courses

Offering a Spiritual, Practical & Theory course for any therapist that would like to work deeper with their clients to address their trauma, supporting them to free their body of the energy that was unable to be discharged at the time of a traumatic event that had a large impact on their life, this course is for you.

Prior to the in person workshop you will be required to complete the online courses in Entangled Roots & Rhythmic Massage.

The Entangled Roots Course is outlined on page 4 and will provide you with a solid understanding of trauma; the generational, limbic and life wounds that run through each of us. Throughout this course, you will also discover healing tools that you can implement to support this therapy.

The Rhythmic Massage course provides the basis of the bodywork that will be demonstrated on the in person workshop.

On the 2 Day workshop, we will explore the bodywork and how to use it to safely support clients to disperse the energy stored from traumatic experiences. You will be guided through the protocol of the consultation to be able to create a safe environment in which to help return your client to the “freeze/dorsal” state, using the bodywork to shift them through their states to the ventral nervous system state.

“

The trauma wasn't what happened to you, it was the disconnection from self, from others + from the world. That disconnection is the trauma

”



# WHAT IS THE TRAUMA RELEASE COURSE?

Learn how to deeply release trauma yourself in a 2-day in-person training including 2 online courses.

- Learn somatic rhythmic massage
- Become Trauma informed
- Experience the blend of movement & mind therapy to unlock stored trauma.

Become an accredited L3 Certified Trauma Release Massage Therapist.

## IS THIS COURSE FOR YOU?

Certification is for you if you've ever wanted to:

- Support clients in shifting their trauma patterns stored in their bodies
- Understand the science of trauma
- Become trauma informed in inherited/ancestral, birthing, early childhood and life stories.
- Learn somatic rhythmic massage to gently recalibrate the nervous system
- Blend bodywork, healing techniques and talking therapy to support clients on their healing journey.

# MEET CLARE

Clare is the Creatrix & Founder of The School of Empowered Feminine. All of Clare's courses are birthed from her deep passion to support women to become the best, juiciest, most vibrant versions of themselves.

Womb + Fertility Massage was her first creation, and has been taught to over 900 therapists worldwide since 2013, all of whom share a passion for supporting women whether it's on their fertility journey, through each of their life phases or to reconnect them to their divine, feminine selves.

With over 20 years in the natural health industry, a degree in Naturopathy and a plethora of bodywork and trauma courses under her belt, Clare has combined all of her wisdom to create the different courses now delivered under the School of Empowered Feminine.

Clare is blessed to have Worldwide Associates, who each share her passion in teaching these courses, each bringing their own unique wisdom and style to the courses taught.

“  
*WHAT LIGHTS CLARE UP?  
SEEING EACH BEAUTIFUL WOMAN  
STEP IN TO A COURSE ON DAY ONE,  
GO THROUGH THE JOURNEY AND  
BLOSSOM INTO JUICY, VIBRANT,  
EMPOWERED WOMEN*”

“  
*Heal the Womb  
Heal the Woman*

*Clare* ♥



# Trauma Release 2 day Course

What does the Trauma Release Therapy look like?

*It's a dance between Shiva + Shakti.*

The vigorous, faster pace of the masculine helps free the trauma that's been held physiologically within the cells, moving through the Nervous System states...

Followed by the sensual, slower dance of the feminine; reigniting the pleasure senses, bringing awareness to the new ventral state of the nervous system.

On this 2 day workshop you will be guided through the process of how to help a client recognise where and what the trauma's are that have been locked in their cells.

You will experience how to lead your client through a session, starting with talking therapy, leading into the somatic approach using meditation and bodywork to recalibrate the Nervous system.

You will go through your OWN process on this course, which provides not only a richer experience, but a greater depth with which to understand the process of this work

*"Healer,  
Heal Thyself"*





# Entangled Roots Trauma Course

Entangled Roots Therapy is an online course that explores the hidden depths of stored trauma that we hold within our cells.

Recognising the trauma patterns that have been scientifically proven to flow through our cells, we focus on reframing those stories and beliefs.

Developing a strong sense of “where” those patterns are felt + stored within our bodies, to enable us to move, dance, massage, breath and free ourselves from entanglements that restrict our flow in life.

A plethora of tools will be shared both in person and online to provide therapists with the knowledge to support their clients to help them unravel the roots of entanglement.

We will cover healing techniques including: Psychodrama, Family Constellations, Ceremony, Energetic Boundaries, Reframing Visualisations and Embodied Dance.

Understanding how to use a traumamap to recognise where patterns first occurred, or similarities that have run through family lines, is beneficial not only for the therapist but for the client, as recognition followed by acceptance is vital for their healing pathway to unravel.

We are not wishing to trigger negative emotions but choosing to help reframe as our brains do not know the difference between reality and visualisation, thus enabling neuroplasticity to occur and new cellular memories.

## THIS ONLINE COURSE CONSISTS OF:

- **36 VIDEO MODULES**
- **146 PG E-BOOK**



# Rhythmic Massage Online Course

Invite the music to connect to your client, feeling the flow of their rhythm + energy, to dance + massage to their own innate tune.

Creating a sensual intimacy between sista's as you bring their awareness from external to internal, exploring all sensations that arise whether physical, emotional or spiritual.

Following the pathways of tension, retained breath or stuckness; rhythmically rocking, vibrating + pulsing to create freedom of movement.

Embracing sound or breathwork to create space, an invitation to encourage free flowing energy, vibrancy and reconnection.

The massage is given fully clothed.

## **This Online Course consists of:**

- **11 practical video modules**

*It is our responsibility to FREE ourselves from entanglements  
that restrict our flow.*

*We are no longer keepers of those stories*

*It is our desire as Women, to be FREE...*

*Free to be your Unique self*

*Free to express your desires, dreams and visions*

*Free to invite into your life people that meet or raise your  
vibration*

*Free to trust in yourself*

*FREE to dance through life to your own innate tune*

# LEVEL 3 DIPLOMA CERTIFICATION

You can attend the course either for your interest or if you wish to receive Trauma Release Massage Therapy Certification, you will need to fulfil the following requirements:

## Practical Examination

The practical exam is held on the final day. It is performed in a relaxed environment, and is seen as an opportunity to demonstrate your movement, energy and skills with guiding your client through the process. If we feel that you need more support to feel confident in the treatment, we will discuss with you privately.

## Theory Examination

The theory modules and exams are all online using videos, PDFs and a comprehensive E-Book.

Each module has a short quiz made up of multiple choice or short answers.

You do not need to do the online assessment as this is performed through face to face evaluation.

## Case Studies

You will be required to complete 8 case studies.

These can comprise of a minimum of 1 client seen 3 times.

The rest can be made up of individual sessions or regularly visiting clients.

The case studies can be incorporated into your own massage practise.

## Certification

Upon the assessments being fulfilled, you will be issued with a Trauma Release Massage Certificate which is accredited by Think Tree in the UK.





# PARTICIPANT REQUIREMENTS

Any person who hears the call to work with trauma in whatever capacity that arises for you in your practice.

You do not need to have any prior qualifications as Trauma Release Massage is a fully accredited Level 3 Diploma course, comprising of Anatomy & Physiology, Health & Safety, Professional Conduct and the Massage techniques needed to fully perform Trauma Release Massage.

Trauma Release Massage Therapy is now accredited by Think Tree Professional Body, with full insurance and membership available.

Australia, Netherlands, and some of other countries have their own guidelines, please do contact us beforehand to clarify your own specific requirements.

## Course Size

There is a maximum of 6 participants per course in UK.

## Course Fee Inclusions

- 2 Day Intensive Course
- Entangled Roots Online Course
- Rhythmic Massage Online Course
- Practitioner DVD
- Practitioner Listing on website
  - (Free for 1 year, thereafter a nominal fee will be applied)
- Access to Private Facebook Members Forum for invaluable ongoing support
- Certification & Exam Process
- Comprehensive Course E-Book, Theory Handouts and Videos
- Email/phone contact with your Tutor
- *Mersea Courses ONLY - Fee includes accommodation & meals*

# ARE YOU READY TO UNRAVEL THE ENTANGLED ROOTS OF TRAUMA ?

We are here to guide you, to answer any questions you may have or to connect with, to ensure that YOU feel that you are entrusting that this is the RIGHT course for you.



*From my heart  
& womb,  
I welcome you  
Sista*

