

INTEGRATIVE TRAUMA THERAPY CERTIFICATION PROGRAM



Suze Maclaine Pont

Founder & Director of Integrative Trauma Therapy



INTEGRATIVE TRAUMA THERAPY CERTIFICATION

A Two-Year Professional Training in Soul-Based Trauma Work

**This isn't therapy. This isn't coaching.
This is the foundational transformation both are trying to
reach—but cannot.**

**For doctors, therapists, healers, and coaches who are exhausted
from performing expertise and ready to become the regulated
presence their patients actually need.**

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YOU ARE DOING ALL THE RIGHT THINGS, YOU HAVE THE SUCCESS, AND YET YOU ARE STILL EXHAUSTED. IT'S A CLUE.

You're a doctor, therapist, healer, or coach. You've trained extensively. You understand trauma neuroscience, polyvagal theory, attachment research.

Maybe you've studied somatic work, EMDR, IFS, family systems.

Your patients improve in sessions. They have breakthroughs. They understand what happened to them. **But then they come back.**

Same symptoms. Same patterns. Same dysregulation. And here's what you may not have considered: Your patients don't stay regulated because YOUR nervous system isn't fundamentally regulated. Not intellectually. Not theoretically. At the physiological level.

You're teaching regulation techniques—but you're not LIVING from a regulated system yourself. You're using your knowledge to get through sessions, then collapsing after. That's not regulation. That's performance.

Your patients' nervous systems are constantly reading yours. And if YOUR system is dysregulated—if you're dependent on their progress to feel competent, if you need their transformation to feel worthy—they mirror that, not your techniques.

You could have patients who stay transformed. Work that feels easeful instead of draining. Success that doesn't require you to collapse and recover. A practice that fills you instead of emptying you.

The missing piece isn't another tool. You already know nervous system regulation—you've done the trainings, you understand polyvagal theory, you use somatic techniques with patients.

But here's what's different: This isn't about regulation skills you USE in sessions. It's about WHO YOU ARE in your own life when no one's watching.

Your patients don't need you to DO regulation techniques with them. They need you to BE regulated—so grounded in your own system that you're no longer dependent on their transformation for your worth. And you can't perform that.

You can't technique your way into it. You have to live it. That's what this certification teaches.

THIS ISN'T THERAPY. THIS ISN'T COACHING. THIS IS SOUL-BASED TRAUMA WORK.

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Let me be direct about what this work is—and what it isn't. I don't do therapy (processing what happened). I don't do coaching (strategies for what's next).

I do foundational transformation that both therapy and coaching are trying to reach, but cannot. I call it Soul-Based Trauma Work.

For those of you who are scientifically-minded: "Soul" means the organism's innate healing intelligence—the self-organizing capacity that knows exactly what your body is ready to release and when.

Think of it as your nervous system's deepest wisdom, the part that heals a cut without conscious effort, the homeostatic drive toward wholeness.

For those of you who are spiritually-oriented: "Soul" means exactly what you think it means—your Divine essence, your connection to Source/God/the Sacred, the part of you that was never wounded and knows the way home.

Both are true. Both are happening simultaneously. This work operates at the intersection of:

→ Developmental neuroscience (what capacity was never built)

→ Trauma physiology (how the body holds and releases)

→ Contemplative wisdom (how humans actually transform)

→ Somatic presence (regulation as a lived state, not a technique)

It's rigorous. It's scientific. It's grounded in research. AND it's spiritual. It's sacred. It works with what some call God. You don't have to believe in the spiritual part for it to work. But if you do, you won't have to hide it here.

WHAT MAKES THIS COMPLETELY DIFFERENT FROM OTHER TRAUMA TRAININGS:

Most trauma work asks: "What happened to this patient?"

→ This work asks: "What developmental capacity was never built—and how do we build it now?" Most approaches try to process the trauma.

→ This approach strengthens the system so the body naturally releases trauma on its own—without re-traumatization, without years of weekly sessions. Most certifications teach you techniques to use ON patients.

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→ This certification regulates YOUR nervous system first—because you cannot take your patients deeper than you've gone yourself. Most training focuses on your patients' regulation.

→ This training focuses on YOUR regulation first—because your dysregulation is the ceiling for their healing. Most work treats the mind OR the body OR the energy.

→ This work integrates all three—AND the Soul's innate healing intelligence. This is not about learning more tools.

This is about becoming so physiologically regulated—so embodied, so present, so whole—that patients transform in your presence, not from your interventions.

HERE'S WHAT MOST PROFESSIONALS DON'T REALIZE:

You need your patients' improvement more than they do. Not consciously. But your nervous system does. When patients don't get better, you feel incompetent. Your worth as a practitioner collapses. An empty calendar feels like proof you don't matter. So unconsciously, you're not just treating them—you're needing results to feel adequate.

You're living through their transformation instead of your own life. Your patients feel this neediness. And it blocks their healing. Because what they actually need isn't another technique.

What they need is a regulated human presence—someone whose worth isn't dependent on their progress, whose nervous system is so grounded that they can finally stop performing wellness and actually build capacity. You can't give them that if you're dysregulated yourself. You can't hold space for what you haven't learned to hold in yourself. You can't regulate their system beyond your own level of regulation.

That's why this training starts with YOU. Year 1 is NOT about learning how to work with patients. Year 1 is about healing YOUR nervous system—so you become the tool, not use a tool.



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AFTER THIS CERTIFICATION:

In your practice:

- Your patients will stay better—not just feel better temporarily
- You'll see deeper change in one session than they got from months elsewhere
- Chronic cases will finally resolve instead of plateauing
- Your confidence will become unshakeable—you'll KNOW what's happening in their nervous system
- You'll stop second-guessing yourself—your body will guide you intuitively
- You'll charge appropriately for the depth of work you're doing

In your life:

- You'll finally feel whole—not "healed" (which implies you were broken), but integrated, complete, at peace
- Your relationships will transform (professional and personal)
- You'll stop running on stress hormones and actually feel rested
- You'll trust your body's responses instead of overriding them
- The burnout will end—you'll finish sessions energized, not depleted
- You'll know who you are when no one needs you
- You'll stop living through others and start living your own life

This is not just about becoming a better practitioner. This is about becoming a fundamentally different person—one whose presence heals.



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YOU ARE HERE FOR A REASON

You're exhausted from performing expertise. You've done all the trainings. You have the certifications. You understand the theory. Polyvagal. Somatic work. Trauma neuroscience. EMDR. IFS. Attachment. Maybe even energy healing or spiritual practices.

Your patients improve in sessions. They have insights. They feel better temporarily. But they don't STAY better. And deep down, you know why: You're teaching from your head, not embodying the work in your body.

You're using techniques ON them, not being the regulated presence they need. You're spiritually connected but not grounded (or grounded but disconnected). You need their results to feel worthy—and they feel it.

You've been trained to work with their MIND and their SYMPTOMS. But nobody taught you to work with the NERVOUS SYSTEM—yours AND theirs.

Nobody taught you that your own dysregulation is the ceiling for their healing.

Nobody taught you that "being knowledgeable" and "being present" aren't the same as being EMBODIED—and that your patients can feel the difference, even if they can't name it.

Here's the truth nobody wants to say out loud:

Most professionals are EITHER deeply knowledgeable OR deeply embodied— but rarely both at the same time.

You're either:

→ Intellectually brilliant but disconnected from your body (so patients get insights but can't integrate them into daily life) OR

→ Somatically skilled but burned out from absorbing everyone's pain (so your work feels exhausting, unsustainable)

What you need is BOTH. You need to be so deeply embodied—so regulated, so present, so whole— that knowledge flows THROUGH you without you dissociating, performing, or collapsing.

This certification teaches you exactly that.

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You've done the trainings. You've learned the tools.

Medicine. Therapy. Polyvagal theory. Somatic experiencing. EMDR. IFS. Family constellations. Maybe breathwork, energy healing, spiritual practices.

They helped. But they didn't give you what you're really looking for: You want to feel WHOLE, not just knowledgeable. You want work that FILLS you, not drains you. You want patients who STAY better, not just feel better temporarily.

You want to stop PERFORMING and just BE yourself. You can't get there by learning more tools. You can only get there by becoming so regulated, so present, so EMBODIED that healing happens naturally in your presence.

That's what this certification does. Not in theory. In practice. In your actual nervous system. Over two years of deep, rigorous, transformative work.

Here's what makes this certification completely different from everything else you've studied:

This work integrates:

🌸 **Developmental neuroscience** → What capacity was never built in the first place (not just what trauma happened)

🌸 **Trauma physiology** → How the body holds patterns and what it needs to release them (beyond talk therapy or cognitive understanding)

🌸 **Attachment research** → How your own attachment wounds limit your capacity to hold space (and how to heal them)

🌸 **Somatic presence** → Regulation as a LIVED STATE, not a technique you perform

🌸 **Contemplative wisdom** → How humans actually transform (from mystical Jewish practices, Christian contemplation, and indigenous healing traditions)

🌸 **Soul-led healing** → Using the organism's innate intelligence (or Divine guidance, depending on your framework) to guide the release—not forcing, not fixing

Whether you're scientifically-minded or spiritually-oriented, this work will meet you where you are. The science is rigorous. The spiritual depth is real. Both are true. Both are honored here.

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THIS WORK GOES 20 LEVELS DEEPER BECAUSE:

- 1. It works with DEVELOPMENTAL TRAUMA** (not just shock trauma) → Most people's issues aren't from what happened to them, but from what DIDN'T happen—the developmental stages that were skipped, the nervous system capacity that was never built
- 2. It builds the SEVEN CENTERS OF DEVELOPMENT** → A framework you won't find anywhere else that explains exactly why your patients stay stuck and how to build what's missing
- 3. It regulates YOUR NERVOUS SYSTEM FIRST** → You cannot take patients deeper than you've gone yourself. Year 1 heals YOU—so you become the tool
- 4. It integrates SOUL AND BODY** → Not spiritual bypassing. Not just somatic work. Both—simultaneously, inseparably
- 5. It teaches you to BE THE HEALING**, not DO healing techniques → Your presence becomes the transformation, not your interventions

After working with hundreds of clients, I've seen that the true root isn't "the way we think" or "the trauma" that wounds us. The true root is the way the nervous system has been (unconsciously) taught to hold on to old patterns—and the developmental capacity that was never built in the first place.

You can't think your way out of a dysregulated nervous system. You can't manifest your way out. You can't even "release" your way out. The only way through is to BUILD WHAT WAS NEVER BUILT IN THE FIRST PLACE.

That's what this work does. And here's the part most certifications completely miss: Your patients' bodies are constantly reading YOUR nervous system. If you're:

- Performing calm while stressed underneath
- They learn to perform too
- Needing their progress to feel worthy
- They feel that neediness
- Dissociated under pressure
- They dissociate with you
- Ungrounded despite spiritual practices
- They get insights but no integration

This certification eliminates YOUR ceiling. Over two years, we rebuild YOUR nervous system from the ground up—so you can hold space for ANYTHING without collapsing, fixing, bypassing, or burning out.

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That's when everything changes. Your patients feel it the moment they meet you. They trust you instantly. They go deeper faster. They stay transformed. They refer everyone they know.

Not because you learned better techniques. Because you became a different person.



I'm Suze Maclaine Pont,

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Twenty-seven years ago, I was suicidal. I had "nice moments" in life, but I couldn't see the point of staying. After two years of this, at age 25, I made a choice: I would stay—but ONLY if I could figure out how to truly LIVE, not just survive.

So I went all in. I studied everything: Transactional Analysis, NLP, Family Constellations, Compassionate Inquiry, Psychosynthesis, EMDR, Somatic Experiencing, Internal Family Systems—over 20 different modalities.

I became certified. I practiced. I healed myself layer by layer. But here's what I discovered:

All those tools helped. But they weren't enough. Because trauma isn't stored in your MIND or your ENERGY. It's stored in your NERVOUS SYSTEM. And you can't think your way out of a dysregulated nervous system. You can't manifest your way out. You can't even "release" your way out.

The only way out is to BUILD WHAT WAS NEVER BUILT IN THE FIRST PLACE.

Most trauma work focuses on "what happened." I focus on what DIDN'T happen—the developmental stages that were skipped, the safety that was never established, the nervous system capacity that was never formed. This isn't about healing the wound.

It's about building the foundation that was never there—so the body can naturally release what it's been holding without re-traumatization.

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For the scientifically-minded: Think of it as building neural pathways that should have formed in early development but didn't. We're not processing memories—we're creating NEW somatic experiences that teach the nervous system a completely different way of being.

For the spiritually-oriented: We're not trying to "heal the Soul"—the Soul was never wounded. We're using the Soul as a GUIDE for the body to release trauma naturally, in its own time, following its own wisdom. Both are true. Both are happening.

Over the past 15 years, I've seen my clients experience deeper transformation in ONE SESSION than they got from years of traditional therapy. Not because I'm special. Because I learned how to regulate my OWN nervous system so deeply that my presence became the healing environment. That's what I teach in this certification.

HERE'S WHAT QUALIFIES ME TO TEACH THIS WORK:

Extensive Training (20+ Modalities): I've trained with masters in:

- EMDR (Child Trauma Institute, Ricky Greenwald)
- Somatic Experiencing (Peter Levine)
- Internal Family Systems (Richard Schwartz)
- Compassionate Inquiry (Gabor Maté)
- Family Constellations (Bert Hellinger)
- Transactional Analysis (Eric Berne)
- NLP (John Grinder)
- Sensorimotor Psychotherapy (Pat Ogden)
- Dissociation work (Bessel van der Kolk)
- And many more (see full list at the end)

But More Importantly: I've done my own nervous system work for 20 years. I've been suicidal, I've been thriving, I've been through every stage of developmental trauma healing myself. I don't just teach what I know. I teach what I AM.

Unique Integration:

I've integrated Jewish mystical practices with cutting-edge trauma neuroscience. I've worked with hundreds of patients who tried everything else first—therapy, coaching, energy work, somatic practices—and STILL couldn't sustain their transformation.

Background as Naval Engineer & Leadership Facilitator:

Before this work, I was a naval engineer leading multimillion-euro innovation projects—precision, performance, zero margin for error. I learned what it means to hold complexity without falling apart. Later, as a leadership facilitator, I steered global teams through high-stakes transitions.

I held space when everything was falling apart— and discovered that true leadership isn't about having the answers. It's about having a regulated nervous system.

This background gives me something most trauma therapists don't have: the ability to work with high-functioning, intellectually brilliant professionals who are used to being the expert—and teach them to drop into their body without losing their mind.

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Theology Studies:

I'm currently a theology student at Aberdeen University. I'm examining the intersection of Christian patristic theology, Jewish mystical traditions, and trauma-informed approaches to religious texts. I bring a distinctive Jewish perspective to predominantly Christian academic settings—emphasizing developmental anthropology over fall theology, becoming over recovering, the body as the temple of the Divine.

For those who are spiritually-oriented: This work is DEEPLY theological. We're not doing "Christian therapy" or "New Age healing." We're integrating ancient contemplative wisdom with modern neuroscience.

For those who are scientifically-minded: You don't need to engage with the theology to benefit from this work. The neuroscience stands on its own.

WHAT I'VE DISCOVERED AFTER 15 YEARS:

You can't heal trauma by understanding it (mind-based approaches). You can't heal it by releasing it (energy-based approaches). You can't even heal it by processing it (talk therapy). You can only heal it by building the nervous system capacity that was never built in the first place—and then allowing the organism's innate intelligence (Soul, if you prefer) to guide the body to release what it's been holding.

That's what happens in ONE hour with me—deeper transformation than years of traditional therapy. Not because of techniques. Because of presence. Embodied, regulated, Soul-led presence. I combine extensive training with deep personal work and pour that into BEING.

That is what I will teach you to do too.

MY CLIENTS CONSISTENTLY EXPERIENCE:

- More transformation in one session than years of traditional therapy
- Chronic symptoms resolving that were previously "treatment-resistant"
- Capacity to regulate that they didn't know was possible
- A sense of wholeness they've been seeking their entire lives

Not because I have magic powers. Because my nervous system is regulated enough to hold space for anything without fixing, collapsing, or bypassing—and that creates the conditions for THEIR nervous system to finally build what it needs.

This certification teaches you that exact method. Not so you can "fix trauma" or "heal broken parts." But so you can become so embodied, so regulated, so present that healing happens naturally in your presence.

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NOTE ON "SOULHEALING" AND SPIRITUAL LANGUAGE:

Throughout this brochure, you'll see me use terms like "Soul," "God," "Divine," and "SoulHealing." Let me be clear about what I mean—for both audiences:

For those who are scientifically-minded: "Soul" = the organism's innate healing intelligence, the self-organizing capacity that knows exactly what your body is ready to release and when.

It's the same intelligence that heals a cut without conscious effort, the homeostatic drive toward wholeness that operates beyond conscious control.

"Soul-led healing" = following the body's wisdom rather than imposing protocols or techniques. Tracking what WANTS to emerge rather than forcing what you think SHOULD happen.

For those who are spiritually-oriented: "Soul" = your Divine essence, your connection to Source/God/the Sacred, the part of you that was never wounded and knows the way home. "Soul-led healing" = allowing the Divine intelligence to guide the process, trusting that

God/Source knows the timing and the path better than your ego does. Both are true. Both are valid. Both are honored in this work.

You don't have to believe in the spiritual framework for the work to be effective. The neuroscience is solid. But if you DO resonate with the spiritual language, you won't have to hide it or translate it here.

You can bring your whole self—including your faith, your practices, your relationship with the Sacred. This is one of the few trainings where doctors and mystics can sit in the same room and both feel completely at home.

The framework: The Seven Centers of Development

This is something you won't find in ANY other trauma training. Most trauma work focuses on processing what happened to you.

This work focuses on building what DIDN'T happen—the developmental capacities that were never formed in the first place. We work with seven developmental centers that form the foundation of your nervous system:

1. ****EXPLORATION**** (curiosity, movement, discovering the world)
2. ****NOURISHMENT**** (receiving, being fed, feeling worthy of care)
3. ****GRIEF & PANIC**** (attachment, loss, the terror of abandonment)
4. ****FEAR**** (safety, trust, knowing you'll be protected)
5. ****PLAY**** (joy, spontaneity, pleasure without purpose)
6. ****RAGE**** (boundaries, saying no, protecting yourself)
7. ****LUST**** (desire, life force, sexual energy, creativity)

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When these centers are underdeveloped—which they are for most people—you develop coping mechanisms instead:

- Perfectionism (to avoid shame)
- People-pleasing (to maintain connection)
- Dissociation (to escape overwhelm)
- Control (to feel safe)
- Collapse (to avoid conflict)

Most trauma work tries to "fix" the coping mechanisms.

This work BUILDS the underdeveloped centers—so the coping mechanisms naturally dissolve.

That's why the transformation is so deep and so lasting.

For the scientifically-minded: Think of these as neural pathways that should have been built through secure attachment and healthy development—but weren't. We're not analyzing WHY they weren't built (that's therapy).

We're creating NEW somatic experiences that build them NOW. This is neuroplasticity in action—not through cognitive exercises, but through embodied experiences that literally rewire the nervous system.

For the spiritually-oriented: These centers are where the Soul meets the body. When they're underdeveloped, the Soul can't fully inhabit the human vessel—so you're either "up in the spiritual realms" (dissociated) or "stuck in survival" (dysregulated).

Building these centers allows the Soul to finally come HOME to the body— which is what incarnation is actually for.

WHY WE DON'T WORK WITH THE TRAUMA—WE WORK WITH THE HEALTH

Here's the critical insight that changes everything: Your patients' systems are not BROKEN. They're ADAPTIVE. The trauma responses, the coping mechanisms, the symptoms—these are all INTELLIGENT adaptations to impossible situations.

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The problem isn't the adaptation. The problem is that the adaptation is still running even though the threat is gone—because the underlying capacity was never built. So we don't try to "fix" the adaptation. We build the capacity it was compensating for.

When you have genuine capacity:

- The nervous system doesn't NEED hypervigilance anymore
- The body doesn't NEED dissociation anymore
- The system doesn't NEED people-pleasing anymore

The coping mechanisms dissolve on their own—not because you processed them, but because they're no longer necessary.

We work with the HEALTH of the system, not the pathology. We strengthen what survived, not fix what broke. We build what's missing, not analyze what happened.

This is a completely different paradigm from traditional trauma work.

SOULHEALING: WHAT IT ACTUALLY MEANS

SoulHealing isn't another energy healing modality. It's not "healing the Soul." It's not spiritual bypassing with a new name. SoulHealing means:

Using the Soul (or innate healing intelligence) as the GUIDE for the body to release trauma—naturally, in its own time, without force.

Here's how it works: Your nervous system has an innate intelligence that knows exactly what it's ready to release and when. (Call this "Soul" or "organism wisdom"—both are accurate.) But your nervous system has to be regulated enough to ALLOW that release.

Most approaches try to:

- "Clear" the trauma (forcing release before the system is ready)
- "Process" the trauma (cognitive understanding without somatic capacity)
- "Release" the trauma (energy work without nervous system foundation)

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These don't work long-term because:

- You're doing it TO the patient, not WITH them
- Their nervous system isn't ready to integrate what you're releasing
- You're working from YOUR agenda (fixing them) not their system's timing

In this work, you learn to:

1. ****Regulate your OWN nervous system first**** (so you can hold space without your dysregulation interfering)
2. ****Track the patient's nervous system**** (reading the subtle signs of what's ready to emerge vs. what needs more time)
3. ****Follow the organism's intelligence**** (allowing the release to happen naturally rather than forcing it)
4. ****Build the capacity they're missing**** (so the transformation actually sticks)

This is why patients experience more in one hour than years of therapy: Not because you're doing MORE. Because you're doing LESS—and allowing their system to do what it's been trying to do all along.

For the scientifically-minded: This is trauma work informed by:

- Polyvagal theory (tracking autonomic state)
- Attachment research (building secure base)
- Developmental neuroscience (what capacity forms when)
- Somatic psychology (body-based integration)

The "Soul-led" part just means: we follow the organism's cues rather than imposing protocols.

For the spiritually-oriented: This is working WITH the Divine intelligence in each person rather than trying to be the healer. You become the VESSEL through which God/Source works—not by channeling energy, but by being so regulated yourself that healing happens in your presence. The Soul was never wounded. The Soul knows the way. Your job is to create the conditions where the Soul can guide the body home.

THE CRITICAL DIFFERENCE:

Most doctors, therapists, and healers can spot trauma easily.

You see it in your patients:

- The nervous system dysregulation
- The attachment wounds
- The shame patterns
- The fear responses

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And you try to help them:

- You hold space
- You use your tools
- You apply your techniques
- You guide them through processes

But here's what you might not realize: Your patients don't stay healed because YOU aren't regulated enough to help them build lasting capacity.

Spotting trauma is easy. Understanding what went wrong is easy. Actually helping them move through it permanently—that requires YOUR nervous system to be more regulated than theirs.

The techniques you use are only as effective as YOUR capacity to embody presence. Your knowledge is only as healing as YOUR ability to BE with what emerges. Your skill is limited by YOUR ceiling of regulation.

Once you can regulate your OWN system deeply enough— Once your Soul is in the lead (not by effort, but by natural embodiment)— Once YOU can hold space for any emotion, any trauma, any intensity— without fixing, collapsing, or bypassing—

Then:

- Clients feel safe for the first time in their lives
- Their nervous systems learn from YOURS (not your words)
- Transformation happens faster and goes deeper
- The results actually LAST
- Your work becomes effortless instead of exhausting

This isn't just about becoming a better practitioner. This is about becoming a completely different person—one whose presence heals.

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WHAT THIS MEANS FOR YOUR PRACTICE

Here's what changes when YOUR nervous system is this regulated. When YOUR Soul is in the lead—not by effort, but by natural embodiment. When YOU can hold space for any emotion, any trauma, any intensity— without fixing, collapsing, or bypassing.

No more wondering if you're "doing it right"

You'll KNOW what's happening in your patient's nervous system. Not because you learned to analyze it, but because your body reads their body. Your regulated system tracks their dysregulation automatically—and knows exactly what they need in each moment.

No more patients staying stuck despite your best efforts

They'll go deeper faster because YOUR presence creates the safety their system has been seeking. They won't be working against your unconscious dysregulation anymore. They'll be learning from your embodied regulation.

No more exhaustion from holding space

You'll finish sessions feeling MORE energized, not depleted. When you're working WITH patients' systems (not carrying their pain), the work fills you instead of emptying you.

No more undercharging for deep work

You'll charge what this work is actually worth—€200-€500+ per session— and patients will happily pay because they feel the difference immediately. The depth is undeniable. The results speak for themselves.

No more needing endless tools and techniques

Your presence becomes the intervention. You'll still have tools when you need them, but you won't be dependent on them. Your regulated nervous system IS the tool.



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WHAT BECOMES POSSIBLE FOR YOUR CLIENTS:

When YOU complete this certification and become this regulated:

Single-session transformation:

- Patients experience more in one hour than months of traditional therapy
- Chronic symptoms resolve that were previously "treatment-resistant"
- They leave feeling fundamentally different, not just temporarily better

Lasting change:

- They don't come back with the same patterns
- The transformation integrates into their daily life → They build actual capacity, not just coping strategies

Referrals multiply:

- They tell everyone they know
- They can't quite explain what happened, but they know it was profound
- Your practice fills through word-of-mouth alone

For the scientifically-minded:

This isn't magic—it's neuroplasticity. When patients are in the presence of a truly regulated nervous system (yours), their system learns through co-regulation. Not from what you SAY, but from what you ARE.

For the spiritually-oriented: When you're embodied enough that God/Source can work through you, healing happens at a Soul level. The transformation touches not just the symptom but the person's entire relationship with being alive.



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WHAT BECOMES POSSIBLE IN YOUR LIFE:

This work doesn't just transform your practice. It transforms YOU.

In your personal relationships:

- Repair relationships with your parents (or find peace with what can't be repaired)
- Create deeper connections with your partner, children, friends
- Stop people-pleasing or over-functioning
- Set boundaries without guilt
- Allow yourself to be truly seen and loved

In your inner life:

- Feel whole for the first time—not "healed" (which implies you were broken), but integrated, complete, at peace
- Trust life—and your body's responses—for the first time
- Know who you are when no one needs you
- Stop living through others and start living your own life
- Experience genuine self-acceptance (not self-improvement projects)

In your business:

- Charge what you're worth without guilt or fear
- Allow money to flow easily (heal your receiving wounds)
- Stop procrastinating or self-sabotaging
- Build a practice that fills you up instead of depleting you
- Create sustainable success that doesn't require collapse and recovery

For the scientifically-minded: This happens because we're rewiring YOUR nervous system first. The personal transformation isn't a side effect—it's the foundation that makes you capable of this work.

For the spiritually-oriented: This is the integration of heaven and earth, Soul and body, Divine and human. You become a living vessel—not channeling from somewhere else, but BEING the presence of the Sacred in human form.

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THE DIFFERENCE BETWEEN PRESENCE AND PERFORMANCE

Most professionals THINK they're present because they're:

- Listening attentively
- Holding space
- Feeling compassion
- Tracking what their patient is saying

But if your nervous system isn't regulated, you're not actually present— you're performing presence while being dissociated underneath.

There's a massive difference between:

- Spiritual presence (connected to Source but not grounded in body) VS. Embodied presence (Soul AND body fully integrated, deeply regulated, unshakably here)
- Holding space energetically (feeling their emotions, absorbing their pain) VS. Holding space somatically (staying regulated in your own system while they feel theirs—which actually creates MORE space for them)
- Being calm on the surface (controlling your expression while stressed underneath) VS. Being genuinely regulated (nervous system at peace, even under stress)
- Performing expertise (knowing what to say, using techniques correctly) VS. Being the healing (presence so grounded that patients transform just sitting with you)

Most professionals are doing the first one—and wondering why their patients don't stay transformed. This certification teaches you the second—and everything changes.

YOUR PRESENCE HEALS—NOT YOUR TOOLS, NOT YOUR TECHNIQUES, NOT YOUR CERTIFICATIONS

For many professionals, this feels like relief. Finally—permission to just BE. But here's the truth: Most of us are NOT actually present.

We THINK we're present because we're:

- Channeling guidance (for spiritual practitioners)
- Applying protocols correctly (for medical professionals)
- Using evidence-based techniques (for therapists)
- Holding space (for everyone)

But if your nervous system isn't regulated, you're not actually present— you're dissociated.

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For doctors and therapists: You've been trained to focus on symptoms, diagnosis, treatment protocols. That's valuable. But if YOU'RE dysregulated while applying those protocols, your patient's nervous system is learning dysregulation from you—no matter how correct your intervention is.

For spiritual practitioners: You've learned to "connect to Source," "channel wisdom," "hold space energetically." That's real. But if you're not GROUNDED in your body while doing it, you're teaching spiritual bypassing—not embodied transformation.

This certification teaches you the difference—in your body, not just your mind. And once you learn it, you can't unsee it. You'll feel immediately when you're dissociated vs. truly present. When you're performing vs. being. That discernment changes everything.

THE FACT IS:

Your nervous system is your tool. It is your presence, your ability to regulate your own system, your simply "being" that does the real work—not your tools or knowledge. The more comfortable YOU are with your own presence—the more you love you, standing next to the other person—the more effective their healthy parts will become in copying that and healing whatever there is to heal. You cannot teach regulation you don't embody.

You cannot hold space for what you haven't learned to hold in yourself. You cannot take patients deeper than you've gone yourself. That's why we start with YOU.

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INTEGRATIVE TRAUMA THERAPY CERTIFICATION

PART 1: Becoming the Tool

Here's why most trauma certifications don't create lasting transformation: They teach you WHAT to do—techniques, protocols, tools. They teach you ABOUT trauma—the theory, the neuroscience, the symptoms.

But they don't actually REGULATE YOUR NERVOUS SYSTEM.

So you end up with:

- A toolkit full of techniques you can't embody
- Knowledge about trauma without the capacity to hold it
- Certifications on your wall but dysregulation in your body
- Patients who hit YOUR ceiling of regulation (and you don't even realize it)

This certification is structured completely differently.

Year 1 is NOT about learning how to work with patients. Year 1 is about BECOMING THE TOOL by healing your own nervous system first.

You cannot take your patients deeper than you've gone yourself.

You cannot regulate their nervous system beyond your own level of regulation.

You cannot hold space for what you haven't learned to hold in yourself.

That's why we start with YOU.

YEAR 1: FOUR 3-DAY MODULES

This year is entirely focused on YOUR healing, YOUR regulation, YOUR integration. We work with the four foundational areas that determine whether you can hold deep space or not:

- 1. FEAR & TRUST**
- 2. ATTACHMENT & CONNECTION**
- 3. SHAME & INTIMACY**
- 4. DISSOCIATION**

These are not topics you'll TEACH in Year 1. These are the areas where YOU will be healed. Because here's what most professionals don't realize:

- If you have unhealed ****fear/trust wounds****, your patients will sense your nervous system scanning for danger—and they won't feel safe enough to go deep

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- If you have ****attachment wounds****, you'll either over-attach to patients (needing them to get results so you feel worthy) or under-attach (staying distant to protect yourself)
- If you have unhealed ****shame patterns****, you'll unconsciously shame your patients or enable their shame instead of helping them move through it
- If you ****dissociate under stress****, you'll teach your patients to dissociate too—and call it "spiritual presence" or "professional distance"

Year 1 heals these patterns in YOU—so you can actually hold space without your trauma interfering.

HOW YEAR 1 WORKS:

This is not lecture-based learning. This is not watching me demonstrate on others. This is YOU doing your own deep nervous system healing—in real time, with support.

Each module is 3 days of intensive embodied work where you'll:

- Work with YOUR OWN fear and trust wounds
- Heal YOUR OWN attachment patterns
- Move through YOUR OWN shame and intimacy blocks
- Integrate YOUR OWN dissociation strategies

And you'll learn how to regulate yourself through all of it.

For the scientifically-minded: This is applied neuroplasticity. We're not talking ABOUT regulation—we're creating the somatic experiences that build new neural pathways. You'll leave each module with measurably different nervous system responses.

For the spiritually-oriented: This is Soul retrieval, but not in the shamanic sense. This is about bringing the fragmented parts of yourself home to your body—so the Soul can finally fully inhabit your human vessel.

WHAT MAKES YEAR 1 TRANSFORMATIVE:

You're not learning techniques—you're becoming a regulated human being.

Most certifications teach you:

- "Here's how to help your patient with attachment wounds"
- "Here's the protocol for shame"
- "Here's how to spot dissociation"

This certification does:

- HERE is YOUR attachment wound—let's heal it in your body
- HERE is YOUR shame—let's move through it so it doesn't unconsciously infect your work
- HERE is how YOU dissociate—let's integrate those parts so you can stay present

That's what makes you capable of holding space for patients at this depth. Not because you learned a technique. Because you BECAME a regulated human being.

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Module - Shame & Intimacy 27-29 May 2026

A three-day exploration into the essence of being human

Chronic, internalized shame is often invisible—not just to others but to ourselves. It's a hidden, intimate relationship of self-rejection that permeates our whole being. This deeply rooted shame keeps us distanced from our Soul and our truest selves. It fuels an endless cycle of hiding—hiding from our core and from the vulnerability of being truly seen by others. But internalized shame goes beyond a mere “social” feeling; it anchors itself as a persistent sense of self-devaluation, exposure, and self-hatred, forming the very foundation of painful self-alienation.

In this state, we feel trapped, unable to break free from the inner psychophysiological grip of shame. Shame doesn't have words—it begins in a place beyond language, beyond what can easily be named or described. Yet, to free ourselves, we need what we often fear most: the sensitive, gentle, and often intimate connection with others.

Living in the isolation of shame keeps us from expressing other emotions and prevents the genuine human contact we need to feel whole. In hiding, we conceal not only from others but from ourselves. Like children who stumble upon a skeleton in a game of hide and seek, we sometimes find that the ultimate hiding place has kept us isolated from life itself.

Only through meaningful connection can chronic self-rejection be transformed into a deeper sense of self. Our desire for closeness and intimacy arises from a fundamental need to be truly felt by another. This longing to experience our own “I am”—pure being—stems from our deepest inner health. But to be our true selves requires a profound connection with our Soul, our inner self, and a felt connection with others.

Over these three days, we'll dive into the nature of shame, exploring how developing sensitivity, gentleness, and interactional attunement can gradually break the cycle of shame.

Please Note: This seminar is primarily a teaching experience. While we'll engage in deep personal work to uncover our unique shame dynamics, it's important to remember that this process alone won't heal all forms of shame permanently. Instead, it's the beginning of an ongoing journey toward self-acceptance and connection.

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Why this module is critical for doctors, therapists, healers and spiritual coaches:

Many doctors, therapists, healers and spiritual coaches have bypassed their shame through spiritual practice. You've transcended the ego, connected to Source, learned to "love yourself"—but the body still holds shame at a cellular level.

You can't heal your clients' shame if you're dissociated from your own.

This module brings you back into your body—into the tender, vulnerable places where shame lives—so you can finally be WITH it instead of above it.

When you complete this module:

- You'll stop unconsciously shaming clients (or enabling their shame)
- You'll be able to hold space for their deepest vulnerability without flinching
- Your intimacy capacity will transform (professionally and personally)
- You'll finally feel the integration of human AND divine

Price:

Per module: ~~€2.000~~ per module €1.500 if paid in full

All modules: ~~€8.000~~ currently €6.000 if paid in full

All prices include lunches and dinners during seminars.

VAT, overnight stay and transportation are not included.

Payment plans available.

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Module - Attachment & Connection 8-10 April 2026

A three-day seminar on Attachment and Connection – unlocking wholeness, vitality, and personal power

Attachment shapes how we connect to others, beginning from our very first day on this planet. When secure attachment is lacking, we may find ourselves dissociating from our true Self. Dissociation is a complex and sensitive terrain—intangible, subtle, yet deeply impactful. It disrupts our inner experience, affecting the continuity between our consciousness, memory, identity, and perception. This disruption can be barely noticeable, or it can manifest as a profound and restrictive influence on our lives.

Often, structural dissociations in personality become organized around particular inner reactions: certain feelings, thoughts, flashbacks, self-images, or internal parts. These patterns can transform the routine of daily life into a unique hero's journey, as if every day is a struggle to hold oneself together. Managing the emotions and disjointed experiences of daily life consumes our energy, depleting us and diverting our creative potential into the task of coordinating our fragmented inner world. Over time, this experience of fragmentation can start to feel like the very core of “who I am.”

This lifestyle often gives rise to intense attempts at self-regulation, which may appear as substance misuse, self-harming behavior, emotional numbness, or even a rigid, whole-body tension. These patterns often prevent real encounters with others from taking root. As structural dissociation persists, these inner parts become increasingly automatic and rigid, inhibiting the development of a stable, integrated sense of self that remains consistent across life's different situations.

For therapists and healers, reaching into this inner world—or sometimes, inner absence—requires a finely tuned sensitivity. The absence of contact can leave us feeling perplexed and helpless, but it calls for exploratory, inviting, and occasionally challenging interactions that demand perceptiveness and practice. Various models can help us visualize and understand these elusive inner worlds, appreciating them in their uniqueness. It's a delicate dance, where we learn to communicate with multiple parts on multiple levels, finding rhythm and flow even amid inner fragmentation.

Please Note: This is a teaching seminar. While we will engage in profound self-discovery to uncover personal patterns of attachment and dissociation, this process alone will not fully heal the trauma associated with these dynamics. It is, however, a powerful step on the journey toward integration and resilience.

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Why this module is critical for doctors, therapists, healers and spiritual coaches:

Most therapists, doctors, healers and spiritual coaches are dissociated and don't even know it.

You think you're "present" because you're channeling wisdom.

You think you're "connected" because you feel energy.

You think you're "grounded" because you do breathwork.

You think you are present because you are looking at 'facts and symptoms'

But dissociation and spiritual bypass look almost identical. And looking at a patient's symptoms and trying to cure them instead of truly seeing them as a whole being is curing their physical system and allowing them to relax, but in order for them to come alive we need more! And in order for YOU to stop identifying with being needed and caring, your clients need you to care for yourSELF and look at them from the wholeness of your own perspective and life.

Clients need you to create a safe environment of attachment, so that their nervous system can learn to regulate. If you don't feel safe in life, your system will want to regulate theirs, not for theirs sake but for your own...

This module teaches you to feel the difference—in your body, your spirit and your soul, not just your mind.

When you complete this module:

- You'll finally understand why your clients don't stay transformed (they're mirroring YOUR dissociation)
- You'll learn to track when YOU dissociate under stress (so you can come back to presence)
- You'll build the attachment capacity you never developed (so you can create secure relationships)
- You'll integrate your fragmented parts (so you show up whole, not fractured)

Price:

Per module: ~~€2.000~~ per module €1.500 if paid in full

All modules: ~~€8.000~~ currently €6.000 if paid in full

All prices include lunches and dinners during seminars.

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Module - Fear & Trust 1-3 July 2026

A three-day seminar to explore and heal our earliest relationship imprints, uncovering the roots of fear, trust, and the coping mechanisms that shape how we perceive the world.

Our deepest yearning is to belong, to feel truly connected. We crave the experience of being "felt" by others, of being held, and of engaging in meaningful connections when we are deeply touched. Our ability to form lasting, fulfilling relationships is one of life's most essential experiences; it sustains us as fundamentally as daily bread or the air we breathe. In every aspect of life, we rely on genuine encounters to experience integrity, wholeness, and a true sense of being.

However, our capacity for contact and bonding forms long before we have the awareness to understand it consciously. This is why we can't alter deep-rooted patterns, imprints, and habits through sheer willpower. Within us, an unconscious body memory shapes our emotions, perception, and relationship behavior, coloring our interactions with others. It feels as if it's simply "who I am," a part of us that resists conscious control—and, in many ways, it is.

To move beyond these patterns, we are more interconnected than our independent selves may want to admit. In a profound way, we need each other to become ourselves. It is through encounters with others that we find a deeper connection to ourselves, allowing us to truly be with ourselves, even when we are with someone else. The paradox is clear: our independence and self-reliance can only grow from strong, supportive bonds. To feel nourished in relationship, we must engage our whole being, turn inward, and cultivate an awareness of our own and others' internal states. Only then can we trust and fully experience meaning and fulfillment within relationships.

This seminar offers a space to experience and transform relationship imprints within a supportive and intentional framework. Here, we can reach into the places that often feel untouchable, bringing a renewed sense of vitality where rigidity once prevailed. In a safe, protected environment, we allow ourselves to experience deeper dimensions of connection, both within and with others. It is a long-awaited seminar for those who yearn to feel fully themselves in the context of a shared community.

"Show me the way to me." That is the essence. This seminar focuses on connection in an age that often lacks real encounters. For many, the fear of our own reality feels more tangible than anything else in life. Self-perceptions, aspirations, and beliefs often act as shields, keeping us from our wounds and preventing the healing, enlivening contact with ourselves that we need.

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In a world where relationships can feel distant—whether due to physical separation, technology, or inner disconnection—our opportunities for genuine connection are often weakened. The hunger for contact, for touch, for being with others becomes a painful yearning. Many find themselves in compromised relationships, choosing a little connection over the emptiness of isolation. But without real response, we are never truly filled.

This seminar explores a fundamental question: Which comes first—my connection with myself, or my connection with you? Does my encounter with you help me meet myself, or must I first find myself before I can meet you? What's clear is this: my lack of connection with myself calls out for you. Through your acknowledgment, I find the courage to honor parts of myself I've yet to see. I owe this encounter with myself to you, just as I offer myself to you in our shared journey. From this place, something emerges between us that defies words—yet the feeling of fulfillment is more real than real.

In this seminar, Suze will bring her presence, life experience, and layered expertise to guide participants in understanding their relationship dynamics. Together, Jakko and Suze will share their personal practices in relationships, opening themselves with the necessary intimacy to model real connection. Step-by-step, we will regulate the intensity of our experiences, allowing what needs to emerge to arise naturally from the silence. Realizing yourself—a profound, quiet endeavor.

Please Note: This is a teaching seminar. While we will engage in transformative self-discovery to uncover personal dynamics, this work alone is not meant to completely heal all forms of related trauma. It is, however, an essential step toward a more authentic, fulfilling self.

Why this module is critical for doctors, therapists, healers and spiritual coaches:

You can't create trust in your clients if YOU don't trust life, your body, or yourself.

Many spiritual coaches have learned to "trust the Universe" or "surrender to Source"—but their nervous system is still scanning for danger. Their body hasn't learned safety yet.

Your clients feel this disconnect.

They hear your wisdom about trust, but they feel your fear. And they stay stuck—because their nervous system is learning from YOUR nervous system, not your words.

This module teaches you to embody trust—not just believe in it.

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When you complete this module:

- Your nervous system will finally feel safe (not just know you're safe intellectually)
- You'll stop over-functioning or under-functioning in relationships
- You'll trust your body's responses (instead of overriding them)
- Your clients will feel safer with you than they've felt anywhere else
- You'll create the secure attachment base your clients need to heal

Venue: Hoeve de Kempe - Haanstraat 8 - Voorst the Netherlands

Price:

Per module: ~~€2.000~~ per module €1.500 if paid in full

All modules: ~~€8.000~~ currently €6.000 if paid in full

All prices include lunches and dinners during seminars.

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Module - Dissociation 14-16 October 2026

A three-day seminar on Integrating Dissociation

These three days are an invitation to pause, reflect, and rediscover what is essential in the relationship with ourselves and with others. All dissociation begins with a lost sense of connection—with our own self, and with the world around us. Yet, in reconnecting through conscious encounters, we find a profound opportunity to reintegrate these lost senses of self and restore a deep connection with our Soul.

Throughout the seminar, we will explore the delicate power of subtle encounters—with ourselves and with others—as the gateway to reconnecting with the essence of who we are.

Why this module is critical for doctors, therapists, healers and spiritual coaches:

Here's the uncomfortable truth: **most doctors, therapists and spiritual coaches are chronically dissociated.**

You've learned to "leave your body" and connect to either knowledge or Source.

You've trained yourself to "rise above" difficult emotions.

You've mastered "holding space" by checking out of your own experience.

And you call this "being spiritual" or "professional distance"

But it's not spiritual and it is not 'professional'—it's dissociation with an acceptable or spiritual name.

Your clients can feel it. They get insights from you, but no integration. Wisdom, but no embodiment. Light, but no grounding. It feels good during a session, but leaves them lost in the midst of real life, in between people.

This module teaches you the difference between:

- ❌ Spiritual bypass (leaving the body to avoid pain)
- ✅ Embodied spirituality (Soul AND body fully present)

In a world saturated with noise and fleeting attention spans, loneliness and a loss of true connection have become increasingly prevalent. Many of us suffer from this lack of connection: unable to fully feel, perceive, or reflect on our lives and relationships. Routine and stress take precedence over something far richer, while emotional abandonment and the

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endless hum of media push us farther away from what is uniquely ours, often out of sight and beyond our perceptual horizon.

As true connection fades, we lose the experience of being deeply “felt.” Feelings and sensory perceptions become suspect—perhaps even threatening—and symptoms may be our only signals back to ourselves. Without these connections, we come to accept a diminished self as the norm. Yet numbness inevitably builds into anger and aggression over time, as Arno Gruen explores in *The Betrayal of the Self*. Denying our perceptions and feelings makes us robotic, distorting the human experience at its core. It distances us from our deeper humanity and from the transcendent connection we have with God, our Soul, and the Universe. For some, dissociation even becomes a refuge, an ultimate hideaway that reinforces disconnection from the Self as if it were a solution.

In this seminar, we’ll turn to silence, simplicity, and gentleness, engaging in trauma-sensitive encounters to reorient ourselves in our perception of self and others. This isn’t about doing; it’s about the small, subtle moments that reach the essential. It’s about the few fundamental qualities that touch what some describe as the intimate source of our being. Sensitive receptivity—where thinking, talking, and understanding pause—opens us to a quality that defies words and allows us to reconnect.

Dissociative Parts and Attachment Work for Ego Integration

Building on the understanding of dissociation we explored in Module 2 on Attachment, this seminar focuses on the therapeutic practice of integrating fragmented ego parts. We draw upon parts work from various therapeutic models, including ego-state therapy (Watson & Watson), schema therapy (Young), transactional analysis (Berne), the inner team model

(Schulz von Thun), structural dissociation (van der Hart, Nijenhuis, Steele), and hypnosystemic approaches.

Dissociation, as a complex disorder, requires an intricate synthesis of attachment dynamics, a systemic understanding of relational interactions, and the resolution of affect-avoidance strategies. Context-sensitive parts work and a finely attuned perception of subtle state transitions are essential to the process.

We will engage in slow-motion work, integrating stillness, mindfulness, and specific attention-control techniques, alongside imaginative distancing, to help merge fragmented aspects of ego identity into a cohesive self-experience. This multi-modal approach requires mindful self-awareness, balancing subtle self-observation with the courage to encounter oneself deeply. The interplay of focused attention and physical processing will soften the rigidity of partial states, allowing for integration.

Overcoming situational unawareness of ego parts, addressing deep vulnerability, and loosening the tight grip of control mechanisms are just some of the challenges on the path to ego integration. Practice, patience, and perseverance are vital. Developing a deepened

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self-relationship and an integrated, resilient ego calls for a careful yet courageous approach, particularly in moments where fear must be faced.

This seminar will focus on practical treatment work, providing an applied framework for exploring and integrating dissociative parts. Supervision will be available to a limited extent, depending on time requirements.

Please Note: This is a teaching seminar. While we will engage in profound personal work to uncover and understand individual dynamics, this experience alone will not heal all trauma-related issues. It is, however, a meaningful step on the path toward self-integration and enduring wholeness.

When you complete this module:

- You'll finally know when you're dissociating (vs. truly present)
- You'll integrate your fragmented parts (adaptive child, wounded child, adult self)
- You'll be able to hold space without leaving your body
- Your clients will go deeper because YOU can stay present with their depth
- You'll experience a level of wholeness you didn't know was possible

Venue: Hoeve de Kempe - Haanstraat 8 - Voorst the Netherlands

Price:

Per module: ~~€2.000~~ per module €1.500 if paid in full

All modules: ~~€8.000~~ currently €6.000 if paid in full

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YEAR 2 - MASTERING THE TOOL

After Year 1, everything changes.

You've done the deep work on YOUR nervous system.

You can regulate yourself through fear, attachment wounds, shame, and dissociation.

You've become the tool.

Now you're ready to learn how to work with CLIENTS at this depth.

But here's what makes Year 2 completely different from other trauma certifications:

You're not learning "how to treat trauma.

You're learning how to help clients BUILD what was never built in the first place.

Most trauma trainings teach you:

- How to diagnose (what's wrong with them)
- How to treat (what protocol to apply)
- How to manage (how to contain their symptoms)

This training teaches you:

- How to READ their nervous system (what capacity is missing)
- How to FOLLOW their Soul's timing (what's ready to emerge vs. what needs more time)
- How to BUILD what wasn't built (so transformation actually sticks)
- How to BE WITH whatever arises (without fixing, collapsing, or bypassing)

The certification has been designed to provide exceptional levels of support, so that when you work with your own clients, you do so with unwavering confidence.

YEAR 2: FOUR 4-DAY MODULES

Year 2 teaches you the four types of trauma—and how to work with each one at the Soul level (or organism-intelligence level, depending on your framework):

- 1. SHOCK TRAUMA** (single incidents that overwhelm the system)
- 2. DEVELOPMENTAL TRAUMA** (what DIDN'T happen in critical stages)
- 3. GENERATIONAL TRAUMA** (patterns passed through family lines)
- 4. COMPLEX TRAUMA** (abandonment, abuse, neglect, psychotic parents, death)

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But here's what makes this different from other trauma trainings:

Most certifications teach you:

- The diagnostic criteria for each type
- The treatment protocols to apply
- The techniques to use

****This certification teaches you:****

- How to track what's happening in the client's nervous system RIGHT NOW
- How to read what capacity is missing (not just what trauma happened)
- How to follow the organism's intelligence (Soul-led work)
- How to build the foundation they need (not just process the event)
- How to know when to intervene vs. when to simply hold space
- How to work with each type without re-traumatizing

WHY YOU COULDN'T LEARN THIS IN YEAR 1:

You can't learn to hold space for someone else's terror until you've learned to hold space for your own.

You can't help clients build developmental capacity until you've built it in yourself.
You can't track a client's dissociation until you know what your OWN dissociation feels like.

Year 1 gave you the foundation. Year 2 teaches you the application.
But the application isn't about TECHNIQUES—it's about ATTUNEMENT.

For the scientifically-minded: Attunement means: reading the subtle autonomic shifts in your client's nervous system and knowing what intervention (or non-intervention) their system needs in that moment. This is neuroscience in real time—not applying protocols, but responding to what IS.

For the spiritually-oriented: Attunement means: being so present, so regulated, so empty of your own agenda that you can FEEL what the client's Soul is ready for. You become a vessel through which the Divine intelligence can work—not by channeling, but by being.

Both are true. Both are taught.

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THE FOUR MODULES EXPLAINED:

MODULE 1: SHOCK TRAUMA

Working with single-incident trauma that overwhelms the nervous system.

Shock trauma occurs when something happens too fast, too intensely, or too unexpectedly for the nervous system to process: accidents, medical procedures, sudden losses, assault, natural disasters.

The system goes into freeze or fight/flight—and gets STUCK there.

What makes this work different:

Most approaches try to "process" the event through talk therapy or "release" the stored energy.

This work:

- Tracks where the incomplete survival response is still held in the body
- Allows the system to COMPLETE what it couldn't complete at the time
- Builds the capacity to integrate the experience without overwhelm
- Follows the organism's intelligence for when and how to release

For the scientifically-minded:

This is trauma resolution through incomplete motor sequences and autonomic completion—allowing the body to finish what the freeze response interrupted. We're working with the brainstem and limbic system, not the cortex.

For the spiritually-oriented:

This is allowing the Soul to guide the body through what it couldn't complete—trusting that the intelligence knows the exact sequence, timing, and support needed.

In this module you'll learn:

- How to track freeze/fight/flight responses in real time
- How to help clients complete interrupted survival responses safely
- How to distinguish between processing and re-traumatizing
- When to intervene and when to just BE with what's arising
- How to work with medical trauma, accidents, and sudden losses



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MODULE 2: DEVELOPMENTAL TRAUMA

Working with what DIDN'T happen in critical developmental stages.

This is the most important module—because most chronic issues stem from developmental trauma, not shock trauma.

Developmental trauma isn't about what HAPPENED to you. It's about what DIDN'T happen—the developmental stages that were skipped, the attunement that was missing, the nervous system capacity that was never built.

Examples:

- A mother who was depressed and couldn't attune (so the child never learned they were worthy of attention)
- Parents who were emotionally unavailable (so the child never developed the capacity for secure attachment)
- A family system that couldn't tolerate emotion (so the child learned to dissociate instead)

You can't "process" what never happened.
You can only BUILD what's missing.

What makes this work different:

Most approaches focus on what was done TO the client (abuse, neglect).

This work focuses on what was MISSING—and how to build it now, in adulthood, through new somatic experiences.

For the scientifically-minded: We're creating corrective emotional experiences at the nervous system level—not through cognitive understanding, but through embodied interactions that teach the system something new. This is neuroplasticity in action.

For the spiritually-oriented: We're building the vessel strong enough to hold the Soul. When the developmental foundations are weak, the Soul can't fully incarnate. This work completes the incarnation process.

In this module you'll learn:

- How to identify which developmental stage is underdeveloped
- How to work with the Seven Centers of Development
- How to create corrective experiences (not just process old ones)
- How to build capacity that was never built
- How to distinguish between "healing trauma" and "building foundations"
- Why most therapy doesn't work for developmental trauma (and what does)



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Founder & Director of Integrative Trauma Therapy

MODULE 3: GENERATIONAL TRAUMA

Working with patterns passed through family lines.

Generational trauma isn't metaphorical. It's physiological.

Research shows that trauma responses can be passed epigenetically—meaning your grandmother's unresolved trauma can live in YOUR nervous system, even if you never experienced the original event.

Examples:

- Holocaust survivors' grandchildren showing PTSD symptoms
- Descendants of enslaved people carrying hypervigilance
- Children of alcoholics developing similar nervous system patterns
- Family patterns of shame, rage, or collapse repeating across generations

What makes this work different:

Most approaches work with family patterns cognitively (family therapy, constellations work focused on insight).

This work addresses the SOMATIC transmission—how your body is carrying patterns that aren't even yours.

For the scientifically-minded: This is epigenetics meets trauma therapy. We're working with inherited nervous system patterns at the physiological level—not through talk, but through somatic experiences that interrupt the transmission.

For the spiritually-oriented: This is ancestral healing—but not by "sending light" to your ancestors. By healing the pattern in YOUR body, you heal it in the line. You become the one who stops the transmission.

In this module you'll learn:

- How to identify patterns that aren't yours (but feel like yours)
- How to work with inherited nervous system responses
- How to help clients separate their story from their family's story
- When family systems work is needed vs. individual nervous system work
- How to address generational patterns without spiritual bypassing
- The intersection of epigenetics, attachment, and Soul work



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MODULE 4: COMPLEX TRAUMA

Working with chronic, relational trauma: abandonment, abuse, neglect, growing up with psychotic or addicted parents, repeated losses.

Complex trauma is different from shock trauma. It's not one event—it's a PATTERN of events that taught the nervous system: "The world is not safe. People cannot be trusted. I am alone."

Complex trauma creates:

- Deep attachment wounds
- Chronic hypervigilance or collapse
- Difficulty trusting (yourself or others)
- Shame as a core identity
- Dissociation as a survival strategy

What makes this work different:

Most approaches try to process the individual incidents.

This work rebuilds the FOUNDATION OF SAFETY that was never established—so the client can finally risk connection, trust, vulnerability.

For the scientifically-minded: Complex trauma rewires the developing brain. We're not trying to change what happened—we're creating NEW neural pathways through repeated experiences of safety, attunement, and secure attachment with YOU as the practitioner.

For the spiritually-oriented: Complex trauma fractures the Soul's ability to stay present in the body. This work calls the Soul back home—not through retrieval ceremonies, but by making the body safe enough to inhabit again.

In this module you'll learn:

- How to work with clients who have "tried everything" and nothing worked
- How to create a secure base when they've never had one
- How to handle abuse disclosures safely (what to say, what NOT to say)
- When to refer out (and when you CAN hold it)
- How to work with narcissistic abuse, childhood neglect, sexual trauma
- The long game: why complex trauma requires patience, not just technique



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HOW YEAR 2 DEVELOPS MASTERY:

1. In-depth training on all four trauma types

You'll learn the neuroscience, the developmental stages, the symptoms, the patterns—AND how to work with each type at the Soul level (organism-intelligence level), not just the mind or symptom level.

2. Watch me work with real clients

You'll see full sessions (recorded with permission) so you can observe:

- How I track nervous systems in real time
- Where I choose to intervene vs. hold space
- How I follow the Soul's timing vs. my own agenda
- What it looks like when transformation happens naturally

3. Practice sessions with feedback

You'll work with real clients (from our practice pool) while being observed—and get detailed feedback on:

- Your nervous system regulation
- Your attunement to their system
- Your interventions (or non-interventions)
- Where your own trauma is interfering
- What you're doing brilliantly

4. Supervision and Intervision between modules

- Monthly group calls where you can bring your toughest cases
- Weekly peer supervision (Intervision)
- Learn from each other's experiences
- Get support when you're stuck

5. Build your practice while you train

By Year 2, you'll have clients—and you'll be working with them under supervision, building confidence in real time.

BY THE END OF YEAR 2, YOU WILL:

Clinically:

- Know exactly what type of trauma you're working with
- Read nervous systems in real time
- Track when clients are in window of tolerance vs. dysregulated
- Know when to intervene and when to simply hold space
- Work with any trauma type without re-traumatizing
- Handle abuse disclosures safely and appropriately
- Know when to refer out (and when you can hold it)

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Professionally:

- Feel unshakeable confidence in sessions
- Trust your body's guidance (not just your mind)
- Charge appropriately for the depth of work you're doing
- Have a full practice of clients who refer others
- Be known as THE person other practitioners refer to
- Create consistent income doing deeply meaningful work

Personally:

- Live from a regulated nervous system (not just teach about it)
- Have relationships that feel nourishing (not draining)
- Know who you are when no one needs you
- Trust life—and your place in it
- Feel whole, integrated, at peace
- Stop living through clients and fully inhabit your own life

Spiritually (if this is your framework):

- Be a living vessel through which the Divine works
- Trust the Soul's timing (yours and your clients')
- Experience the integration of heaven and earth in your own body
- Do the work you were born to do

PRACTICAL DETAILS FOR YEAR 2:

Prerequisites:

You must complete all four Year 1 modules before entering Year 2. You can't 'pick and choose the modules' in year 2, they build on each other, and you go through them in a safe container as one group. This ensures you have the nervous system foundation required to work with clients at this depth. Aside from that, you need to be engaged in your own practice. In case of doubt feel free to contact Suze. This is a course for professionals, and not a teaching course to learn coaching... it builds on skills you already need to have developed.

Format: Four 4-day intensive modules (in-person)

Location: Voorst, Netherlands (one hour east of Amsterdam)

Dates for 2026:

- Shock Trauma: February 3-6, 2026
- Developmental Trauma: April 28 - May 1, 2026
- Generational Trauma: September 1-4, 2026
- Complex Trauma: December 3-5, 2025

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What's included:

- 16 days of intensive in-person training (Year 2 only)
- All lunches and dinners during modules
- All course materials
- Monthly mastermind calls between Year 2 modules
- Supervision while building your practice
- Videos of live client sessions
- Practice clients with feedback
- Full certification upon completion
- Lifetime access to the Soul Healing practitioner community

Not included: VAT, travel, overnight accommodation

Investment for Full Certification (Year 1 + Year 2): €15,000 if paid in full

Payment plans available:

- 10 monthly payments of €1,555
- €7,500 upfront + 10 monthly payments of €777
- Custom payment plans available—contact us to discuss

Total training: 28 days of intensive in-person work (12 days Year 1 + 16 days Year 2), 6 Supervision days year 2, 6 supervision sessions year 1, intervision practice, practicegroups and access to our online community for the full journey

What this investment returns:

Most graduates charge €200-€500+ per session and have full practices within 6-12 months of certification. This training pays for itself—and then creates a sustainable, deeply fulfilling income doing the most meaningful work of your life.

More importantly: This training transforms WHO YOU ARE. The professional skills are valuable. The personal transformation is priceless.

SIGN UP HERE:

Full Year or Separate modules:

<https://suzemaclainepont.thrivecart.com/ittc-year-1-modules/>

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THIS CERTIFICATION IS FOR YOU IF:

****You're exhausted from performing expertise****

You have the knowledge. You have the training. You have the credentials. But you're running on empty. You're tired of needing your patients' results to feel worthy. You're ready to stop performing and just BE yourself.

****You know something is missing****

Your patients improve temporarily but don't stay better. You hold space but feel depleted after. You understand trauma intellectually but can't seem to help people move through it permanently. You sense there's a deeper level you haven't accessed yet.

****You're willing to do your own deep work****

This isn't a "learn techniques and apply them" certification. This is "heal yourself first, then help others." You're willing to face your own fear, shame, attachment wounds, and dissociation patterns—not just learn about them.

****You're ready for rigor****

You want depth, not shortcuts. You value evidence-based approaches AND wisdom traditions. You're willing to be challenged on everything you think you know. You can handle being uncomfortable while you grow.

****You think differently than mainstream approaches****

You've always sensed that traditional therapy/medicine wasn't getting to the root. You question protocols that don't account for the whole person. You're drawn to integrative approaches but want them grounded in science, not just theory.

****You're building (or rebuilding) a practice****

You're either:

- Established but want to go deeper with clients
- Transitioning from one modality to this work
- Starting a practice and want to build it on a solid foundation
- Burned out from your current work and seeking a sustainable path

****You're open to spiritual depth (even if you don't identify as "spiritual")****

You don't have to believe in God or Soul to benefit from this work. But you're open to the possibility that there's an intelligence in the body deeper than conscious thought. You're not threatened by spiritual language—you can translate it into your own framework.

OR

You ARE deeply spiritual but tired of "woo-woo" approaches that lack grounding. You want spiritual work that's also scientifically rigorous. You want to integrate your faith/practice with your professional work without having to hide it.

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****You're done collecting certifications to feel worthy****

You're not looking for another credential to prove you're good enough. You're looking for actual transformation—in yourself first, then in how you work with clients. You're willing to invest in becoming a different person, not just learning more tools.

****You're ready to charge what you're worth****

You know that deep work deserves deep investment. You're willing to charge €200-€500+ per session when you can create that level of transformation. You're ready to build a sustainable practice, not just "help people" while you burn out.

****You value long-term commitment over quick fixes****

You understand that becoming the kind of practitioner who creates lasting transformation takes TIME. You're willing to commit to 2 years of intensive training—not because you're slow, but because this work is that deep.

****You're a doctor, therapist, healer, or coach who:****

- Has training in at least one trauma-informed modality (or extensive clinical experience)
- Is actively working with clients (or planning to within 6 months)
- Has done significant personal growth work (therapy, healing, spiritual practice)
- Can commit to in-person training in the Netherlands
- Has the financial resources to invest at this level (or can arrange payment plans)

THIS CERTIFICATION IS NOT FOR YOU IF:

****You're looking for more tools to add to your collection****

If you want techniques, protocols, and step-by-step procedures—this isn't it. This work is about BECOMING the tool, not collecting more tools. If you're not willing to fundamentally change WHO YOU ARE, this training won't serve you.

****You want quick fixes or shortcuts****

This is a 2-year commitment. 28 days of in-person training. Deep personal healing work between modules. Supervision. Practice. Integration. If you're looking for a weekend certification, look elsewhere.

****You're not willing to do deep personal work****

Year 1 will bring up your own fear, shame, attachment wounds, and dissociation. You'll be challenged on your patterns. You'll have to face parts of yourself you've been avoiding. If you only want to "learn about" trauma without healing your own, this isn't for you.

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****You need to stay comfortable****

This work is uncomfortable. You'll be asked to sit with intensity—your own and others'. You'll be challenged on what you think you know. You'll have moments of "I don't know if I can do this." If you need training to feel safe and comfortable at all times, this isn't it.

****You're collecting certifications to prove your worth****

If you're adding credentials to feel adequate—stop. Heal that wound first. This certification is for people who are ready to stop proving and start BEING. If your identity depends on credentials, this work will challenge that identity.

****You're closed to spiritual/somatic approaches****

If you think:

- "Emotions don't matter, just fix the symptoms"
- "The body doesn't hold trauma, only the mind does"
- "Spiritual language is just woo-woo nonsense"
- "Science and spirituality can't coexist"

Then this work isn't for you. This is integrative—body AND mind, science AND Soul, evidence AND wisdom.

****You're not actually working with clients****

This certification is for PRACTITIONERS. If you're taking it "for personal growth" or "to understand yourself better"—the retreats (Sacred Reset or Sacred Pause) are better suited for you. This training is designed for people who will USE it professionally.

****You can't commit to in-person training****

This work MUST be done in person. Nervous system regulation can't be learned over Zoom. If you can't travel to the Netherlands for the modules, this isn't an option for you right now.

****You can't invest at this level****

The financial investment is significant: €6,000 for Year 1, €15,000 for both years. If this feels impossible (not uncomfortable, but truly impossible), you may need to wait. We offer payment plans, but you need to be able to commit to the investment.

****You want a "nice" training****

This isn't nice. It's real. It's raw. It's rigorous. You'll see other people's pain. You'll face your own. You'll be pushed beyond your comfort zone. If you need training to be gentle and easy, this isn't it.

****You're looking for a guru or someone to fix you****

I'm not here to be your guru. I'm not here to fix you. I'm here to train you to become the practitioner you're capable of being—which requires you doing YOUR work, not me doing it for you. If you need someone to save you, save yourself first. Then come train.



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HOW TO KNOW IF THIS IS RIGHT FOR YOU:

There's no list of required certifications.
We don't need to see your credentials.

What we DO need to know:

****1. What deep personal work have you done on yourself?***

Have you been in therapy? Have you done your own healing work? Have you faced your own trauma, shame, fear patterns? We're not looking for "perfectly healed"—we're looking for WILLINGNESS to go deep. And we are happy to help you get there but you need to say YES to that.

****2. Are you willing to be challenged on everything you think you know?***

This training will question your assumptions. It will challenge your existing frameworks. It will ask you to let go of what you've been taught and discover what's TRUE. Can you handle that?

****3. Can you commit to 2 years of intensive training?***

This isn't something you "fit in" around other things. This becomes a priority. The modules require presence. The integration requires time. The practice requires commitment. Are you ready? At least ready to say yes to one module and take it step by step.

****4. Are you ready to invest at this level?***

The financial investment is significant. But more than money—this requires emotional investment, time investment, vulnerability investment. Are you ready to invest yourself fully?

****5. What's your honest motivation?***

Are you here because:

- You want to create deeper transformation for your clients? (Yes)
- You're exhausted and need this for yourself? (Yes)
- You sense this is your calling? (Yes)
- You want another certification to feel worthy? (No)
- You're running from something else in your life? (No)
- You think this will "fix" you? (No)

Be honest. We'll know. Your nervous system will tell us.



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THE NEXT STEP:

If you're feeling a YES in your body—book a call.

Not a "maybe." Not "I should look into this." A YES.

Even if it scares you. Even if you don't know how you'll make it work.
Even if the investment feels like a stretch.

If this is your next step, you'll know.

Talk with us. Ask your questions. Feel into whether this is right for you.

We'll help you get clarity—not push you to enroll, but help you discern if this is YOUR path.

[**Book your call here:**](#)

If you have questions about:

- Logistics (travel, accommodations, timing)
- Investment (payment plans, financing options)
- Readiness (am I qualified? do I have enough training?)
- Fit (is this right for me? am I right for this?)

We will help you get clarity.

SPACES ARE LIMITED

We keep groups small intentionally—this work requires deep attention and personal support. We can't do this work with 50 people in a room. We keep cohorts to 12-16 people maximum.

****The next cohort begins December 2025.****

This could be the moment everything changes—for you, for your clients, for everyone your work touches.

The door is open.

Will you walk through?

Suze Maclaine Pont



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Would you stay in prison if the door was wide open?

You already know something is calling you here.
You've read this far because something resonated.

Maybe it's the recognition that you've been flying intellectually high
but ungrounded in your body.

Maybe it's the exhaustion of holding space without the capacity to truly
hold it.

Maybe it's the knowing that your clients deserve more—and so do you.

This certification is not just another training to add to your resume.

This is a complete rewiring of your nervous system—and therefore, your
life.

When you heal at this depth:

- Your relationships transform
- Your business flows
- Your confidence becomes unshakeable
- Your presence becomes the healing
- Your purpose becomes crystal clear

This is the work you've been looking for.

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WHAT OTHER PEOPLE ARE SAYING ABOUT SOULHEALING...

These are real experiences from coaches, therapists, and healers who've completed the modules. Many came in thinking they already understood trauma work. All left transformed—not just with new skills, but as fundamentally different people.

On the depth of transformation:

"One hour of working with Suze was more powerful than over 10 years of working with other therapists."

"The missing link to any work I have done before, I truly want to add this to my own skills!"

"I thought I knew what letting go was until I met Suze!"

"I am blown away, I seriously never could have expected anything this deep in one hour!"

"The most profound thing ever experienced (despite years of therapy)"

"25 years of being a psychotherapist myself and I have never experienced this deep level of work"

"Suze finds connections and wounds I never even KNEW where there, let alone that they could have been attached to these areas"

On what makes the training unique:

"Extremely powerful work, but not for the faint of heart"

"I rate this course an 8 out of 10, of all the 8 from before is because: this is not for the faint of heart/everyone... that's why it is not a 10) Suze has broad knowledge, tons of experience, a unique approach and the capacity to hold space so incredibly that it seems anything is possible in it. Intense and eyeopening - besides getting to know my inner games about shame I already learned how to be different/better with clients (or anybody for that matter) after just module 1 too - other than that I am curious how it adds up with the other modules"

"I rate this 9 out of 10, because we get some really apprehensive theory with exercises that let this theory land in the body so after three days you will feel the shift in your body from stress to expansion. Valuable for everybody who communicates with other people, since it helps to stay on your own ground and present for listening."

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On Suze's ability to hold space:

"I rate this 10 out of 10. It was not what I expected but everything I needed, Suze can hold you so gently in a safe space, helping you to navigate your trauma, while teaching you how to regulate your system and hold space for yourself and manage your own emotions. It's experiential in nature and reaches places other training just do not, focusing on the body, the importance of moving that allows stuckness to be felt and released, allowing masks and facades to drop, revealing our authentic selves. Suze's knowledge and experience is invaluable."

"Suze is second to none with her knowledge of trauma and its impact and she has an ability to create such a safe space that profound shifts are inevitable"

"If you want to experience being in a safe space while working on your trauma's and to understand yourself better than this is your training. The trauma work we do with Suze is very deep healing work and it is also combined with lightness at the same time. Suze helps you to become the person you were meant to be, by peeling back the layers of trauma that are keeping you from living your life fully."

On the comprehensive approach:

"it is comprehensive does not start from problems Goes to the deepest core in the greatest safety and warmth"

"There are so many reasons to join! Every module has its own unique flavour and you will get out of it exactly what it is you need to learn in that module. Suze knows what she's doing. She is highly qualified, highly experienced, highly gifted in many areas, and she helps you release the deepest set trauma you didn't even realise you had. Afterwards you feel relieved and renewed somehow. I found it especially profound when I was ready to release deep set trust issues, and this came about because Suze was able to guide me there and involve the group. It would never have surfaced had I consciously wanted to, because I didn't know it was there. Suze did. And this is what makes it so special to work with her. None of us know what is going to surface, but we all know something will and we'll all benefit. Suze also knows how to teach, how to lead, how to handle a group, establish trust. She creates an environment of trust where it's possible to do the really deep work."

On personal transformation:

"In general: the affirmation and explanation for what I was already thinking (had observed and experienced): that 'professional distance' in therapeutic relations is in many cases not helpful.

For me personally: After day 1 the question came to my mind: Am I dissociated all the time?! Day 2 showed me that even if that would be so, my soul has been there also all the time, and the dissociated part is not a bad thing per se. When I can consciously connect with both, these pieces in myself will fall into place. This is the point where I can trust myself, have confidence and do not have to feel afraid and alone. I can connect with others from there."

Suze Maclaine Pont



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When you heal at this depth:

- Your relationships transform
- Your business flows
- Your confidence becomes unshakeable
- Your presence becomes the healing
- Your purpose becomes crystal clear

This is the work you've been looking for.

This certification is not for everyone.

It's not for people who:

- Want more tools to add to their collection
- Are looking for quick fixes or shortcuts
- Want to stay comfortable
- Aren't willing to do deep personal work
- Are collecting certifications to feel worthy

This certification IS for people who:

- ✓ Are ready to stop learning and start BECOMING
- ✓ Know that healing your nervous system will change everything
- ✓ Want to work at a depth that creates permanent transformation
- ✓ Are willing to be uncomfortable to become extraordinary
- ✓ Understand this is a lifelong journey, not a destination
- ✓ Want to build a practice that reflects true mastery
- ✓ Are ready to let their Soul lead—in life and in work

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- Are you ready to invest at this level?

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Talk with us. Ask your questions. Feel into whether this is your next step. [\[BOOK YOUR CALL HERE\]](#)

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If you're feeling called, don't wait.

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The door is open.

Will you walk through?

With deep respect for your journey,

Suze Maclaine Pont - Founder, Academy of Soul Healing Creator, Integrative Trauma Therapy Certification



Suze Maclaine Pont



Suze Maclaine Pont

Founder & Director of Integrative Trauma Therapy

Resources and Inspiration

Teachers Suze studied with:

John Grinder - NLP
Bert Hellinger - Family Constellations
Gabor Maté - Compassionate Inquiry
Richard Schwartz - Internal Family Systems
Ricky Greenwald - EMDR, Child Trauma Institute,
Johannes Schmidt - Aptitude Academy
Wibe Veenbaas - Masks people wear
Pat Ogden - Sensori Motor Psychotherapy
National Institute for the Clinical Application of Behavioral Medicine
Russill Paul - Tantra
Fred O Donaldson - Natural Play
Dr. Robert Lawrence Friedman - Healing Power of the Drum

Other people and fields Suze studied:

Bessel van der Kolk - Dissociation
Peter Levine - Somatic Experiencing
Eric Berne - Transactional Analysis
Marius Engelbrecht - Voice Liberation
Franz Ruppert - IoPT
Judith Lewis Herman
Michael Singer
Neale Donald Walsch
Wayne Dyer
Caroline Myss
Victor Frankl
Vianna Stibal
Brené Brown
H. Ronald Hulnick
James Finley
Ken Wilber
Dr. Joe Dispenza
Byron Katie
Desmond Tutu
David Hawkins
Maxwell Maltz
Kazimierz Dąbrowski
Gary Zukav