

## **If you master this one skill, you will have an advantage over other therapists and coaches...**

*If you want to help people truly heal, even if you're new to therapy/coaching, read on as this is more important than any qualification*

If you've been paying any attention to the therapy/healing world, read books such as "**The body keeps the score**" by Bessel van der Kolk or followed the work of **Dr Gabor Mate** you'll know that:

- Unhealed trauma (unexpressed emotions & stress) is the root of most people's problems.
- Trauma is stored in the body, not the mind.
- Traditional models of therapy that focus on the mind such as CBT, counselling, psychotherapy etc aren't enough.
- You can't think your way out of trauma.

## **Healing can only happen in the body when in safe connection**

Your client's body (or future clients) doesn't care what qualifications/certifications you have hanging on your wall.

It cares about:

- How safe you can make it feel with your grounded, embodied presence.
- Your ability to be attuned to their body, to recognise and respond to their body & nervous system with your own body.
- Your ability to hold space for their vulnerability and heavy emotions without being knocked off your centre and triggering



your own wounds or needing to rescue, fix or save them. (Hello wounded healers)

## **This is all down to one skill - Co-regulation**

*“Co-regulation requires being attuned to both the client and your own nervous system and being able to regulate your own nervous system in a way that supports your clients nervous system to heal.*

*Co-regulation is a key aspect of effective therapy, as it allows the therapist to create a safe and supportive environment that can help the client to process and release their trauma.”*

## **This skill has to be earned through practice and healing, not learned through studying**

The super Co-regulators aren't necessarily the smartest or most qualified, yet they are the most powerful healers by how they make their clients feel and how well attuned they are to their clients.

You could study for years, read every book & obtain every qualification. Yet no amount of information in your mind can take the place of a safe, attuned nervous system that is able to connect & co-regulate well.

**I learned this the hard way...**



Hello, I'm Shane Haron, also known as The Anxiety Specialist [@anxietyspecialist](https://www.instagram.com/anxietyspecialist). I've been working in the coaching industry for 16 years, and throughout that time, I've always been driven by a passion for helping others and a thirst for knowledge. To understand how to help others but to also understand and heal myself.

I started my healing journey because I was experiencing debilitating panic attacks. I was addicted to work and steroids, having my self worth attached to financial success and how I looked, yet I was still unhappy no matter how much I earned or how good I looked. I almost died one night after having an allergic reaction to a peptide I had injected that caused me to have a seizure. I passed out and awakened to paramedics and my girlfriend at the time in tears thinking I was going to die. Looking back it's obvious that I had some issues but at the time I was completely oblivious and didn't even realise I was experiencing anxiety. It wasn't until I ended up in A&E thinking I was having a heart attack that I learned I was experiencing anxiety and panic attacks.

I experienced and even qualified in a variety of therapies, including hypnotherapy, NLP, CBT, and counselling which helped somewhat, but something was always missing.

## **The missing piece of the puzzle**



I then discovered the world of trauma, the nervous system and somatic therapies. I trained in every trauma-focused therapy and technique I could find.

However, this made me realise how much more work I needed to do on my own healing journey. I found that my clients would often trigger me or reflect my own unhealed traumas that I was unaware of. This wasn't easy to accept.

I also recognised the wounded healer pattern within me that needed to fix and rescue others to prove my worth. I likely learned this pattern from trying to save my parents from their own addictions as a child.

I often wondered on so many of my courses, why some people would struggle to get results with the exact same techniques we were all using. (Now I know this was down to their own nervous systems ability to co-regulate and communicate enough safety for their clients somatic release process to unfold.)

As my own healing journey deepened, my success with my clients improved dramatically. I discovered that the key to truly helping others was not just the information or techniques I knew, but the depth of my own healing and my ability to co-regulate with a safe, attuned nervous system.

## **The birth of Somatic Release Therapy**

As time went on, I started to become known for the amazing results I would produce with my clients. I created and refined my own framework of healing based on combining the best trauma-releasing techniques and co-regulation.



Somatic Release Therapy is a form of therapy that focuses on the connection between the mind and the body. It is based on the understanding that trauma and other emotional experiences are often stored in the body. The goal of somatic release therapy is to help individuals access and release the stuck emotions and stress in the body in a safe and controlled way that doesn't overwhelm the client or retraumatise them.

I can't heal the world alone. That's why I created my online mentorship program. I want to share my method with other healers, therapists, and coaches, so that we can have a greater impact together. I've had and received fantastic feedback from my mentees.

## **Testimonials from the mentorship program**

**Michael J.** ★★★★★

"I was struggling to get results with my clients and feeling burnt out as a coach. I knew something was missing in my business, but I didn't know what it was. That's when I found Shane's mentorship program. It was a game changer for me. The focus on somatic therapies and nervous system regulation has helped me to understand and work with my clients in a whole new way. I feel more confident, empowered, and effective as a therapist. I highly recommend this program to anyone looking to deepen their understanding of trauma and improve their work with clients."

**Samantha M** ★★★★★

"I was skeptical about joining Shane's mentorship program, but I'm so glad I took the leap. The combination of somatic therapies, nervous system regulation, and holding space has completely transformed my work with clients. I now have a deeper understanding of trauma and how to truly support my clients in their healing journey. Thank you, Shane, for your guidance and dedication to the work."

**Jasmine W** ★★★★★

"I had always been interested in the healing arts, but didn't know where to start. I had tried various therapies for my own healing journey, but nothing seemed to stick. That's when I found Shane's Somatic Release Therapy Mentorship. It was a life-changing experience. Shane's approach to healing is holistic and empowering. He taught me how to meet myself at the roots, exactly as I am, and how to hold space for others in a safe and effective way. I am now able to help others in a deeper and more meaningful way. I highly recommend this mentorship to anyone interested in healing and personal growth."

You too can achieve the same results with your clients and take your own healing journey to the next level by joining the Somatic Release Therapy Mentorship program. Join now and start seeing the real and long-lasting change in your clients and in yourself.



CMA ACCREDITED COURSE

Somatic Release Therapy is accredited by  
The Complementary Medical Association

## **Co-regulation is your secret weapon**

This is your chance to learn the one thing that will give you an advantage over most therapists and coaches: the ability to co-regulate and hold space for your clients in a safe and grounded way. With my support, you'll learn to work with trauma from the bottom up, understand the neuroscience behind it, and develop the capacity to meet unprocessed stress within the felt sense of the physical body.

This mentorship is designed to give you the hands-on experience and practice needed to truly embody the art of somatic release therapy. The knowledge is valuable, but it's the embodied experience of the process and the opportunity to practice with others that will make you confident in your ability to help others. Whether you're looking to improve your relationships with friends and family or want to use this skill professionally, this mentorship will give you the tools you need to



make a real impact in the lives of others. I will guide you through my proven framework and step-by-step process, and we'll spend the majority of our time putting it into practice, healing ourselves and each other along the way.

Sign up now and take the first step towards becoming an expert in this powerful healing therapy.

## **What else will you learn**

- Polyvagal Theory and the nervous system
- Understanding Trauma, Anxiety, Depression and Dissociation
- How to activate the body's own natural healing process so you can help clients heal with ease.
- How to remove the obstacles to the somatic release process that stops you from getting results with your clients
- How to effectively release trauma without overwhelm or re-traumatisation
- How to break the subconscious beliefs holding yourself and your clients back from living their dream life
- My Somatic Release Therapy step by step framework to guarantee your clients success

## **Who is this program for?**

- Professionals already helping others - Therapists, coaches etc
- Those that want to be able to help others either professionally (as a somatic therapist/coach) or personally (supporting friends/family)
- Those who work with others and want to deepen their ability to connect, manage and communicate effectively
- Those that want to deepen their own healing journey





This mentorship program is designed for individuals who are passionate about their own personal growth and also helping others heal through the power of somatic therapy. With a focus on co-regulation and holding space, you'll learn how to help others access and release stored stress/emotions/trauma and develop a simple, effective system for doing so.

Whether you're a seasoned therapist or coach, or simply someone who wants to learn how to live life in a more holistic, embodied way, this program will equip you with the skills and knowledge to connect and communicate with others on a deeper level, leading to more profound and meaningful relationships.

You can only meet others at the depth you have met yourself. So as long as you are willing to be vulnerable and open to work on yourself you will be welcome to join. Healing is a lifelong journey for everyone. As therapists/coaches our clients need to feel our ability to feel safe in that vulnerable space so we can lead the way for them to follow.

## **How will the mentorship be delivered?**

This course focuses on both cognitive and somatic learning. Cognitive learning is all the course content that you can browse through and learn at your own pace over time and refer back to like a library of wisdom. I am continually adding content that will help your journey.

Somatic learning is through experience in the live sessions. We learn best through mirroring and modelling, so each week we will dive deeper into the process where I can demonstrate and you will have the chance to practise on yourself and each other. This is the best



way to learn as you will be learning directly from me in a real live scenario and I will be explaining everything I do.

We will also practice connecting, attuning and co-regulating through somatic exercises that will build your skills to co-regulate and hold space for others.

The live sessions are on Zoom, every **Tuesday from 7:30-9 PM**. I will teach and demonstrate, and as your confidence in the process builds, you will have the opportunity to practice and work with your peers. If you are unable to attend a session, it will be recorded for you to catch up on, but the live experience is the most beneficial.

By the end of the 12 weeks you will have grown both personally and professionally and be able to take someone else through my process with confidence and get amazing results.

## **Ongoing Support**

After the 12 weeks, you will be welcome to repeat the live sessions. I decided to run it this way so you can receive ongoing support and supervision along your personal and professional journey. I understand the value of continued support, as many of the questions and challenges you'll face will come up while working with clients. Rest assured, I'll be available to answer any questions and provide guidance whenever you need it.

I also understand that sometimes life happens and if you fall behind or miss sessions, you will be able to complete the course at your own pace with no pressure.

You will also be able to receive some co-regulation from myself and



others. As coaches/therapists/parents, we take on everyone else's stress and need someone to hold space for us just as much as anyone else. Instead of having to pay to work with someone to hold space, you can join the live sessions as and when you need.

## **Certification**

To receive your certification, you will need to turn up to at least 12 live sessions and complete 1 case study. If you are concerned about finding people to use, you are welcome to use others on the course on the live sessions to practice with and use as a case study.

## **Investment**

The price of the mentorship is £999 with payment plans available from £167 a month.

I understand that investing in a mentorship program can be a significant financial commitment, which is why I want to assure you that the knowledge, skills, and tools you will gain from this program are truly invaluable. The cost of the program is a small investment in comparison to the long-term benefits it will bring to your life, both personally and professionally.

Think about it this way, if you're a professional, this investment will help you to expand your practice, increase your earning potential and provide you with the skills you need to help more clients. If you're an individual participant, you will be able to heal your traumas and improve your own life.

Also, consider the cost of not taking the program. The cost of continuing to live with unresolved trauma and tension can manifest in



many ways such as chronic pain, addiction, depression, anxiety, and a lack of fulfilment in life. This program is an opportunity to invest in your own healing and the healing of others, and to bring more ease, joy, and fulfilment to your life.

I believe that this program is truly an investment in yourself and your future. I am confident that you will find it to be a valuable and transformative experience.

**BONUS** - For the 12 weeks of your program, you will also get access to my Somatic Self Care sessions on Monday and Thursdays 8-9pm where we practice somatic techniques to self regulate. Reshaping your nervous system and improving your ability to co-regulate others. I have been running this for over 3 years and it has been essential for my own nervous system maintenance.

## **I would love for you to join us**

My mission is to create a tribe of space holders & super co regulators as every person you help and hold space for will be more regulated and be able to hold space for others with a knock on effect to spread healing across as many people as possible.

Shane Haron

The Anxiety Specialist