

5-DAY IN-PERSON + ONLINE EDUCATION



RESET SOMATIX™ TRAINING

60-Hour Certificate Program
Presented by World Doctor

PROGRAM at-a-glance



Revolutionize Your Life or Your Practice: Become a Certified RESET Somatix™ Practitioner, or Immerse Yourself in a Transformative Nervous System Program!

RESET Somatix™ Training is a five-day immersion in experiential learning and self-exploration, for personal and professional development. Whether your goal is to deepen your own nervous system healing or to become equipped to offer this work to future clients, you will experience some of the profound healing this training offers.

As of July 1, 2023, authorized psychiatrists in Australia can legally access products containing 3,4-methylenedioxy-methamphetamine (MDMA) for the treatment of traumatic stress disorder (PTSD) and psilocybin for treatment-resistant depression. This decision reflects research showing MDMA has demonstrated efficacy in addressing post-traumatic stress disorder, while psilocybin shows promise in treating individuals with treatment-resistant depression.

As psychedelic medicines gain legal recognition, the RESET Somatix™ Program offers comprehensive preparation, healing, and integration elements to enhance their therapeutic effects. Moreover, the RESET Somatix™ Program has demonstrated significant benefits over the past decade as an alternative to psychedelic medicines, delivering substantial results independently of their use.

As the use of psychedelics, plant medicines, meditation, and other trance-inducing practices increases, so does the collective experience of dissociation, disembodiment, and psychological fragmentation.

In earlier times, altered states of consciousness were embedded within cultural rituals that provided a structured framework for the soul to deepen its connection with the body, rather than leading to unintended harm as seen today.

This training is designed for both aspiring practitioners and anyone wanting to deepen their own nervous system regulation and self-healing. It draws upon Transpersonal and Somatic models to explore essential topics, acquiring core skills and techniques for navigating non-ordinary states of consciousness, and effectively integrating transformative experiences into everyday life.

The RESET Somatix™ program is a holistic, trauma-informed, model of health and wellness. It is a therapeutic program which aims to dissipate the harmful imprints of trauma from the human nervous system and psyche.

Based on the principles and works of Dr. Mario Alam, RESET Somatix™ views trauma through a multifaceted lens, incorporating personal, interpersonal, intergenerational, and interincarnational viewpoints. As such, the therapy itself is commensurately multi-faceted, whilst still retaining an elegant simplicity. It takes clients on a three-stage journey of “Ground, Transform, and Expand” thereby allowing the safe and gradual release of any deeply embedded traumas that may be obstructing further evolution and selfrealization.

The technique offered during the training, combines a number of holistic and evidence-based modalities such as Breath Work, Hypnosis, Neuro Linguistic programming (NLP), Energy Healing, Visualization and Trigger Points to travel to the root cause of a deeply anchored emotional trauma and release it for good.

The RESET Somatix™ program is also rooted on body-based therapies to release the debilitating effects of trauma in a way that words cannot. The program incorporates elements of therapeutic exercises from a range of disciplines, including:

- Polyvagal Theory inspired vagal toning exercises
- Dance and movement therapies
- Trauma-informed yoga & qigong
- Somatic therapies
- Myofascial release
- Acupuncture
- Sound and music therapies

WHO IS THIS IMMERSION FOR?

Social Workers • Teachers • Mental Health Counsellors • Yoga Therapists / Yoga Teachers • Movement Therapists • Physicians (MD, DO, ND, DC & others) & Physician Assistants • Coaches • Nurses & Nurse Practitioners • Psychologists • Emergency Medical Personnel • Meditation Teachers • Educators • Massage Therapists & Body Workers • Acupuncturists • Hypnotherapists • Kinesiologists • Complementary & Alternative Medicine Professionals • Clergy & Spiritual Leaders • Non-Profit Professionals • Other Wellness Professionals • Anyone Wanting to Understand & Heal Their Own Nervous System

Are you ready to deepen your own healing, or to contribute your empathic awareness, counselling skills, and wellbeing expertise to help others? Whether you're here for yourself or for your future clients, we have an opportunity that could enhance your life's journey!

Join us to become a certified RESET Somatix™ Practitioner, or simply to experience your own healing journey, and be part of a transformative community sailing locally and overseas for gatherings and retreats.

WHAT YOU'LL LEARN

Training Objectives

- **INTEGRATE BODY, MIND & SPIRIT INTO HEALING** - Experience Dr. Mario Alam's unique healing technique, **Soul Line Therapy™**, which forms the foundation of the RESET Somatix™ program. Learn how to apply these principles for your own personal growth and nervous system regulation, while also developing the skills to support others if you choose to become a practitioner.
- **TRAUMA SENSITIVE APPROACH** - Explore the interconnectedness of individual, collective, and societal trauma, understanding its roots and how it is held within the body. Learn to integrate insights after trauma while exploring the theoretical framework of trauma and memory. Gain practical understanding of both implicit and explicit approaches to processing trauma for personal healing and professional application.
- **NERVOUS SYSTEM REGULATION DRILLS & POLYVAGAL THEORY** - Develop practical skills to build resilience and regulate your own nervous system through evidence-informed regulation practices. Learn how the nervous system responds to stress, deepen your understanding of Polyvagal Theory, and discover how these tools can support your own wellbeing or help you confidently guide others as a practitioner.
- **ALTERED STATES OF CONSCIOUSNESS** - Explore the role of altered states of consciousness in healing and personal transformation. Learn when these approaches may be beneficial, when they may not be appropriate, and how they can support self-awareness, nervous system regulation, and professional practice.
- **BODYWORK & PRACTICAL SKILLS** - Learn about trigger points, patterns of tension, and stored trauma within the body. Observe and practise safe bodywork techniques through live demonstrations while experiencing somatic practices designed to support nervous system regulation, personal wellbeing, and therapeutic application.
- **BREATHWORK PRACTICES** - Experience breathwork techniques that help regulate the nervous system by gently moving between different levels of activation. Learn practical tools you can use for your own wellbeing and, if desired, integrate into your professional practice.
- **ENERGY AND SOMATIC DE-ARMOURING** - How to invite the body to open deeply, to perform a dearmoring process physically and energetically.
- **PSYCHEDELICS** - Understanding the value of psychedelic-assisted therapy for trauma healing. You will also be led through the RESET Somatix™ process and healing exercises for preparation, grounding, and integration to cultivate self-compassion, inner knowing, and connection.

TRAINING DETAILS

Location: Osho Mevlana Hall
42 Bilin Rd, Myocum NSW 2481

Only a short 20-minute drive from Byron Bay, 10 minutes from Brunswick Heads and Mullumbimby, or a 45-minute journey from Gold Coast Airport, the tranquil Mevlana Hall is the location where you'll train to become a certified RESET Somatix™ Practitioner. Osho Mevlana Foundation is hosting this event.

Join us in the beautiful Byron Bay region for a nourishing 5-day immersion designed for those who want to deepen their understanding of the nervous system, support their own healing journey, or develop the skills to become a RESET Somatix™ Practitioner.

- Pre-training nervous system learning materials (video lectures, PDFs, guided meditations, and practical exercises) provided before the training to support your preparation.
- Expert-led lectures, practical demonstrations, experiential learning, clinical skills, and somatic integration practices.
- Private online community for ongoing learning, connection, and support.
- All essential training materials provided, including a full-colour printed workbook, guidebook, meditation chairs, and cushions.
- Nutritious vegetarian lunch and self-serve snacks will be provided every day.
- Experiential practices of altered states of consciousness and for processing trauma
- Daily somatic practices hosted by different practitioners to support healing and learning throughout the training.
- Daily somatic movement and mindfulness meditation classes.
- Interactive Q&A sessions with the facilitators.
- Opportunity to book private sessions in the evenings with fellow practitioners for massage, trauma integration, and other healing modalities*
- Earn a Certificate of Completion - Receive your printable digital RESET Somatix™ Training Certificate of Completion simply by completing all the certificate requirements as below.

- Two post-training integration sessions: one online Community Integration Session approximately two weeks after the training, followed by an online Q&A session with Dr. Mario one month after completion.

Ongoing support via email following the training.

**First come first served based on availability. Sign-up sheets will be provided onsite. Additional cost paid directly to the practitioner. Your consent is required prior to touch work, if offered, from the approved providers. We release all liability for personal sessions booked between two parties.*

What to bring (optional):

- *Yoga mat*
- *Water bottle*
- *Comfortable clothing*
- *Any tools that support you in providing healing*
- *Any sacred objects to place in our collective altar*
- *Pen and notebook*
- *Your most authentic self and a spirit of open-mindedness*

CERTIFICATE REQUIREMENTS

To receive your certificate of completion, you must meet the following requirements:

- Complete the self-study modules prior to the training.
- Attend every day of the training
- Provide a full RESET Somatix™ program in class approved by Dr. Mario Alam.

Please note:

Receiving a Certificate of Completion does not automatically qualify you as a Certified RESET Somatix™ Practitioner. Certification requires additional steps and assessment following the training.

Learn More About the Certification Pathway: [Click here](#)

SCHEDULE

The training program will take place over five consecutive days, with the following daily schedule:

- Start Time: 9:00 AM Lunch
- Break: 1 hour
- End Time: 6:00 PM

DAILY COMPONENTS

- RESET Somatix™ Process
- Soul-Line Therapy™
- Somatic Movement
- Mindfulness Meditation

The course comprises a total of 60 hours, divided between lectures and practical sessions focused on the RESET Somatix™ process and Soul-Line Therapy™.

RECOMMENDED READINGS

Books:

- Waking the Tiger: Healing Trauma by Peter Levine
- The Myth of Normal by Gabor Mate
- The Body Keeps the Score by Bessel van der Kolk
- No Bad Parts by Richard Schwartz
- Healing Collective Trauma by Thomas Hübl
- The Polyvagal Theory by Stephen Porges

We invite you to read the core links of the [TGA rescheduling document](#) and the following on the TGA website:

- [Access to psilocybin and MDMA](#)
- [Next steps for consumers](#)
- [Next steps for healthcare professionals](#)

Key organizations to familiarize yourself with are as follows, with their mission statements outlined below:

- **MMA** Mind Medicine Australia “exists to Pursue the charitable purpose of advancing health and, principally, to promote the prevention and control of mental health diseases in humans by promoting the research, education and development of approved and evidence-based psychedelic medicines for therapeutic use”
- **AMAPP** “Australian Multidisciplinary Association for Psychedelic Practitioners, has been formed to be the peak body for psychedelic-assisted therapy (PAT) in Australia; providing a framework for its safe, ethical, accountable and effective introduction focusing on the best client outcomes.”
- **PRISM** “Psychedelic Research in Science & Medicine is a DGR-1 charity, established in 2011 to initiate, coordinate, and support formal research into the applications of medicinal psychedelics and related

technologies. PRISM provides scientific expertise for clinical trials and technology development for medicinal psychedelics and consciousness research. PRISM supports clinical research for the treatment and prevention of conditions for which current therapies provide limited relief.”

- **EGA** “Entheogenesis Australis is a charity using education to help grow the Australian ethnobotanical community and their gardens. We encourage knowledge-sharing on botanical research, conservation, medicinal plants, arts, and culture.”
- **APS** “The Australian Psychedelic Society is a grassroots community-based organization that firmly believes in the decriminalization and safe use of psychedelics.
- **IPAT** Indigenous Psychedelic-Assisted Therapies seeks to create a culturally safe psychedelic-assisted therapy model for Indigenous peoples, honoring their traditional wisdom and practices. It aims to integrate Indigenous knowledge and community centered healing, making the approach accessible and beneficial for all.

ACCOMMODATION

BOOKING YOUR LODGING

The training fee does not cover accommodation, transportation, or any other unspecified services. Ensuring arrangements for these aspects is your responsibility.

Accommodations / lodging must be booked separately from your training registration.

The World Doctor is not managing lodging arrangements.

MEET YOUR PRESENTER



Who is the World Doctor?

World Doctor provides impactful, life-changing, and dynamic services and programs around the world for the preparation and integration of psychedelic medicines, trauma healing, and a holistic approach to health. We want to be the go-to resource for those seeking alternatives to psychedelics and for individuals preparing for their psychedelic experiences.

Dr. Mario Alam is the founder and visionary of World Doctor and the RESET Somatix™ Program, and is a well-respected figure in the healing community. He advocates and embodies a ‘whole picture’ approach to health. He marries his professional skills in Western Medicine with wisdom and knowledge gained from personal interaction with spiritual elders, shamans and medical pioneers from across the world. He has travelled to over 50 countries, gaining unique insights into the human condition. Dr. Mario has lectured internationally, and in early 2021, was appointed to the Advisory Board of Mind Medicine Australia.

RESET Somatix™ is the culmination of Dr. Mario’s wisdom and experience to date. This signature offering is a unique and ground-breaking program, designed to provide a highly effective and holistic solution to trauma. It is also a potent preparatory and integrative tool for the supervised therapeutic use of psychedelics and entheogens.

WHAT PEOPLE ARE SAYING?

Sophie Saemrow

Founder of Conscious Flow Breathwork, Holistic Health Coach, Meditation & Mindfulness Teacher

“Transformational and deeply insightful”

A deepened acknowledgment of how profoundly powerful it is to be journeying along our soul line. How powerful this technique is to release unwanted emotional charges, to return to a state of deep inner peace and to connect to our soul and highest self. What a powerful tool this is, to help people see a different perspective, to forgive self and others, and to come to a place of love and acceptance.

I appreciated everything what was being shared around making a clear contract with the client around how long exactly the session will go for, to make them feel 100% safe and in control. If we feel that the client is resistant, to connect to any of the parts of the person that are resistant and to acknowledge them. Welcome that part (all parts) and make the person as a whole feel seen and heard.

Austin Stewart

Certified Coach, practitioner of Neuro-Linguistic Programming (NLP), Hypnosis, Time Line Therapy®, Yoga teacher and Qigong practitioner

“An intuitive, soft and deliberate program. Assists individuals in understanding trauma and moving it through their system”

I consolidated my knowledge of time line therapy but with a beautiful spiritual resonance. I realised that when held in a safe environment, I can navigate aspects of my unconscious that are not readily available consciously. I can explore trauma without retraumatising but rather with a deep curiosity and wonder that helps RESET Somatix™ old paradigms and the neurological system

Justine Janssen

Co-founded Canberra's largest yoga studio Power Yoga Canberra and co-founder of Embody Wellbeing

“The RESET Somatix™ program is an opportunity to participate and experience your own inner healing”

This program holds a rare opportunity for those seeking healing to not only break through beyond their past thresholds of previous investigation but be held in a guided process led by embodied facilitators within a supportive retreat community.

Pamela Kirkley

Mental Health Clinician, Social Worker, Yoga Therapist and Breathwork Teacher

“Powerful, transformative, medicinal, layered, multi-dimensional”

More alive than I have been in a long time, still grounded as well. This was an incredible process and I would love the opportunity to continue to offer this as a practitioner on the retreats and solidified my practice with the method and seeing it's transformation for the lender.

AGREEMENTS

REGISTRATION AGREEMENT:

- This training is not a substitute for medical or psychological services of any kind. The information provided within is meant for educational purposes and is not intended to treat, diagnose, prevent, or cure disease. By registering, you are affirming that you are emotionally stable, in sound psychological health, and personally responsible for all of your own decisions and commitments. World Doctor is not responsible for any decisions made as a result of the training.
- By registering, I agree that I have read the refund policy and agree to its terms.
- By registering, I agree to maintain the confidentiality and privacy of fellow participants, copyrighted material and RESET Somatix™ processes.
- By registering, I agree not to record or photograph without explicit permission
- By registering, I agree that I have no active addiction, psychosis, or severe mental illness
- By registering, I agree to respect both the venue and its staff, as well as the staff of World Doctor.

PARTICIPANT AGREEMENTS:

We have Group Agreements for our Training:

- We agree to respect the personal space required by others - we do not share our trauma stories outside of invitation; we share experience, strength, and hope.
- We agree to personal responsibility - accountable for the energy we bring to the group and for our reactions - there is no space here for blaming others for our problems, our mood, or our reactions - there is no space for saving others - we agree to personal responsibility.
- We agree to take direction from those who are here to help guide us and respect those who are healing beside us.
- We agree collectively to have faith in our common and unique healing processes and support others in moving forward in life.
- We agree this will be a safe space of openness where cultural, religious, historical, generational, societal, and personal differences are respected without judgement, criticism, or harm.
- We agree to take what serves us and leave what does not.
- We agree to put our best foot forward with an open mind and an open heart for what is to come.

DISCLAIMER

- *To promote good professional practice, you are advised to use this training within the boundaries of your professional expertise. This training is designed as continued education.*
- *This training is for educational and self-healing exploration purposes. Always seek the advice of a physician, psychiatrist or psychologist, or other qualified healthcare provider with any questions you may have regarding a medical or psychological condition or treatment before undertaking a regimen.*
- *There will be designated points of contact if participants require support in this shared healing process, find themselves in conflict with another participant, uncomfortable with a presenter, or if they have a general complaint about the program or the venue to resolve*

TRAINING FEES

General Admission: \$3,495

Early Bird \$2,950

· Limited Spots Available. Prices in AUD, excl. GST

REFUND POLICY

All payments for the RESET Somatix™ Training are non-refundable. Refunds will only be issued if:

If a participant is unable to attend, a transfer to a future training may be considered upon request, provided notice is given at least one month prior to the training date. Transfers are subject to approval and availability.

World Doctor is not responsible for external expenses, including but not limited to travel, accommodation, or transportation costs.