



A 6-Day Residential Training Iceland | 2-8 September 2026

6-Day residential training program | 68 Training Hours

We invite mental health professionals and therapists to an immersive residential training exploring psychotherapy conducted through the body. Only 16 spots are available for this unique opportunity.

Omnitherapy® is an integrative therapeutic approach grounded in developmental psychology, psycho-somatic theory and trauma therapy. The method is based on knowledge and clinical understanding that life experience, especially trauma, is not held only in narrative memory but is encoded within the body: in muscular and fascia patterns, breath, nervous system regulation, and implicit emotional memory.

When aspects of life history become dissociated, they remain stored in the body, shaping behavioral patterns, emotional responses, and relational dynamics. Through the integration of psychotherapy and bodywork, Omnitherapy® offers a structured pathway for accessing, processing, and reintegrating these embodied experiences.

Curriculum Overview:

In 68 academic hours, participants will engage in a deep experiential and theoretical training process, including:

- The Omnitherapy® clinical model
- Body-oriented trauma work
- Somatic listening and assessment
- Clinically informed consent-based therapeutic touch within regulated psychotherapeutic practice
- Working with embodied memories
- Integrating dialogue, bodywork, and reflective processing
- Nervous system regulation and theta-state relaxation
- Therapist presence, intuition, and attunement

In the 68 hour training participants will both be engaged in receiving and giving sessions, allowing for embodied understanding alongside clinical skill development.

The Clinical Approach

Omnitherapy sessions integrate three core phases:

1. Opening therapeutic dialogue
2. Guided bodywork and deep relaxation
3. Integrative reflective processing

This structure creates a safe and coherent framework for trauma processing while supporting meaningful psychological insight and embodied healing.

Target Professional Audience

This retreat is designed for trained professionals, including:

- Occupational therapist
- Psychotherapists
- Psychologists
- Physiotherapists
- Psychiatrists
- Nurses
- Social workers
- Somatic and body-oriented therapists
- Trauma practitioners

Participants are expected to have formal clinical training and active experience in patient care within the field of trauma and mental health care.

Omnitherapy® offers therapists a clinically grounded bridge between mind and body — expanding therapeutic capacity beyond verbal processing into structured embodied transformation.

Although Omnitherapy® can be applied across age groups, this six-day retreat is specifically designed for professionals supporting adults affected by trauma.

After completing the training, participants will have the clinical competence to apply the techniques immediately within their practice.

Teachers are the couple Omni Gal and Ron Gal, founders of the Omnitherapy method.

The 6-day residential training will be held at [Center - Samskara](#) in south Iceland 2.-8.september 2026. Arrival at 5 PM on Wednesday the 2nd . The training program is closed at 5 PM on Tuesday the 8th.

Organizer: Thorny Johannsdottir nurse and omnitherapist.

For further information and registration:

- email: thorny-johannsdottir@hotmail.com
- telephone number: 00-45-51916689
- <https://www.facebook.com/thorny.johannsdottir/>

Fee:

2400 euros. This includes the complete training program, accommodation, and all meals during the 6-day residential training program.

Participants can apply for a grant within their union-BHM for reimbursement of the training.

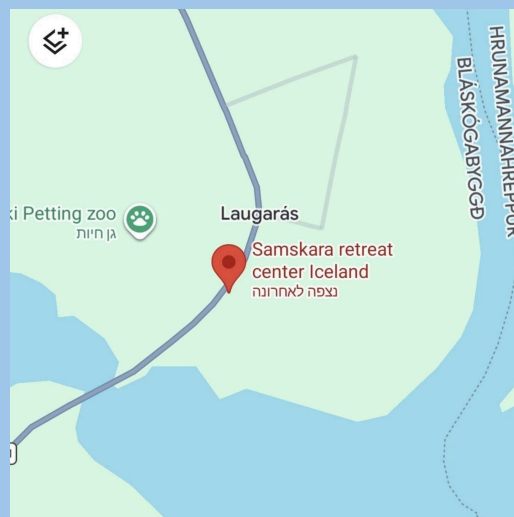
Registration is completed upon payment, which secures your place in the training program. Payment can be made by credit card, and it is possible to split the payment according to an agreement with your bank. It is also possible to transfer the payment to a bank account and divide it into two or three installments in June, July, and August. Following payment, participants will receive a receipt.

Online support and integration:

There will be 3 monthly support meetings on zoom in October, November and January to give support platforms and provide a safe space for the participant in transferring the approach into their practices.

This course changes the way you think about helping people who have experienced trauma.

Don't miss this unique opportunity!



[Click here to enter
Google Maps](#)

Cancellation Policy

Every participant has the right to cancel his/her participation in the training. In cancelling, regardless the reason of cancelling, the following costs are applied:

- When you cancel less than 1 month before the training starts: 75% of the registration fee
- Less than 2 weeks before the training starts: 100% of the registration fee

The trainers have the right to cancel the training in the case of force majeure or when there aren't enough subscriptions. The subscriber is, in these cases, entitled to the full refund of the registration fee without being entitled to any other compensation.

The Training Program

2/3	3/9	4/9	5/9	6/9	7/9	8/9
	07:30-08:00 morning training	07:30-08:00 morning training	07:30-08:00 morning training	07:30-08:00 morning training	07:30-08:00 morning training	07:30-08:00 morning training
	08:00-09:00 breakfast	08:00-09:00 breakfast	08:00-09:00 breakfast	08:00-09:00 breakfast	08:00-09:00 breakfast	08:00-09:00 breakfast
	09:00-13:00 introduction of the Omnitherapy method	09:00-13:00 The omnitherapy map	09:00-13:00 Omnitherapy "therapeutic suite"	09:00-13:00 The feedback loop between outer and inner experience	09:00-13:00 Between being an individual and a part of a tribe	09:00-13:00 survival mechanism - concept and technic (training)
	13:00-14:30 Lunch	13:00-14:30 Lunch	13:00-14:30 Lunch	13:00-14:30 Lunch	13:00-14:30 Lunch	13:00-14:30 Lunch + organizing
17:00-18:30 Arriving + organizing	14:30-18:30 to be in the body & allow the experience to be (training)	14:30-18:30 breathing - concept and technic (training)	14:30-18:30 letting go - concept and technic (training)	14:30-18:30 using power - concept and technic (training)	14:30-18:30 moving and expressing - concept and technic (training)	14:30-17:00 closing circle - questions and "what next?"
18:30-19:30 Dinner	18:30-19:30 Dinner	18:30-19:30 Dinner	18:30-19:30 Dinner	18:30-19:30 Dinner	18:30-19:30 Dinner	
19:30-21:00 Opening circle						