



Cortney is a Somatic Experiencing Practitioner, Trauma Informed Coach and Founder of ***You Can Heal With Us***, a coaching practice offering trauma-informed life coaching programs to provide people with education, resources and tools to heal. She is also a sought-after speaker at college campuses such as Purdue University and the University of Maryland and a professional development trainer for trauma informed programs at school districts across the nation.



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Cortney Lantigua

Somatic Experiencing Practitioner & Trauma Informed Coach

Founder & CEO, You Can Heal With Us

2015-Present

At ***You Can Heal With Us***, Cortney and her team of somatic practitioners offer both group and one on one trauma informed programs educating and equipping people to heal their nervous systems from the impact of trauma through the lens of Somatic Experiencing®, Polyvagal Theory, Somatic Attachment, Internal Family Systems and more.

Training & Continuing Education

**Somatic Experiencing® Certificate
Three-Year Professional Training**
Somatic Experiencing International

Rhythm of Regulation: Foundations of Polyvagal Informed Practice with Deb Dana, LCSW

Advanced Strategies for Working With Sexual Trauma and Sexuality with Ariel Giarretto, MS, LMFT, SEP

Neurobiology, Attachment and Secure Relationships with Dr. Diane Poole Heller, PhD

IFS introductory workshop and 1 year Consultation Group with Suzanne Luxemburger, MSW, RSW

Integrative Somatic Parts Work Level 1-3 with Fran D Booth, LCSW (The Embody Lab)

The Arc of Healing: Trauma Informed Emotional Health, Incorporating Internal Family Systems (IFS) Concepts into Trauma Treatment with Frank Anderson MD

Jai Institute for Parenting Certification (In Training)

Building Strong Brains TN Training for Trainers

Becoming a trauma-informed child serving system: The Impact on Mental Health and Substance Abuse Services for At-Risk Youth with TAMHO

Neuroscience and Education: The Connection

ProsperX7 Functional Life Coaching (1 year trauma informed program) with Mastin Kipp

Self-Like Parts with Christine Dixon