

Somatic Experiencing

Professional Training commencing 16-21 May 2019, AUCKLAND

In 2012, the first Australian Somatic Experiencing Professional Training commenced in Melbourne. A further six trainings have since been launched across Australia with 300 professionals who have either completed or who are progressing through the program.

Training Program

Dr. Peter Levine's Somatic Experiencing trauma resolution training is a continuing education certificate program designed to enhance the skills of professionals working with traumatised or stressed individuals. It provides a rich theoretical framework for understanding and addressing trauma physiology. Our educational model is highly experiential, offering you tangible skills that can be immediately integrated into your professional practice. The training is delivered through a combination of lectures, live demonstrations, guided practice sessions with fellow students, audio-visual case studies, and suggested readings.

The program consists of 6 training modules, each 6 days in length, and spanning 2½ years to allow for full integration of the skills and clinical application needed to support your professional development. Class sizes are optimised for a supportive learning experience. You will enjoy personalised attention both from your faculty member and from skilful SE Practitioner training assistants who guide class exercises. Access to personal SE sessions and on-going case consultation is available both during and between each module.

Admission Requirements

Applicants are professionals with an active practice or work place where techniques learned in the training may be immediately applied and developed throughout the course of the program. Exceptions may be granted to graduate students participating in an internship program.



The participants of the first SE Australia training finishing in March 2015

CURRICULUM

Beginning: Level 1: Covers the psychobiological basis of traumatic stress and the threat response cycle: identify, normalise and stabilise traumatic reactions. Learn the building blocks of SE: containment, resources, tracking skills, titration, coupling dynamics, healthy boundaries. Practice intervention skills to avoid re-traumatisation. Explore Steven Porges's Polyvagal Theory.

Intermediate: Level 2: Applying SE to various categories of trauma: primary characteristics of each category with specific approaches to work effectively. Categories include high impact falls, MV accidents, medical procedures, abuse, inescapable attack, natural disasters, war, emotional trauma and more.

Advanced: Level 3: Working with complex trauma and syndromes (IBS, fibromyalgia, chronic fatigue) whilst developing a deeper understanding of the Polyvagal Theory. Explore how SE uses joints, body diaphragms and the viscera to support completion of survival responses. Working with the eyes. Refining the 'art' of SE: stabilisation, containment & coherence.

How To Apply

An online Application Request may be submitted by going to the seaaustralia.com.au website. Or call us for further information using the contact details below.

Many participants find the SE training both professionally and personally transformative.



SE Australia
www.seaustralia.com.au

To register and for more information please visit our website or contact
info@seaaustralia.com.au tel: NZ 09 889 3737

What People Are Saying...

I found the SE training one of the most growthful experiences of my professional life. It was theoretically stimulating and fascinating, a safe holding environment for we students, extremely well organised and incorporated a group of amazingly respectful and encouraging assistants to support and enhance triad practice. It has changed my practice significantly as well as connecting me to a group of like-minded professionals.

Kerry, Mental Health Social Worker

SE has seamlessly become part of my practice. The training has deepened my understanding, compassion and capacity to be present with my clients while also offering tools that have the potential to enhance their quality of life.

Gioia, Somatic Therapist

This training has changed my life and the way I work with clients. I can't imagine how I would work now without this knowledge.

Rachel, AOD Clinician & Art Therapist

The SE training was exceptional in content, training, support and organisation. Learning SE has helped and broadened my psychological practice and many clients have found it to be transformative, as I have through the three years of training. I am so grateful to have done this training.

Deborah, Clinical Psychologist

Learning about trauma was the missing piece for me in understanding and helping my clients with chronic pain. The whole team created a rich and safe environment for learning. The most organised training I've been to!

Lisa, Feldenkrais & Physiotherapist

Right from the start I was able to use parts of the training with clients. The personal sessions uncovered new material, awareness and understanding despite all the personal work I have undertaken over many years.

Anne, Psychotherapist & Counsellor

I have integrated SE into my work practice in a significant way and receive positive feedback from clients about their SE therapeutic outcomes. I highly recommend this training to all practitioners/therapists working with trauma presentations!

Tammy, Psychologist

Somatic Experiencing

What Is Somatic Experiencing?

SOMATIC EXPERIENCING® (SE) psychobiological trauma resolution is a potent method for resolving trauma symptoms and relieving chronic stress. It is the life's work of Dr. Peter A. Levine, resulting from his multidisciplinary study of stress physiology, psychology, ethology, biology, neuroscience, indigenous healing practices and medical biophysics, together with over 45 years of successful clinical application.

The SE approach offers a framework to assess where a person is "stuck" in the fight, flight or freeze responses and provides clinical tools to resolve these physiological states. SE techniques help release traumatic shock, the key to transforming PTSD, chronic stress and emotional and developmental trauma wounds.

How The SE Approach Works

The SE approach teaches that trauma is not caused by the event itself, but rather develops through the failure of the body, psyche, and nervous system to process adverse events. Through rationalisations, judgments, shame, enculturation and fear of our bodily sensations, we may disrupt our innate capacity to self-regulate. When the nervous system does not reset after an overwhelming experience, unresolved physiological distress can lead to an array of physical, cognitive, emotional, and behavioural symptoms.

SE trauma resolution does not require the 'story' of the traumatic event. Instead, it offers the opportunity to engage, complete and resolve - in a slow and supported way - the body's instinctual fight, flight and freeze self-protective motor responses. SE addresses the root cause of trauma symptoms and the release of thwarted survival energy bound in the body. This re-sets the nervous system, restores inner balance, enhances resilience to stress and increases people's vitality, equanimity and capacity to actively engage in life.

Who Uses SE?

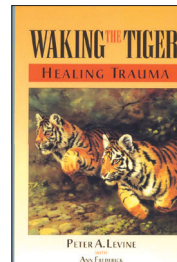
Worldwide, over 9,000 health-oriented professionals use SE in a wide variety of fields. As SE interventions can be effectively implemented either verbally or hands-on, SE seamlessly integrates into either psychotherapeutic or body-oriented therapies as well as the medical arena.

- **Mental Health Professionals:** psychologists, psychiatrists, psychotherapists, social workers, counsellors, art therapists, etc.
- **Medical and Alternative Medicine Professionals:** medical doctors, nurses, surgeons, obstetricians, midwives, acupuncturists, naturopaths, occupational and physical therapists, first responders, etc.
- **Bodyworkers:** Osteopaths, Rolfers®, Craniosacral, Feldenkrais, physio & massage therapists, yoga teachers, etc.

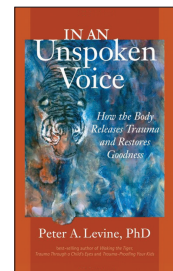


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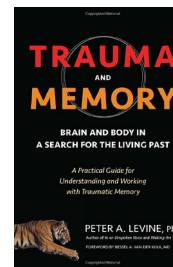
For more information please visit our website or contact
info@seaustralia.com.au tel: NZ 09 889 3737



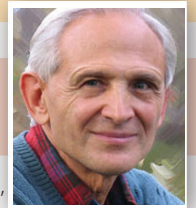
Waking the Tiger (1997)



In An Unspoken Voice (2010)



Trauma and Memory (2015)



PETER LEVINE PhD

Dr. Peter A. Levine, the founder of SE, has worked in the field of stress and trauma for over 40 years. In 2010 he received the Lifetime Achievement award from the USA Association for Body Psychotherapy. He also received the honorary Reis Davis Chair in Child Psychiatry for his innovative contribution to therapy for children and adolescents.

Peter has been a stress consultant for NASA, was a member of the World Affairs Task Force with "Psychologists for Social Responsibility" and served on the APA initiative for Response to Large Scale Disaster and Ethno-Political Warfare.

Peter is the author of the best selling book 'Waking the Tiger' as well as 'In An Unspoken Voice' and his recently published book 'Trauma and Memory'. He is also co-author of 'Trauma Through A Child's Eyes' and 'Freedom From Pain' and has created four audio learning series for Sounds True.

How May SE Benefit Your Practice?

As SE supports regulation of the autonomic nervous system, which underlies every aspect of our physical, emotional, and psychological functioning, the applications of SE are diverse.

Working directly with a person's physiology, SE enhances the depth, effectiveness and outcome of psychotherapeutic interventions focused on relational, developmental, and psychodynamic issues. SE supports mood regulation, the re-working of addictive patterns and the prevention or resolution of PTSD and chronic stress symptoms.

Since trauma can contribute to the formation of many complex syndromes and diseases, SE techniques are also effective in reducing or eliminating chronic pain and trauma-related symptoms presenting in the physiological systems, making it beneficial for body-workers and other physical-care providers.

SE provides practical and effective skills that help resolve trauma without re-traumatisation. These gentle, powerful interventions will inspire and empower your clients, restore resilience, and provide them with a greater capacity to enjoy life.