

SETM Professional Training

Excellence in Trauma Resolution

Somatic Experiencing[®]
TRAUMA INSTITUTE[™]

Somatic Experiencing (SE) is the only method I have found that consistently helps people reorganize their nervous systems and greatly reduce, if not completely erase, trauma symptoms. Although the SE techniques are grounded in biology, the results are nothing short of miraculous.

Dr. Shirley Impellizzeri, Psychologist, Author, SE Practitioner



Dave Berger



Maggie Kline



Kathy Kain



Ariel Giarretto



Berns Galloway



Abi Blakeslee-Kelleher

Our expert faculty will help you develop skills to benefit you and your clients for life.

See page 13 for a full list of US faculty members, and page 23 for a list of international faculty.

Welcome

Excellence in Training

Thank you for your interest in our SE™ Professional Training.

As a helping professional, you serve your clients with skill, dedication, and compassion every day. We are here to ensure that you have the most effective tools to support even your most challenging clients in living empowered, passionate lives, free from the debilitating symptoms of trauma and chronic stress.

This comprehensive brochure will provide you with an overview of the SE training program. Please contact us for more information. Our team is happy to answer any questions you may have. We can be reached at (303) 652-4035 or info@traumahealing.com.

We hope to welcome you at our training!

Robert L. J. Gussenhoven
interim Executive Director, SE Trauma Institute

Our Vision

We envision a world thriving beyond trauma, a world at peace.

Our Mission

The SE Trauma Institute is a 501(c)(3) nonprofit dedicated to resolving trauma worldwide by providing state-of-the-art professional training and public education in Somatic Experiencing® (SE). SE is a powerful psychobiological method for addressing physical and emotional trauma, PTSD, overwhelm, and stress-related conditions. Through our professional association we support the self-organization of a broad international network of passionate, skillful SE practitioners who serve individuals in need and communities in crisis around the globe.

Our Values

As an organization, we strive to be innovative, compassionate, inclusive, transparent, self-optimizing, inspiring, and professional.

About Somatic Experiencing



Founder, Developer

Peter A. Levine, PhD

Peter A. Levine holds doctorates in both medical biophysics and psychology. He is the author of six books on the subjects of trauma and PTSD, including the bestseller, *Waking the Tiger: Healing Trauma*, which has been published in twenty-four languages. Dr. Levine has been a member of World Psychologists for Social Responsibility, responding to large-scale disasters and ethno-political warfare, and served as a stress consultant for NASA in developing the astronaut training program. In 2010, he received the United States Association for Body Psychotherapy (USABP) Lifetime Achievement Award, honoring his distinguished contribution to the field of body psychotherapy.

SOMATIC EXPERIENCING® (SE™) is a potent psychobiological 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 releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma.

SE offers a framework to assess where a person is “stuck” in the fight, flight, freeze, or collapse responses and provides clinical tools to resolve these fixated physiological states. It provides effective skills appropriate to a variety of healing professions including, *mental health, medicine, physical and occupational therapies, bodywork, addiction treatment, first response, education, and others.*

Trauma and the Science Behind SE

Trauma may begin as acute stress from a perceived life-threat or as the end product of cumulative stress. Both types of stress can seriously impair a person's ability to function with resilience and ease. Trauma may result from a wide variety of stressors such as accidents, invasive medical procedures, sexual or physical assault, emotional abuse, neglect, war, natural disasters, loss, birth trauma, or the corrosive stressors of ongoing fear and conflict. SE 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.*

In his studies, Dr. Levine found that prey animals in the wild are rarely traumatized despite routine threats to their lives. Yet human beings are readily traumatized. Since humans and other animals possess nearly identical brain- and body-based survival mechanisms, Dr. Levine worked to identify what was interfering with the human threat-recovery process, and to develop tools for restoring people's innate capacity to rebound following overwhelming experiences.

All mammals automatically regulate survival responses from the primitive, non-verbal brain, mediated by the autonomic nervous system (ANS). Under threat, massive amounts of energy are mobilized in readiness for self-defense via the fight, flight, and freeze responses. Once safe, animals spontaneously “discharge” this excess energy through involuntary movements including shaking, trembling, and deep spontaneous breaths. This discharge process resets the ANS, restoring equilibrium.

About Somatic Experiencing

Although humans are similarly designed to rebound from high-intensity survival states, we also have the problematic ability to neo-cortically override the natural discharge of excess survival energy. Through rationalizations, judgments, shame, enculturation, and fear of our bodily sensations, we may disrupt our innate capacity to self-regulate, functionally “recycling” disabling terror and helplessness. When the nervous system does not reset after an overwhelming experience, sleep, cardiac, digestion, respiration, and immune system function can be seriously disturbed. Unresolved physiological distress can also lead to an array of other physical, cognitive, emotional, and behavioral symptoms.

How SE Works

SE facilitates the completion of self-protective motor responses and the release of thwarted survival energy bound in the body, thus addressing the root cause of trauma symptoms. This is approached by *gently guiding clients to develop increasing tolerance for difficult bodily sensations and suppressed emotions.*

SE does not require the traumatized person to re-tell or re-live 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, freeze, and collapse responses. Individuals locked in anxiety or rage then relax into a growing sense of peace and safety. Those stuck in depression gradually find their feelings of hopelessness and numbness transformed into empowerment, triumph, and mastery. SE catalyzes corrective bodily experiences that contradict those of fear and helplessness. This resets the nervous system, restores inner balance, enhances resilience to stress, and increases people's vitality, equanimity, and capacity to actively engage in life.



Young gazelle exhibiting flight survival response

Fortunately, the same immense energies that create the symptoms of trauma, when properly engaged and mobilized, can transform the trauma and propel us into new heights of healing, mastery, and wisdom.

Peter A. Levine, PhD

Statistics and Affiliations



25+

SE has been taught in over 25 countries worldwide



8,000+

The number of mental health, medical, bodywork, and other professionals globally trained in SE



1,400+

Worldwide, our organization includes over 1,400 staff, faculty, coordinators, and training assistants



250,000+

Bestseller: the number of copies sold of Dr. Levine's seminal book, *Waking the Tiger: Healing Trauma*

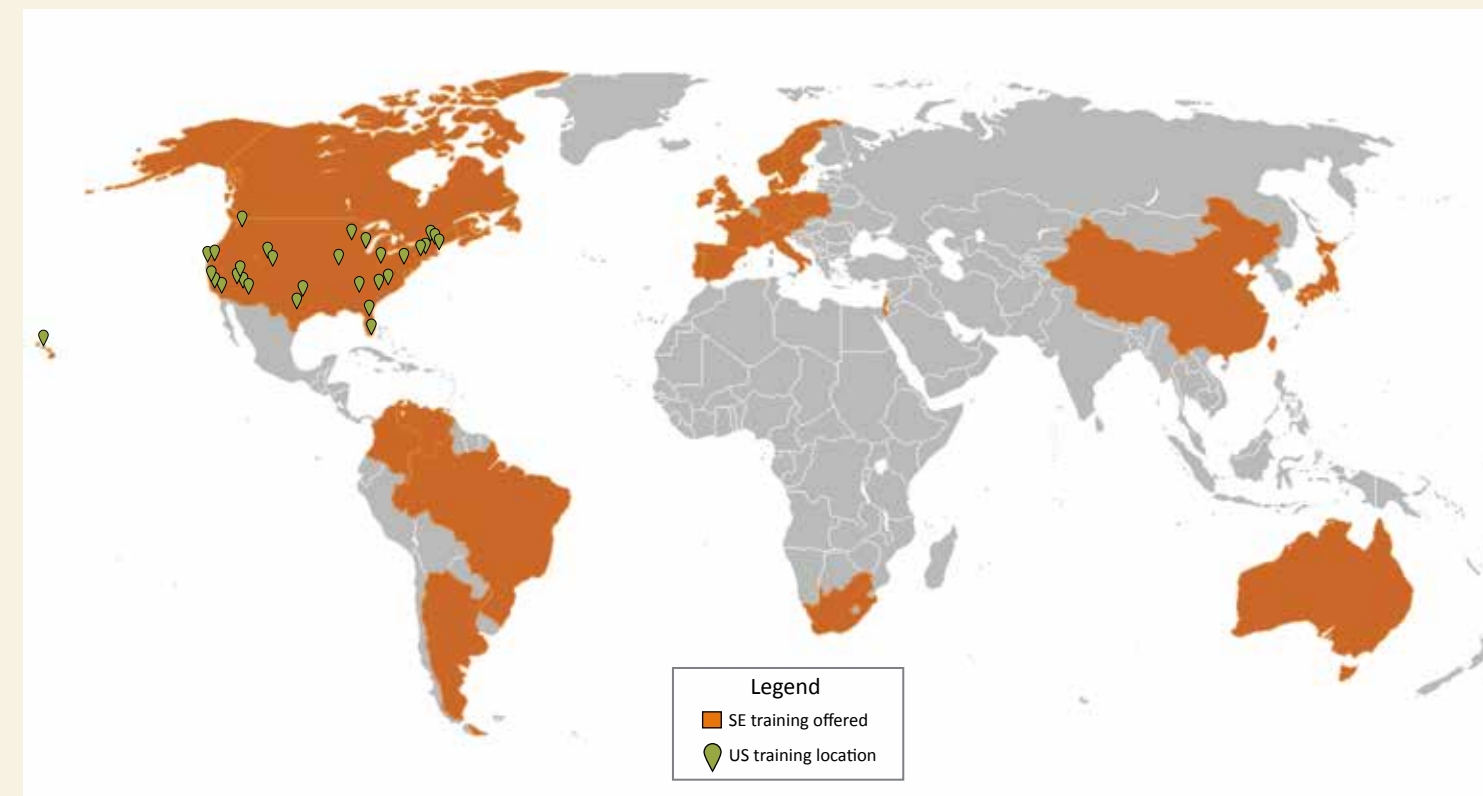
I believe that we humans have the innate capacity not only to heal ourselves, but our world, from the debilitating effects of stress, overwhelm, and trauma. — Peter A. Levine, PhD

SE Trauma Institute Affiliations



A Global Program

International Training Locations



The SE Professional Training is taught in more than 25 countries worldwide. Please visit our online schedule to find a training near you. traumahealing.com

SE Professional Training



As a helping professional, you care deeply about the people you serve. The SE Professional Training is a dynamic continuing education certificate program designed to support you in making a profound difference with those suffering from trauma or chronic stress. As SE interventions can be effectively implemented either verbally or hands-on, the SE training benefits a variety of professionals, including mental and medical health professionals, addictions counselors, first responders, bodyworkers, and others. [See page 14 for admission requirements.]

The SE Professional Training 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. Because competent practice of SE requires direct clinical experience, as well as a refined somatic awareness and capacity for self-regulation, becoming an SE Practitioner (SEP) also entails receiving personal SE sessions to deepen your experiential knowledge of SE, and case consultations to provide you with professional guidance on your more challenging cases.

What our graduates are saying...

The instruction I experienced was superb, integrating cognitive-based information with practical methods of working with patients. From the first training module, I found patients responding quickly and easily, becoming more open and relaxed in even the briefest or most challenging medical encounters.

David Bate, MD, SEP

Photograph: Faculty member, Steven Hoskinson, demonstrates a technique for facilitating nervous system coherence.

SE Professional Training

Our training program consists of 8 training modules of 4 to 6 days in length. The program spans approximately 3 years, allowing for full integration of the skills and clinical application needed to support your professional development. Class sizes are optimized for a supportive learning experience. You will enjoy personalized attention both from your faculty member and from skillful training assistants who oversee class exercises.

Because 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. For example, by working directly with a client's physiology, SE enhances the depth, effectiveness, and outcome of psychotherapeutic interventions focused on relational, developmental, and psychodynamic issues. SE supports mood regulation, the reworking of addictive patterns, and the prevention or resolution of PTSD. Since trauma can contribute to the formation of many complex syndromes and diseases, SE aids medical professionals in unwinding challenging medical cases. SE techniques are also effective in reducing or eliminating chronic pain and trauma-related symptoms presenting in the musculoskeletal system, making it useful for bodyworkers and other physical-care providers.

How SE May Benefit Your Practice:

- **Join the leading edge in trauma resolution.** SE is becoming recognized as a premier method for resolving trauma symptoms. Our graduates are increasingly sought out for referrals based on their SE training.
- **Learn practical and effective skills** that help resolve trauma without re-traumatization. These gentle, powerful interventions will inspire and empower your clients, restore resilience, and provide them with a greater capacity to enjoy life.
- **Have an extraordinary life experience.** Many students find the SE training professionally and personally transformative. Join our joyful and compassionate healing community, and experience meaningful growth for yourself and those you serve.

Requirements to obtain SE Practitioner (SEP) Certificate:

Training Requirements

216 Contact Hours received during 8 training modules

Personal Session Requirements

12 Hours of Personal Sessions received from an approved provider

Case Consultation Requirements

18 Credit Hours of Case Consultation received from an approved provider



Course Curriculum

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The SE Professional Training curriculum is delivered through a combination of lecture, demonstration, and guided practice sessions with other students. Course material is taught in 8 training modules of 4 to 6 days in length, spaced out over 2½ to 3 years. Training modules must be taken in sequence. In exceptional cases, where a student is unable to attend one of the live training modules, we offer supplemental DVD training modules for our Beginning and Intermediate classes so that students may continue with their local training group (certain restrictions may apply).

Beginning Year

Typically consists of three 4-day live training modules, spaced 2 to 4 months apart.

Develop foundational knowledge and skills in the SE biophysiological model for the resolution of trauma:

- Understand the physiology of traumatic stress and its effect on the autonomic nervous system (ANS)
- Practice the fundamental SE method of tracking sensation to access responses in the ANS
- Learn the neurophysiology of each aspect of the threat response: defensive orientation, fight/flight/freeze, deactivation and completion, and exploratory orienting
- Develop skill in working with the SE model of tracking sensation to support completion the threat-response cycle and incomplete survival responses
- Learn how to “titrate” (modulate) the SE trauma-renegotiation process to ensure healthy integration of experience
- Begin to integrate Porges' Polyvagal Theory of ANS function
- Understand the SE model of SIBAM (Sensation, Image, Behavior, Affect, Meaning) and its significance in trauma
- Explore coupling dynamics—the over- and under-association of the elements of SIBAM and elements of physiological responses to traumatically-stressing experiences
- Support clients in re-establishing and maintaining healthy boundaries
- Learn to identify, normalize, and stabilize traumatic reactions
- Acquire brief intervention skills that provide long-term solutions to acute and chronic symptoms of trauma
- Explore the integration of SE into ongoing professional practice
- Explore the appropriate use of touch in the context of SE

Course Curriculum

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Intermediate Level

Typically consists of three 4-day live training modules, spaced 2 to 4 months apart.

Learn about the different categories of trauma as addressed in the SE model. Learn the primary characteristics and hallmarks of each category of trauma, as well as specific approaches and interventions for working with each category effectively:

- **Global High Intensity Activation (GHIA):** pre- and peri-natal trauma, early trauma, anesthesia, suffocation, choking, drowning
- **High Impact/Failure of Physical Defense:** falls, traumatic brain injury, motor vehicle accidents, and other high-impact accidents
- **Inescapable Attack:** assault, animal attack, rape or sexual abuse, inhibited escape
- **Physical Injury:** surgery, poison, burns, physical injury due to accident
- **Natural and Man-Made Disasters, Horror:** natural disasters (e.g. earthquake, fires, etc.), war, terrorism, torture, ritual abuse, horror (e.g. witnessing abuse, causing harm to another)
- **Emotional Trauma:** severe neglect, severe loss, ongoing abuse

Advanced Level

Typically consists of two 6-day live training modules, spaced 4 to 6 months apart.

Learn to work with complex trauma and syndromes. Expand on the use of touch in SE practice:













- Learn about the importance of stabilization when working with complex trauma
- Explore the SE concept of “coherence” in working with complex trauma
- Refine touch skills for supporting containment and coherence
- Learn about the interrelationship between dysregulation of the ANS and the SE model of syndromes (non-reciprocal relationship between the sympathetic and parasympathetic nervous systems)
- Develop a deeper understanding of the Polyvagal Theory as it relates to working with syndromes
- Refine the necessary SE skills of “titration” and “pendulation” when working with highly sensitive and syndromal clients
- Learn the SE model for working with the eyes
- Develop SE touch-based skills for working with different categories of trauma
- Understand how SE uses joints, body diaphragms, and the viscera to access ANS responses and to support completion of incomplete survival responses
- Explore scope-of-practice issues relating to the integration of SE and SE touch into professional practice



In SE we...
 that were thwarted.
 Our bodies desperately want to...
 The incomplete response is the *running away*
 that didn't get to happen.
 Or the fight response that was blocked.
 We need to track the preparatory movements
 that begin to emerge as we access sensations.
 These may be felt as tension in the extremities:
 the thighs, the hands..

Lecture on incomplete self-protective responses with SE faculty member, Ariel Giarretto

US Faculty

 <p>Dave Berger, MFT, LCMHC, PT, MA, SEP Somatic Psychotherapist, Physical Therapist, Integrative Bodyworker, SE Practitioner</p>	 <p>Abi Blakeslee-Kelleher, PhD, MFT, CMT, SEP Somatic Psychotherapist, Somatic and Bodywork Practitioner, SE Practitioner</p>	 <p>Berns Galloway MEd, CCC, SEP Somatic Psychotherapist, Educator, Certified Canadian Counsellor, SE Practitioner</p>
 <p>Ariel Giarretto, MS, LMFT, CMP, SEP Somatic Psychotherapist, Bodyworker, SE Practitioner</p>	 <p>Laurence S. Heller, PhD, SEP Somatic Psychotherapist, Author, Professor, Developmental Trauma Expert, SE Practitioner</p>	 <p>Steve Hoskinson, MA, MAT, SEP Therapist, Facilitator, Consultant, SE Practitioner</p>
 <p>Russell Jones, SEP Certified Ki Lecturer, Co-Founder of the Brazilian Trauma Association, SE Practitioner</p>	 <p>Kathy Kain, MA, SEP Somatic and Bodywork Practitioner, Educator, Author, SE Practitioner</p>	 <p>Lael K. Keen, SEP Certified Advanced Rolfer®, Certified Rolfer® Movement Practitioner, Instructor of Rolfer®, Matrixworks™ Trainer, SE Practitioner</p>
 <p>Maggie Kline, MS, MFT, SEP Marriage and Family Therapist, School Psychologist, Author, SE Practitioner</p>	 <p>Peter A. Levine, PhD Founder and Developer of Somatic Experiencing, Author. <i>Peter currently limits himself to teaching SE Master Classes.</i></p>	 <p>Nancy J. Napier, LMFT, SEP Licensed Marriage and Family Therapist, Author, SE Practitioner</p>
 <p>Diane Poole Heller, PhD, MA, LPC, NCC, SEP Trauma Resolution and Attachment Expert, Author, SE Practitioner</p>	 <p>Maggie Phillips, PhD, SEP Psychologist, Psychotherapist, Teacher, Author, SE Practitioner</p>	 <p>Gina Ross, MFCC, SEP Co-Founder of the Israeli Center for the Treatment of Psycho-Trauma in Jerusalem, Teacher, Author, SE Practitioner</p>
 <p>Raja Selvam, PhD, SEP Educator, Professional Trainer, Developer of Integral Somatic Psychotherapy (ISP), SE Practitioner</p>	<p>For a full list of our international faculty, board members, and staff, see pages 22-23.</p>	

Admission Requirements

The SE Professional Training is a continuing education certificate program designed to enhance the skills of professionals working with traumatized or stressed individuals. To be considered for admission, applicants must be professionals with an active practice so that the techniques learned in the training can be immediately applied and developed throughout the course of the program. Exceptions may be granted to graduate students participating in an internship program. Applications are approved on a case-by-case basis.

Examples of professionals who may qualify for the SE Professional Training program:

- **Mental Health Professionals:** psychologists, psychiatrists, psychoanalysts, psychotherapists, social workers, counselors, marriage and family therapists, expressive arts therapists, etc.
- **Medical and Alternative Medicine Professionals:** medical doctors, nurses and nurse practitioners, occupational therapists, physical therapists, chiropractors, emergency medical workers, surgeons, obstetricians, midwives, acupuncturists, naturopathic doctors, etc.
- **Bodyworkers:** massage therapists, Rolfers®, Craniosacral and Polarity therapists, Feldenkrais practitioners, yoga therapists, etc.
- **Others:** first responders, crisis center staff, educators, mediators, clergy, chaplains, etc.

This program is designed to train professionals in working more effectively with client trauma. It is not suitable for those solely seeking a personal-growth experience or for those who do not have an active professional practice.

Acceptance into the SE Professional Training does not ensure that all SE methods will be appropriate for inclusion in your professional practice. Training participants are responsible for operating within their professional scope of practice and for abiding by state and federal laws.

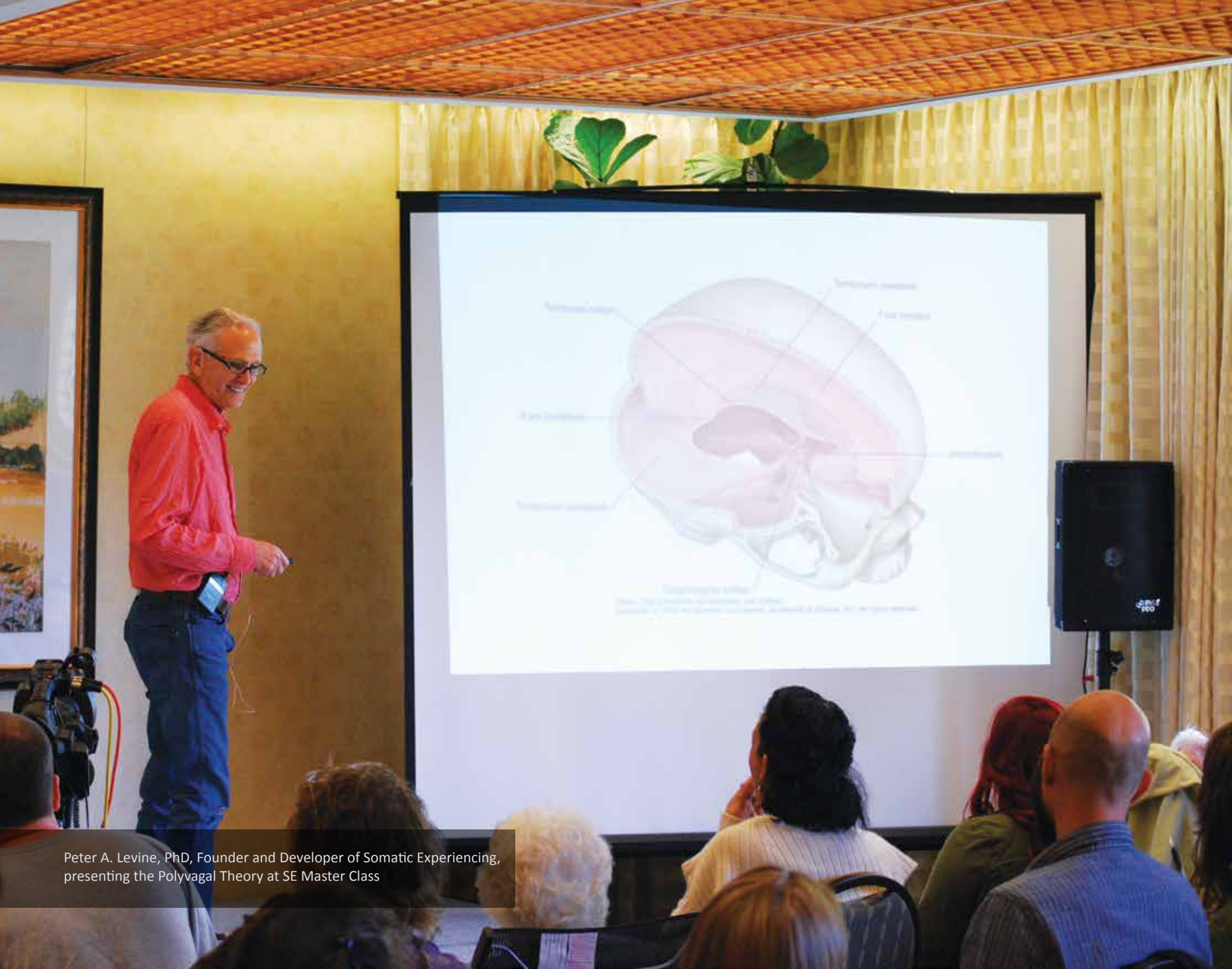
What our graduates are saying...

I work at a residential substance abuse treatment center, overseeing treatment for up to 178 individuals. I use SE all the time with clients. It has influenced my perspective on the origins of numerous mental health conditions. Nothing supports affect, restores function, and helps with where people are stuck like SE does.

Celeste Howe, PhD
Clinical Psychologist



Our students enjoying a warm and welcoming class environment (Corte Madera, CA)



Peter A. Levine, PhD, Founder and Developer of Somatic Experiencing, presenting the Polyvagal Theory at SE Master Class

Continuing Education (USA only)

The Somatic Experiencing Trauma Institute is pleased to offer Continuing Education credit for each of the eight live training modules constituting our SE Professional Training in the USA.

APA – American Psychological Association

Commonwealth Educational Seminars (CES) is approved by the American Psychological Association to cosponsor Continuing Education for Psychologists. CES maintains responsibility for these programs.

BBS – California Board of Behavioral Sciences

The Somatic Experiencing Professional Training meets the qualifications to provide continuing education for MFTs, LPCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences. Approved Provider # PCE-4760.

BRN – California Board of Registered Nursing

The Somatic Experiencing Trauma Institute is a provider approved by the California Board of Registered Nursing, Provider Number CEP 14791.

NAADAC – Association for Addictions Professionals

Commonwealth Educational Seminars (CES) is approved by the NAADAC - the Association for Addiction Professions Approved Education Provider Program (Provider #174) to cosponsor continuing education for Addictions Counselors. CES maintains responsibility for these programs.

NASW – National Association of Social Workers

The Somatic Experiencing Trauma Institute is a provider approved by the National Association of Social Workers to provide continuing education for Social Workers. Approved Provider # 886451885.

NBCC – National Board of Certified Counselors

The Somatic Experiencing Trauma Institute is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Approved Provider # 5980.

NCBTMB – National Certification Board of Therapeutic Massage and Bodywork

The Somatic Experiencing Trauma Institute is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the state of New York for license renewal. Approved Provider # 450113-06.

NCCAOM – National Certification Commission for Acupuncture and Oriental Medicine

The Somatic Experiencing Trauma Institute is approved to provide Professional Development Activity (PDA) points in the Adjunctive Therapy (AT) category for Acupuncturists and Oriental Medicine practitioners. Approved Provider # 364.

Rolf Institute® of Structural Integration (RISI)

While the SE Trauma Institute does not award CEUs for Certified Rolfers®, each module of our three year SE Professional Training has been approved as an Outside Workshop by the Rolf Institute. 7 clock/course hours = 1 Rolfling® CE. You may submit your SE certificate of completion along with a fee to Rolf Institute and they will apply Elective Credit toward your Rolfling certification requirements.

Course Hours per Training Module

SE Beginning I
24 Contact Hours
(four-day training)

SE Beginning II
24 Contact Hours
(four-day training)

SE Beginning III
24 Contact Hours
(four-day training)

SE Intermediate I
24 Contact Hours
(four-day training)

SE Intermediate II
24 Contact Hours
(four-day training)

SE Intermediate III
24 Contact Hours
(four-day training)

SE Advanced I
36 Contact Hours
(six-day training)

SE Advanced II
36 Contact Hours
(six-day training)

Training Costs (USA only)

Tuition

The following tuition fees are for the US SE Professional Trainings only. International Training tuition fees vary by location and can be found by contacting each country's training organizer. (See back cover for international contacts.) These fees are effective as of November 1, 2013.

Beginning Year			
Beginning I	4-day training module	\$800	(\$750 with 30-day early registration)
Beginning II	4-day training module	\$800	(\$750 with 30-day early registration)
Beginning III	4-day training module	\$800	(\$750 with 30-day early registration)
Intermediate Year			
Intermediate I	4-day training module	\$800	(\$750 with 30-day early registration)
Intermediate II	4-day training module	\$800	(\$750 with 30-day early registration)
Intermediate III	4-day training module	\$800	(\$750 with 30-day early registration)
Advanced Year			
Advanced I	6-day training module	\$1175	(\$1125 with 30-day early registration)*
Advanced II	6-day training module	\$1175	(\$1125 with 30-day early registration)*
Total Tuition:	36 days of training	\$7150	(\$6750 with early registration discounts)

*Advanced trainings often take place at residential retreat centers across the US. Travel may be necessary. Travel expenses, room and board, and any mandatory retreat commuter fees are not included in the tuition.

Session Costs

In addition to the training tuition, students wishing to receive the SE Practitioner (SEP) certificate must also receive 12 hours of personal SE sessions and 18 Credit Hours of case consultation with approved providers. Fees for these credited sessions are paid directly to the providers. Individual sessions and consults cost \$150/hour with faculty members and \$100/hour with non-faculty providers. Group case consults cost \$75/credit hour. See website for more details on session requirements.

Session Type	Minimum Hours	Price Range
Personal SE Sessions	12 hours	\$1200-\$1800 (depending on provider status)
Case Consultations	18 Credit Hours	\$1450-\$2700 (depending on format and provider status)
Total Session Costs:		\$2650-\$4500

Tuition Payment Methods

We accept Visa, MasterCard, Discover, PayPal, personal check, company check, or money order.

Payment Plans

We offer payment plans to allow students to pay for their training tuition in monthly installments of \$100 or more. A \$40 administrative fee is charged for each module put on a payment plan.

Scholarships may be available for those who qualify.

Group Discounts

We offer a 15% discount to groups of 3-5 students, and a 25% discount to groups of 6 or more students. Certain limitations apply.

Discounts for Couples

We offer a 10% discount on the 2nd student's tuition when a couple wishes to join the training. Normal application procedures apply. This discount is not valid if a group discount applies.

Intro Discount

Receive \$50 off your Beginning I training by attending one of our introductory workshops.

Referral Bonus

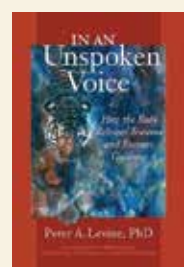
Receive \$100 when you refer a colleague. (See website for details.)



SE faculty members, Kathy Kain and Berns Galloway, awarding training graduation certificates

Books and Publications

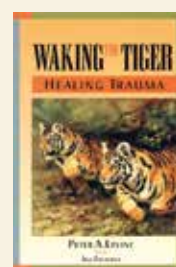
Bestsellers by Peter A. Levine, PhD



In an Unspoken Voice

How the Body Releases Trauma and Restores Goodness

This book is an ideal starting point for professionals interested in the SE Professional Training.



Waking The Tiger: Healing Trauma

More than 250,000 copies sold, translated into 24 languages

Levine effectively argues that the body is healer, and that psychological scars of trauma are reversible, but only if we listen to the voices of our body.

Stephen W. Porges, PhD, Professor of Human Development and Psychology, University of Maryland



Healing Trauma

A Pioneering Program for Restoring the Wisdom of Your Body

By Peter A. Levine, PhD



Freedom from Pain

Discover Your Body's Power to Overcome Physical Pain

By Peter A. Levine, PhD, and Maggie Phillips, PhD, SEP



Trauma-Proofing your Kids

A Parents' Guide for Instilling Confidence, Joy and Resilience

By Peter A. Levine, PhD and Maggie Kline, MS, MFT, SEP



Trauma Through a Child's Eyes

Awakening the Ordinary Miracle of Healing

By Peter A. Levine, PhD and Maggie Kline, MS, MFT, SEP



It Won't Hurt Forever

Guiding Your Child Through Trauma

CD Audiobook
By Peter A. Levine, PhD



Sexual Healing

Transforming the Sacred Wound

CD Audiobook
By Peter A. Levine, PhD



Ray: Iraqi Vet, Severe PTSD/TBI

Video case study

DVD
By Peter A. Levine, PhD



Crash Course

A Self-Healing Guide to Auto Accident Trauma & Recovery

By Diane Poole Heller, PhD, MA, LPC, NCC, SEP with Laurence S. Heller, PhD, SEP



Healing Developmental Trauma

How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship

By Laurence S. Heller, PhD, SEP and Aline Lapierre, PsyD



Beyond the Trauma Vortex

A Guide for the Military

By Gina Ross, MFCT, SEP



Beyond the Trauma Vortex

A Guide for Psychology and Education

By Gina Ross, MFCT, SEP

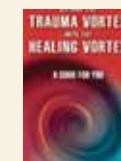


Beyond the Trauma Vortex

A Guide for the Medical Field

By Gina Ross, MFCT, SEP

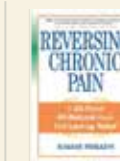
Books and Publications



Beyond the Trauma Vortex

A Guide for You

By Gina Ross, MFCT, SEP



Reversing Chronic Pain

A 10-Point All-Natural Plan for Lasting Relief

Maggie Phillips, PhD, SEP



Getting Through the Day

By Nancy J. Napier, LMFT, SEP



Embodiment Exercises

How to Sense the Body to Increase Its Powers of Self-Regulation

By Raja Selvam, PhD, SEP



Práticas Psicoterápicas e Resiliência

Diálogos com a Experiência Somática
A summary of SE studies in Brazil

By Cornelia P. Rossi, MS, SEP and Liana Netto, PhD, SEP

More than 20 books, DVDs, and audio recordings relating to Somatic Experiencing have been published by Peter A. Levine and by our esteemed SE faculty. Visit our bookstore for more information or to purchase these items. traumahealing.com

Examples of other literature supporting bio-physiological approaches to trauma treatment:

Levine, P.A., (1976). *Accumulated stress, reserve capacity, and disease.* (Unpublished doctoral dissertation). University of California, Berkeley, California.

Herman, J. L. (1992). *Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror.* New York: Basic Books.

Van der Kolk, B. A., McFarlane, A. C., & Weisaeth, L. (Eds.). (1996). *Traumatic stress: the effects of overwhelming experience on mind, body, and society.* New York: Guilford.

Scaer, R.C. (1997). Observations of traumatic stress utilizing the model of the "whiplash syndrome". *Bridges: Magazine of The International Society for the Study of Subtle Energies & Energy Medicine.* Retrieved from <http://www.seforeningen.dk/files/articlefiles/Bibliotek/Offentligartikler/SYMPOTOMER-DIAGNOSER/1997%20Whiplash%20Robert%20Scaer.pdf>

Ogden, P., & Minton, K. (2000). Sensorimotor psychotherapy: one method for processing traumatic memory. *Journal of Traumatology, 6*(3), 149-173.

Shapiro, F. (2001). *Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures* (2nd ed.). New York: Guilford.

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All of us on the Board have experienced, first hand, the miracle of SE in our personal and professional lives. This work is transformative, empowering individuals in their own healing, and permanently improving the quality of their lives. Over the last 25 years, our graduates have seen these life-changing results and have become our greatest advocates. We are grateful for Dr. Levine's gift of SE and for all those who support this restorative work: our students, administrative team, faculty, coordinators, international organizers, and dedicated volunteer training assistants. Together, we are pleased to offer you an inspiring and life-altering educational journey.

Roger Saint-Laurent, PsyD, SEP, CGP

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Trauma resolved is a great gift, returning us to the natural world of ebb and flow, empowerment, harmony, and compassion.

Peter A. Levine, PhD
Founder and Developer of Somatic Experiencing

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