

Somatic Experiencing®

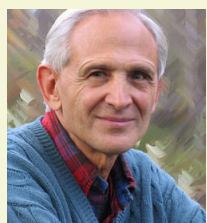
TRAUMA INSTITUTE



TRAINING FOR HEALING PROFESSIONALS

SE® Master Class Series:

Advanced Bodywork, Polyvagal Theory & Complex Syndromes



A Special *5* Day Training with Peter A. Levine, PhD

The Somatic Experiencing® Trauma Institute is privileged to offer a five-day exclusive training with Peter A. Levine, PhD, recognized author and developer of the Somatic Experiencing® trauma resolution model. This workshop is a rare opportunity to study with the originator of SE®.

Who may attend this training: This class is open to anyone who has completed the Advanced I SE® training module before April 18th, 2013, or to those who have completed SE® Intermediate II and have certified bodywork training, including Kathy Kain's Touch Skills training.

Class Description: The Polyvagal Theory of Stephen Porges, PhD, is a critically important neuro-scientific map for informing precise Somatic Experiencing® interventions. This is particularly true when working directly with SE® bodywork. Porges' theory guides us in precisely assessing where a client is stuck so that we can support their movement out of shutdown and numbness, to contained arousal, and then to establish core equilibrium, social engagement and enduring feelings of presence, vitality and goodness. Preparing you, the therapist, to competently achieve these lofty (though attainable) goals is the aim of this Master Class.

In addition, we will delve into how SE® based bodywork can treat complex syndromes caused by core autonomic dysregulation. These syndromes include: migraines, asthma, fibromyalgia, Irritable Bowel, Chronic Fatigue, Regional Complex Pain, as well as low heart rate or blood pressure, certain cardiac arrhythmias, lightheadedness, fainting (syncope), and a variety of auto-immune diseases. You will learn why individuals frequently present with these problematic and mutating symptoms, and how they are also associated with various anxiety disorders and depressive conditions. We will expand upon our basic SE® techniques and discover how to treat these syndromes as a cohesive whole. The class will be a mixture of didactic lecture, live demonstrations and hands-on experiential practice.

Dr. Levine strongly suggests that attendees be familiar with Chapters 5 & 6 of *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*, and Stephen Porges' *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation*. Join us for this exceptional learning experience.

DATES:

April 18-22, 2013

LOCATION:

Corte Madera, CA
Best Western Plus / Corte Madera Inn

TUITION:

\$1495 (\$1295 Early Reg.)
Receive a \$200 discount if you register before March 18, 2013!

SPACE IS LIMITED

FOR MORE INFO
OR TO REGISTER CONTACT:

Info@TraumaHealing.com
(303) 652-4035
www.TraumaHealing.com

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