

SE[®] Master Class
“Emotions, Memory and Trauma: A Hidden Dimension of SE[®]”
With Peter A. Levine, PhD.

October 1-4, 2012 (check in on September 30th for registration and dinner)

Location is Chester, CT

Tuition: \$1095.00 Early Registration. Ends Sept 1st, 2012

Full tuition is \$1295.00

Please contact the Institute for payment of tuition 303-652-4035

VENUE:

The Guest House Retreat and Conference Center

<http://questhousecenter.org/>

Meredith Dow, Retreat Services, (860) 322-5770, ext. 154 or Meredith@GuestHouseCenter.org

LODGING:

Please contact Guest House Retreat and Conference Center for room reservations and commuter fee payments. (860) 322-5770

SINGLE: lodging and all meals (\$728 for 4 days- \$182/night)

"A limited number of single rooms will be provided at a first-come-first-serve basis"

DOUBLE: lodging and all meals (\$544 for 4 4days- \$136/night)

COMMUTER FEE: Includes lunch each day (\$256 for 4 days-\$64/day)

CEUs available: CABRN, BBS, NBCC (other CEs may be available, TBA)

Class Description:

The Somatic Experiencing[®] Trauma Institute is privileged to offer a four day, exclusive graduate-level 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[®] focusing on two of the most misunderstood, nuanced, aspects of working with trauma within the SE[®] Model.

In working with trauma, SE[®] Practitioners are often confused about the roles of emotions and memory in the resolution of trauma; mainly, that SE[®] doesn't need to deal with them. This is wholly untrue.

While emotions can interfere with trauma therapy, the deeper truth is that helping clients access and learn from their natural emotions is fundamental to good therapy and is an essential part of the healing process. Specifically, we will explore how certain emotions, such as disgust and anger are “gatekeepers,” keys to opening up to other emotions and to living a fuller, wiser, more vital life.

Traumatic memory is one of the most misunderstood and contentious issues in trauma treatment today. Part of this confusion stems from a limited comprehension surrounding the nature and complexity of

memory. There are multiple memory systems in the brain and body ranging from those most conscious (so called “normal” or declarative memories) to implicit (emotional) and procedural (so called body) memories, which are deeply unconscious. Each of these memory systems must be approached in a unique manner and then integrated into a coherent narrative.

During this training, we will explore how to work with your clients’ emotions and memories more masterfully within the SE® model, weaving these crucial aspects of experience together through the trauma re-negotiation process. We will also learn skills to avoid the generation of “false memories”, and to ensure the maximum resolution and integration of traumatic experience and the restoration of wholeness.

COURSE GOALS AND OBJECTIVES

By the end of this workshop, consisting of 22 hours of training, students will be able to:

- 1) Understand the theoretical framework for the psycho-biological underpinnings of emotion and the various substratum of memory.
- 2) Apply practical tools for therapeutic work with emotions.
- 3) Understand the various forms of memory; from the most-conscious and verbal to those somatic/procedural ones that are non-verbal and non-conscious.
- 4) Identify which memory systems are operative and how to access these (memory) components in a systematic fashion to promote maximized integration.