



# DMHAS INITIATIVE SOMATIC EXPERIENCING®

The Somatic Experiencing® method is a body-oriented approach to the healing of trauma and other stress disorders, developed by Peter Levine, PhD, and taught and practiced in the U.S. and around the world. The SE approach releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma. In these trainings you will learn the framework to assess where a person is “stuck” in the fight, flight or freeze responses and it will provide clinical tools to resolve these fixated physiological states. The SE approach 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.

July 26th	9:00am - 4:00pm	Somatic Experiencing Trauma Healing™: Fundamental Principles and Practices
August 8th	9:00am - 12:15pm	Trauma Healing Can Be Fun: Somatic Experiencing® Activities for Physiologic Self-Regulation
August 23rd	9:00am - 12:15pm	Somatic Experiencing Trauma Healing™: The Polyvagal Theory
Sept. 5th	9:00am - 12:15pm	Somatic Experiencing Trauma Healing™: The Social Engagement System
Sept. 19th	9:00am - 12:15pm	Somatic Experiencing® and Chronic Physical Pain

All participants must attend kick-off training to build a foundation in Somatic Experiencing® but not all follow-ups are required

Free to DMHAS employees and DMHAS funded private non-profits  
**Register at [www.womensconsortium.org](http://www.womensconsortium.org)**  
**Apply code at checkout: 2019DMHASSEI-BG1**