



Philadelphia, PA Somatic Experiencing® Professional Training

Excellence in Trauma Resolution

www.traumahealing.org

Somatic Experiencing® Trauma Resolution

Somatic Experiencing® (SE™), developed by Peter A. Levine, PhD, author of the bestseller, "Waking the Tiger: Healing Trauma," is a potent psychobiological approach to resolving the symptoms of trauma and chronic stress. Whether you are a **medical or mental health professional, addictions counselor, first responder, body worker, educator, alternative medicine practitioner, or other helping professional**, the three-year SE™ Professional Training is a continuing education program that will help you make an even greater difference with your clients who suffer.

SE offers a framework to assess where your client is "stuck" in the fight, flight, or freeze responses and provides clinical tools to resolve these fixated physiological states that underlie so many trauma symptoms. Our educational model is both theoretical and highly experiential, offering you effective skills for restoring nervous system regulation and resolving trauma that can be immediately integrated into your professional practice.

How SE Works:

Instead of focusing on the re-telling of traumatic events or personal history, SE aims to identify what is interfering with people's internal threat-recovery process and helps clients develop tools for restoring their innate capacity to rebound from overwhelming experiences. By facilitating the completion of self-protective responses and releasing survival energy that has become bound in the body, **SE addresses the root cause of trauma symptoms.**

How SE May Benefit Your Practice:

- **Learn practical and effective skills that help resolve trauma without re-traumatization.** These gentle, powerful interventions will inspire and empower your clients, restoring resilience and providing them with a greater capacity to enjoy life.
- **Improve clinical outcomes.** Enhance the depth and effectiveness of therapy by including body based awareness, somatic interventions and knowledge of the nervous systems response to trauma.
- **Have an extraordinary life experience.** Many students find the SE training professionally and personally transformative. Experience the power of compassionate healing and meaningful growth for yourself and those you serve.
- **Reduce compassion fatigue.** The SE training helps increase your own resilience as a provider so that you have more energy and stamina for your work and experience greater pleasure and satisfaction in serving.

Somatic Experiencing®
TRAUMA INSTITUTE

Beginning Level 2016-17

Beginning I	Sept. 29-Oct. 2
Beginning II	TBA
Beginning III	TBA

Intermediate Level

Intermediate I, II, III	TBA
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Advanced Level

Advanced I, II	TBA
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Location

The Inn at Swarthmore
10 S. Chester Road
Swarthmore, PA 19081
(610) 543-7500

Faculty

Joshua Sylvae, LMFT, SEP

Continuing Education

APA, ASWB, BBS (CA), BRN (CA), NAADAC, NBCC, NCBTMB, NCCAOM

For more information

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To register

<http://www.traumahealing.org/training-event-search/>

Learn more about our trainings and faculty and register for the upcoming Philadelphia training at traumahealing.org or call (303) 652-4035. Limited space available.

The Somatic Experiencing® Trauma Institute is a 501 (c)(3) nonprofit organization dedicated to the worldwide healing and prevention of trauma.

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