

# Somatic Experiencing®

TRAUMA INSTITUTE



## TRAINING FOR HEALING PROFESSIONALS

Are you a helping professional interested in more effectively addressing your clients' stress and trauma symptoms?

**Somatic Experiencing® (SE)**, developed by Peter Levine, PhD, best selling author of, **“Waking the Tiger: Healing Trauma,”** is a comprehensive approach to trauma healing, that is taught to professionals in over 15 countries around the world. Its naturalistic orientation works with nervous system conditioning in the wake of traumatic stress. Trauma responses and trauma healing are rooted in the ability or failure of the biology to make fluid phase transitions out of and between emergency states of fight, flight and freeze. Recognizing the inherent tendency toward self-reorganization, people can heal from the most arduous traumas once they learn this natural language of the body. This training provides participants with the knowledge and skills required to effectively treat post traumatic stress in a wide variety of treatment settings. The result is a return to aliveness, instinct, and connection to life in the here-and-now.

In addition, it has been found that the SE approach is effective in the treatment of developmental and shock trauma and recent research has confirmed that the approach is effective in the treatment of post-disaster trauma symptoms. This training is designed for professionals who work with the effects of trauma, including: Mental Health Professionals, Psychologists, Counsellors, PTs, OTs, RNs, RMTs, MDs, EMTs, Teachers and other professionals whose practice brings them into relationship with people who have symptoms of stress or trauma, or who simply are challenged by the demands of modern life.

*“I have patients off their medication...who no longer suffer from panic attacks.. who are no longer haunted by traumatic visions...SE is the only (technique) I have found that consistently helps people reorganize their nervous system and greatly reduce, if not completely erase, trauma symptoms.”*

**- Dr. Shirley Impellizzeri; Psychologist, Author, SE Practitioner**

### SE Professional Training Halifax, 2019-21

Beginner 1: June 21-24  
Beginner 2: Nov 29-Dec 2  
Beginner 3: Mar 27-30, 2020  
Intermediate 1: June 26-29  
Intermediate 2: Nov. 13-16  
Intermediate 3: March 5-8, 2021

Tuition Cost per Module  
**\$948 incl HST \*\***

**For more information or to register contact:**

**Sybil Power, MEd. CCC, RCT-C, SEP**  
**Sybil.Power@gmail.com**

Location of Training:  
**Chocolate Lake Hotel**  
**Chocolatelakehotel.com**  
\*Phone hotel directly to book accommodations. 1-800-780-7234  
Group rate: CompassionAction

\*\*Early price until 30 days prior to training start date. Add \$75 for registration received less than 30 days prior to start date.

**Facilitator: Linda Stelte, MEd, CCC, SEP & SE Trauma Institute Faculty.** Linda is a Trauma Therapist and Educator in St. Albert, Alberta. She teaches the Beginning and Intermediate levels of the SE Professional Training in Canada, the US, and Australia, and she offers case consultation at all levels of the SE training. For several years Linda has had the rich opportunity to practice SE in some First Nation communities on Vancouver Island. Linda's SE experiences in unique settings and cultures has heightened her passion in using SE to support people as they heal from trauma.

For more information on Somatic Experiencing® visit  
[Traumahealing.org](http://Traumahealing.org)

