

# SOMATIC EXPERIENCING® PROFESSIONAL TRAINING PROGRAM

is a dynamic continuing education certificate program designed to support you in making a profound difference with those suffering from trauma or chronic stress.

- ✓ Fully accredited by the Somatic Experiencing Trauma Institute
- ✓ More than 120,000 professionals in 40 countries on 6 continents have been trained in SE. Currently, there are SE students in 74 countries.
- ✓ Successful completion leads to certification as a Somatic Experiencing Practitioner (SEP).

The training offers a comprehensive and in-depth understanding and appreciation of the neurophysiology of trauma theory and trauma healing principles. You will gain, amongst other topics, a firm grounding in the knowledge of innate survival responses, resourcing, the Polyvagal Theory of Stephen Porges, coupling dynamics and working with the 'felt sense' of the body.

The educational model is highly experiential, offering you tangible skills that can be immediately integrated into your professional practice.

## COURSE STRUCTURE

- Training is delivered through lectures, demonstrations, guided practice sessions, audio visual case studies, and suggested readings.
- The entire 3-year part-time training program consists of 3 levels i.e. Beginning, Intermediate and Advanced.
- Each level covers 2 modules. Each module provides 36 hours of training.
- The Trainer is supported by a team of assistants, who are qualified SE Practitioners to support the students during the training and group practice. On the average, the assistant to student ratio is around 1:6.
- Becoming an SE Practitioner (SEP™) also entails receiving a total of 12 personal SE sessions and 18 group or individual case consultation over the 3 years to deepen your experiential knowledge of SE.

## COURSE FEE

The course fee is charged per module. It excludes personal therapy sessions and case consultations sessions, which are additional requirements to qualify for the SEP certification.

## REGISTRATION

email : [enquiry@livingstreamsttc.com](mailto:enquiry@livingstreamsttc.com)

## PREREQUISITE

The SE Professional Training in Singapore focuses on capability building of registered professionals in the mental health, healthcare, social service professions, as well as first-aid responders and qualified body workers such as craniosacral therapists.

All applicants are required to be registered members of a professional and regulatory body with a code of ethics and disciplinary procedure, and are actively involved in providing therapeutic services to clients who experienced trauma/experiencing trauma.

As this 3-year program is a specialized training, we will not be accepting any application from professionals who do not meet the above criteria.

Exceptions will be given to students who are in-training in the related fields e.g. counselling, social work, psychotherapy, psychology, and these applicants will be required to provide the educational certificates as a proof. We do also consider and accept applicants with relevant work experience and currently engage in an active practice with clients.