

SOMATIC EXPERIENCING® PROFESSIONAL TRAINING

This 3-year program is a dynamic continuing education certificate program designed to enhance the skills of professionals working with individuals, groups and communities to resolve trauma and other stress disorders.

Fully accredited by the Somatic Experiencing International, successful completion leads to certification as a Somatic Experiencing (SE™) Practitioner.

Because SE supports regulation of the autonomic nervous system, which underlies every aspect of our physical, emotional, and psychological functioning, the applications are diverse. This training provides effective skills appropriate to a variety of healing professions including social service, mental health, healthcare, physical and occupational therapies, bodywork, addiction treatment, first response, education, and others.



TRAINING DATES IN SINGAPORE

- Beginning I/II : 15-20 April 2023
- Beginning II/III : 17-22 Oct 2023
- Intermediate I/II : 18-23 April 2024
- Intermediate II/III : 17-22 Oct 2024
- Advanced I : TBC
- Advanced II : TBC

For more information,
email: enquiry@livingstreamsttc.com
www.livingstreamsttc.com

**OFFERED BY SOMATIC
EXPERIENCING®
INTERNATIONAL, USA,
WITH
LIVING STREAMS TTC,
SINGAPORE**



Course fee to be confirmed.

THE TRAINING PROGRAMME

Developed by Dr. Peter A. Levine, Somatic Experiencing® (SE) is an integrative approach to trauma healing, resolution and prevention. Underpinning SE is a psychobiological framework that taps on the innate ability of our nervous system to restore equilibrium and wholeness after a traumatic incident.

The complete training program consists of three levels. Each level is made up of two modules of six days each (36 hours each module). There will be co-training in this program.

BEGINNING LEVEL

- Understand the physiological basis of trauma.
- Learn about containment, resourcing and empowerment.
- Study tracking skills, titration and establishing continuity through the felt sense.
- Practice establishing defensive orienting responses, completion and discharge.
- Explore coupling dynamics, the elements of internal experience (SIBAM), and integrating experiential polarities, in order to restore creative self-regulation.
- Be able to identify, normalize, and stabilize traumatic reactions.
- Attain skills to avoid pitfalls of re-traumatization and false memory.
- Learn to uncouple fear from immobility; re-establish and maintain healthy boundaries.
- Investigate the transformative qualities of trauma.
- Integrate trauma work into ongoing therapy.
- Acquire short-term solutions to acute and chronic symptoms.

INTERMEDIATE LEVEL

Examine the different categories and causes of traumatic shock and approaches to treating each case including:

- Global High Intensity Trauma: surgery, electrocution, hallucinogens, drowning, suffocation, strangulation, fetal distress, traumatic birth, intrauterine stress, and invasive medical procedures in utero.
- Inescapable Attack : wild animals, rape, war, bombings, physical abuse, mugging, incest, molestation.
- Physical Injury : surgery, anesthesia, burns, poisoning, hospitalisations, stabbing, gunshot wounds.
- Failure of Physical Defense : falls, high impact accidents, head injury.
- Emotional Trauma : severe neglect and abandonment, severe loss, ongoing abuse.
- Natural Disasters : earthquakes, fires, tornadoes, floods, social dislocation from the natural world and community.
- Horror : seeing an accident (especially with blood, gore), watching someone else be abused, raped, killed or tortured, killing or hurting someone yourself.
- Torture and Ritual Abuse : war torture, repeated rape in war, concentration camp, and systematic abuse (sometimes with the person drugged).

ADVANCED LEVEL

- Learn about the relationship of trauma to various clinical syndromes.
- Further integrate SE theory and practice into the specialty area of the therapist.
- SE bodywork in working with the different categories of trauma.
- Application of research in the psychophysiology of trauma.
- The 'art' of therapy.
- Special topics including work with children and infants.

ADDITIONAL REQUIREMENTS FOR CERTIFICATION

- Personal Sessions: 12 hours of personal sessions during the 3-year training.
- Case Consultations: 18 hours of case consultation, to include Individual and Group consultations during the 3-year training. Case consultations must be received from an approved consultation provider.

WHO WILL BENEFIT

SE Training is designed to train professionals in helping clients deal with trauma and is not intended to be a personal self-help course.

- For mental health and healthcare professionals, psychotherapists, expressive arts therapists, psychiatrists, doctors, social workers, psychologists, counsellors, physical/ body therapists, educators, other allied professionals and those working with traumatised victims at crisis relief etc.

Applicant for the training is preferably a member of a professional and regulatory body with a code of ethics, and has an active practice. Exceptions are made for students of a recognized therapeutic training, or in internship programme with supervision.

Please note that all applications will be reviewed. Applicant may be contacted if more information is required to assess eligibility for the training.

TRAINER FOR BEGINNING & INTERMEDIATE LEVEL

Dr. Abi Blakeslee, SEP, CMT, MFT, Ph.D is faculty at the Somatic Experiencing Trauma Institute and Foundation for Human Enrichment. She is additionally Dr. Peter Levine's legacy faculty at Ergos Institute for Somatic Education. Dr. Blakeslee holds a Ph.D. in Clinical and Somatic Psychology and is a licensed marriage and family therapist. Her dissertation, with a committee that included Dr. Daniel Siegel, generated original research on the role of implicit memory in healing trauma.

Dr. Blakeslee integrates SE with clinical research, secondary trauma interventions, and the psychobiological principles of attachment and shock trauma. She treats individuals, couples, children and families in her clinical practice. Her recent publications are in the International Journal of Neuropsychotherapy (Vol 7 Issue 3 and Vol 5 Issue 1) with Dr. Joseph Riordan and Dr. Peter Levine titled, "Attachment Focused-Somatic Experiencing®: Secure Phylogenetic Attachment, Dyadic Trauma, and Completion Across the Life Cycle" and "Toddler Trauma: Somatic Experiencing, Attachment and the Neurophysiology of Dyadic Completion".

Dr. Blakeslee teaches and consults worldwide. She lives in Bozeman, Montana, with her husband and enjoys the snow, mountains, and rivers with her three young children.

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OTHER INFORMATION

TRAINERS FOR ADVANCED LEVEL

Lael Katharine Keen and Russell Ira Jones are Certified Advanced Teachers of Somatic Experiencing® (SE), study directly with Dr. Peter Levine, and are founding members of the Brazilian Trauma Association.

In addition to their training in SE, Russell has a BA in psychology and is trained in mediation and Lael is a Certified Advanced Rolfer® and Rolf® Movement Practitioner, a member of the Rolf Institute Faculty, and is an Anthroposophic Art Therapist.

Lael and Russell are certified lecturers of Shin Shin Toitsu Do—the Art of Mind and Body Coordination and teachers of Ki-Aikido, a Japanese martial art. They are certified by Ki Society International in Tokyo, Japan. Russell holds a 6th degree black belt and Lael a 5th degree black belt.

Both are trainers of Matrixworks®, a method of group dynamics that works with groups as a living system.

Lael and Russell teach SE on four different continents to students from varied backgrounds including psychologists, doctors, bodyworkers, clergy and educators to name a few. They welcome students from many areas of study and believe that diversity creates a rich learning environment. They own and operate a learning center in the Atlantic Rain Forest in the south of Brazil.

Russell and Lael have been working together for over 35 years and enjoy combining their skills to facilitate groups and individuals in resolving trauma and creating community and healing. They organize their trainings in a flexible, supportive way, encouraging each student to develop their abilities in renegotiating and healing trauma in an atmosphere that is kind and inclusive. They believe that humour, playfulness, and fun help create safety and an optimal learning environment.

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