

SOMATIC EXPERIENCING® PROFESSIONAL TRAINING

Beginning II/III

Date : 17-22 October 2023

Time : 9am - 5pm

Venue : Village Hotel Bugis
390 Victoria Street
(near Bugis MRT)

Course Fee : SGD2,950

PCG Funding available

REGISTRATION IS NOW OPEN!

email: enquiry@livingstreamsttc.com

www.livingstreamsttc.com



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).

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.

TRAINER

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.

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



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.



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