

# INTRODUCTION TO SOMATIC EXPERIENCING®

FOR SOCIAL SERVICE, MENTAL HEALTH & HEALTHCARE PROFESSIONALS



Dr Blakeslee is faculty at the Somatic Experiencing® International. 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 most recent publication is in the Journal of Neuropsychology (Vol 5 Issue 1A) with Dr. Joseph Riordan and Dr. Peter Levine titled, "Toddler Trauma: Somatic Experiencing®, Attachment and the Neurophysiology of Dyadic Completion."

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## Introduction to SE Workshop

with DR ABI BLAKESLEE SEP, CMT, MFT, PhD

**Somatic Experiencing® is a body-oriented therapeutic model that helps heal trauma and other stress disorders. Developed by Peter Levine, Ph.D., it is the result of the multidisciplinary study of stress physiology, psychology, ethology, biology, neuroscience and medical biophysics, with more than 45 years of successful clinical application.**

### Learning Objectives:

- Understand the physiological basis of trauma and identify how maladaptive physiological responses to threat and their lack of resolution may contribute to the formation of PTSD symptoms.
- Demonstrate working through disorganized sensory and sensory-motor experience using concepts of orienting, stabilization, containment, resourcing and self-regulating to return to state of homeostasis
- Learn effective stabilization skills.

## SE Workshop OVER ZOOM

**Date: 11 February 2023 (SAT)**

**Time: 10am to 1pm**

**Course fee: SGD \$180**

**Registration is now OPEN.**

**For registration, please email  
enquiry@livingstreamsttc.com**