

INTRODUCTION TO SOMATIC EXPERIENCING®

FOR SOCIAL SERVICE, MENTAL HEALTH & HEALTHCARE PROFESSIONALS

Introduction to SE Workshop

with DR GLYNDIE NICKERSON MA, PhD, SEP, Clinical Psychologist

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: 2-3 March 2024

Time: 9am to 12pm

Course fee: SGD \$450

PCG FUNDING : SGD \$135

**NETT FEE AFTER PCG FUNDING:
SGD \$315**

MORE ABOUT DR GLYNDIE NICKERSON



Dr. Glyndie Nickerson is a faculty member at Somatic Experiencing International, and teaches the Beginning and Intermediate years of the SE training, as well as supporting SE students and graduates through group and individual consultations.

Glyndie also teaches workshops on SE and spiritual practice, co-regulation, and grief. Trusting and learning from nature and the moment by moment unfolding of the body's wisdom has been a lifelong fascination and practice, and led to an early engagement with somatic and healing approaches starting in 1993.

Glyndie's SE teaching is informed by current neuropsychological research, the biopsychosocial model, object relations, attachment theory, family systems, Jungian, and relational psychoanalysis perspectives, as well as the creative and spiritual blossoming that curiously often accompanies post-traumatic growth. Her meditation practice anchors her work.

ABOUT WORKSHOP

Introduction to Somatic Experiencing®

Somatic Experiencing® (SE) provides a framework for understanding and addressing trauma physiology, restore and to build resiliency. By utilizing both "bottom up" and "top-down" approach in processing traumatic stress, individuals are directed to track internal sensations i.e. visceral (interoception) and musculo-skeletal (proprioception and kinesthesia) to work through stuck on or off survival patterns, and also process and work through beliefs that may over- or under-coupled with the traumatic experience. SE also incorporates principles of titration and pendulation, where the individual to increase toleration of difficult sensations and emotions and embodiment of sensations of empowerment, thus shifting the individual from the helpless state of disempowerment and helplessness when traumatic memories are triggers. The systematic shift towards increasing resiliency. (Somatic Experiencing® International)

