

SOMATIC EXPERIENCING® PROFESSIONAL TRAINING

Generation 3 Beginning I/II

Date : 24 - 29 Aug 2024
Time : 9am - 5pm
Venue : TBC
Course Fee : SGD3,200
Early Bird : SGD3,100
(ends on 30 Apr 2024)
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

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.

**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

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.



For more information,
email: enquiry@livingstreamsttc.com
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