

Somatic Experiencing®

TRAUMA INSTITUTE



TRAINING FOR HEALING PROFESSIONALS

INTRODUCTION TO SOMATIC EXPERIENCING®

Are you a helping professional interested in more effectively addressing your clients' stress and trauma symptoms?

Somatic Experiencing® (SE™) is a gentle and highly effective psycho-biological approach to the prevention and resolution of trauma and stress-related conditions. Developed by **Peter A. Levine, PhD**, bestselling author of the book, *“Waking the Tiger: Healing Trauma,”* and recipient of the 2010 USABP Lifetime Award, SE is based on the study of how animals in the wild process and recover from stress and life-threatening situations. There is a strong scientific component to the work, which includes the latest understanding of neuroscience, affect regulation and the Polyvagal Theory.

This **Introduction to Somatic Experiencing** workshop is designed for professionals who work with the effects of trauma including: **mental health professionals, body workers, PTs, OTs, RNs, MDs, EMTs, teachers, clergy, and other professionals in the healing arts.**

If you currently have a practice that brings you into relationship with people who have symptoms of stress or trauma, or who simply are challenged by the demands of modern life, this workshop will give you a new, refreshing perspective and tangible skills to support your work. And, if you are curious about the extended **SE Professional Training***, attending this event is an ideal way to explore how the professional training may benefit your practice.



PRESENTER: Bernadette Talia, LCSW, SE Practitioner

Bernadette Talia is a Licensed Clinical Social Worker and has been practicing SE and assisting at the SE Professional Training since 2005. She is a certified EMDR therapist and is also trained in the Gottman Method for Couples Therapy. Bernadette co-founded the Chaldean Middle Eastern Social Services (CMSS) Program in San Diego and worked as a Clinical Director for Survivor of Torture Program at CMSS. She has been leading Dialectical Behavioral Therapy (DBT) skills training groups since 2001.

DATE/TIME/COST

Fri., March 28, 2014
10 am - 1pm
\$35

LOCATION:

Angels of Hope
Counseling Services
1234 East Main St., Ste. 202
El Cajon, CA 92021

**SPACE IS LIMITED!
PLEASE RSVP TO:**

Tamera Fleck
(760) 822-2271

For more info on Somatic Experiencing® visit:

TraumaHealing.com

***Full SE Professional Training starts July 18-21, 2014 in San Diego, CA**