



An Introduction to Somatic Experiencing® A Model for Trauma Resolution

Berns Galloway, M.Ed, SEP, CCC
Patricia Berendsen, RMFT, RSW, SEP

Wednesday November 21, 2012

5:30-8:30 pm

Central Public Library, 251 Dundas St. London, ON

Somatic Experiencing® (SE), developed by Peter Levine, PhD, is a comprehensive clinical approach to trauma healing, taught to professionals around the world. Its naturalistic orientation works with nervous system conditioning in the wake of traumatic stress. Trauma responses and trauma healing are rooted in the ability or failure of the biology to make fluid phase transitions out of and between emergency states of fight, flight and freeze. Recognizing the inherent tendency toward self-reorganization, people can heal from the most arduous traumas once they learn this natural language of the body. The result is a return to aliveness, instinct, and connection to life in the here-and-now.

The next London SE® Training Program will be taught by Linda Stelte M.Ed, SEP, faculty member of the **Somatic Experiencing Trauma Institute**.

Training Dates:

Beginning I: May 3-6, 2013

Beginning II: September 6-9, 2013

Beginning III: November 22-25, 2013

For more information on SE Certification

www.traumahealing.com

or

Contact Patricia Berendsen

patricia@patriciaberendsen.com

519-619-8801

Berns Galloway and Patricia Berendsen will present Somatic Experiencing® (SE), developed by Peter Levine, PhD., a profoundly effective method of gently healing trauma based on the fact that our nervous systems inherently know how to return to balance if given the right support.

The SE training offers both a comprehensive understanding of our biological capacity to heal and the skills necessary to facilitate this natural process. Clinical, medical, and community professionals who deal with the aftermath of trauma can learn how to recognize and support this healing in the context of their work and in their own experience. Through some basic theory and practice, you will have a 'sense' of the power of listening and responding to and from the body. Join us for this unique and lively workshop composed of lecture, demonstrations, and hands on exercises. It will provide an opportunity for you to learn and experience the principles of Somatic Experiencing.



Berns Galloway M.Ed, SEP, CCC
Faculty Member, Somatic
Experiencing Trauma Institute

Patricia Berendsen RMFT, RSW, SEP
Psychotherapist in Private Practice



Early registration is recommended as space is limited.

Professional Rate: \$40

Student Rate: \$20

To register send payment to *Marilyn Ellis*

8 Leland Rd. London, ON N6K 1T1

For more information contact Patricia at 519-619-8801

patricia@patriciaberendsen.com