



Saskatoon, SK Somatic Experiencing® Professional Training

Excellence in Trauma
Resolution

Somatic Experiencing® Trauma Resolution

Somatic Experiencing® (SE™), developed by Peter A. Levine, PhD, author of the bestseller, "Waking the Tiger: Healing Trauma," is a potent psychobiological approach supported by leading edge neuroscience to resolving the symptoms of trauma and chronic stress. Whether you are a **medical or mental health professional, addictions counselor, first responder, body worker, educator, alternative medicine practitioner, or other helping professional**, the three-year SE™ Professional Training is a continuing education program that will help you make an even greater difference with your clients who suffer.

SE offers a framework to assess where your client is "stuck" in the fight, flight, or freeze responses and provides clinical tools to resolve these fixated physiological states that underlie so many trauma symptoms. Our educational model is both theoretical and highly experiential, offering you effective skills for restoring nervous system regulation and resolving trauma that can be immediately integrated into your professional practice.

How SE Works:

Instead of focusing on the re-telling of traumatic events or personal history, SE aims to identify what is interfering with people's internal threat-recovery process and helps clients develop tools for restoring their innate capacity to rebound from overwhelming experiences. By facilitating the completion of self-protective responses and releasing survival energy that has become bound in the body, **SE addresses the root cause of trauma symptoms.**

How SE May Benefit Your Practice:

- **Learn practical and effective skills that help resolve trauma without re-traumatization.** These gentle, powerful interventions will inspire and empower your clients, restoring resilience and providing them with a greater capacity to enjoy life.
- **Improve clinical outcomes.** Enhance the depth and effectiveness of therapy by including body based awareness, somatic interventions and knowledge of the nervous systems response to trauma.
- **Have an extraordinary life experience.** Many students find the SE training professionally and personally transformative. Experience the power of compassionate healing and meaningful growth for yourself and those you serve.
- **Reduce compassion fatigue.** The SE training helps increase your own resilience as a provider so that you have more energy and stamina for your work and experience greater pleasure and satisfaction in serving.

Somatic Experiencing®
TRAUMA INSTITUTE

Beginning Level 2019-20

Beginning I September 20-23

Beginning II December 6-9

Beginning III February 14-17

Intermediate Level

2020-21

Intermediate I June 12-15

Intermediate II October 16-19

Intermediate III Feb. 19-22

Advanced Level

Advanced I, II TBA

Location

Queen's House Retreat
Center
601 Taylor Street West
Saskatoon, Saskatchewan
S7M 0M8
306-242-1916

Faculty

Linda Stelte, MEd, CCC, SEP

Linda Stelte is an SE Trauma Institute Faculty Member and a Trauma Counsellor and Educator in Canada. She teaches the Beginning and Intermediate levels of the SE Professional Training in Canada, the US, and Australia, and she offers case consultation at all levels of the SE training.

Learn more about the SE Professional Training faculty at www.traumahealing.org.

For more information and to register

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Susan Risula:
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Limited space available.

The Somatic Experiencing® Trauma Institute is a 501 (c)(3) nonprofit organization dedicated to the worldwide healing and prevention of trauma.

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