

Somatic Experiencing®

TRAUMA INSTITUTE



TRAINING FOR HEALING PROFESSIONALS

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

- Would you like a gentle and highly effective psycho-biological approach to preventing and resolving trauma and stress-related conditions?
- Would you like to understand the science behind Somatic Experiencing® (SE®) and how it can help your clients recover?

Somatic Experiencing®, developed by **Peter A. Levine**, PhD, bestselling author of, "**Waking the Tiger: Healing Trauma,**" and recipient of the 2010 USABP Lifetime Award, is based on the physiological study of how animals in the wild process and recover from stress and life-threatening situations.

This revolutionary method, supported by leading-edge neuroscience, is based on the observation that wild prey animals, though routinely threatened, are rarely traumatized. Animals in the wild utilize innate mechanisms to regulate and discharge the high levels of energy arousal associated with defensive survival behaviors. These mechanisms provide animals with a built-in "immunity" to trauma that enables them to return to normal in the aftermath of highly "charged" life-threatening experiences.

The Somatic Experiencing® Professional Training Program, taught worldwide, provides healing professionals with the knowledge and skills required to effectively address PTSD, as well as developmental and shock trauma. The SE® training offers a comprehensive, clinical understanding of our biological capacity to heal trauma and the skills necessary to facilitate this natural process. SE®'s body-focused approach helps restore the inherent self-correcting, self-regulating mechanisms of the human nervous system, enhancing clients' capacity to fully enjoy a wide spectrum of human experience.



Facilitator:

Linda Stelte, MEd, CCC, SEP & SE® Trauma Institute. Linda is a Trauma Therapist, and an Educator in St. Albert, AB. For several years Linda has had the rich opportunity to practice SE® in some First Nation communities on Vancouver Island. Linda's SE® experiences in both provinces and in unique settings and cultures has heightened her passion in using SE® to support people as they heal from trauma.

2017 Training in Edmonton, AB Canada

Beginning I June 16-19, 2017
Beginning II Sept. 29-Oct. 2/17
Beginning III Dec. 1-4, 2017

Intermediate I Feb. 16-19/18
Intermediate II May 4-7/18
Intermediate III Sept. 21-24/18

Training to be held at the
Providence Renewal Centre
3005-119 St.
www.providence renewal.ca

Sponsored by :

Turtle Tracks Counselling Ltd.
P.O. Box 114 Coombs, BC, V0R 1M0

For more info or to register,
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For more information on Somatic Experiencing® visit:
TraumaHealing.com