

SOMATIC EXPERIENCING® PROFESSIONAL TRAINING

Generation 3 Beginning II/III

Date : 15 - 20 Feb 2025
Time : 9am - 5pm
Venue : Village Hotel Bugis
390 Victoria Street
(near Bugis MRT)
Course Fee : SGD3,100 (incl 2 tea breaks)
Early Bird : SGD3,000
(ends on 1 Dec 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.

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