

DECEMBER 5, 2008

## 4 Ways To Register

Skirball Cultural Center  
2701 N. Sepulveda Blvd.  
Los Angeles, CA 90049  
310.440.4500  
www.skirball.org

- 1 ONLINE: [www.ceuregistration.com](http://www.ceuregistration.com)
- 2 PHONE: 866.992.9399
- 3 FAX: 707.566.7474
- 4 MAIL: R. Cassidy Seminars  
409 Mendocino Ave., Suite D  
Santa Rosa, CA 95401

### REGISTRATION FORM

FHE-I

Name: \_\_\_\_\_

License Type: \_\_\_\_\_ Lic#: \_\_\_\_\_

Street Address: \_\_\_\_\_ Suite: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Internet Registration (Online ONLY)	\$ 119
Standard Reg. (By mail, phone, fax)	\$ 139
Student/Intern Registration	\$ 109
Group Reg. (3 or more Online ONLY)	\$ 109
Catered Lunch	\$ 12
Same day registration, add \$25	

TOTAL DUE: \_\_\_\_\_

Check enclosed, payable to: R. Cassidy Seminars

Credit Card. All major credit cards accepted. Payment by mail or fax 707.566.7474.

Card #: \_\_\_\_\_ CVV#: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Payment Amount: \$ \_\_\_\_\_

Foundation for Human Enrichment  
6685 Gunpark Drive, Suite 102  
Boulder, Colorado 80301

FHE-I

## Out Of Your Mind AND Into Your Body

*From Trauma To Awakening And Flow*

DECEMBER 5, 2008

Skirball Cultural Center  
Los Angeles, CA

Peter A. Levine PhD and Maggie Kline MS, MFT



Continuing education credit is co-sponsored by R. Cassidy Seminars

#### Satisfactory Completion

Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

#### Psychologists

R. Cassidy Seminars is approved by the American Psychological Association to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. (6) hours.

#### Social Workers

CA: Course meets the qualifications for (6) hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE418.

#### Marriage and Family Therapists

CA: Course meets the qualifications for (6) hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE418.

#### Chemical Dependency Counselors

CA: Provider approved by CAADAC, Provider #4N-00-434-0208 for ( 6 ) CEHs.

#### Nurses

CA: Provider approved by the CA Board of Registered Nursing, Provider #CeP12224, for (6) contact hours.

**Workshop Cancellations**—Refunds are available when canceling 7 days or more before the event. There is a \$25 administration fee deducted from the registration amount. No refunds available when canceling within 7 days of the event.

**Disability Access**—If you require ADA accommodations please contact our office 30 days or more before the event. R. Cassidy Seminars cannot ensure accommodations without adequate prior notification.

# Out Of Your Mind AND Into Your Body

*From Trauma To Awakening And Flow*



PRESENTED BY

Peter A. Levine, PhD

Maggie Kline, MS, MFT

DECEMBER 5, 2008

Skirball Cultural Center  
Los Angeles, CA

6 Credit Hours for Psychologists, LCSWs, MFTs, CDCs and Nurses

# Out Of Your Mind AND Into Your Body

## From Trauma To Awakening And Flow

The growing scientific evidence on trauma indicates that trauma symptoms are biological to a degree greater than previously recognized. The neuroscience and therapeutic communities have awakened to the need for effective approaches for treating PTSD and Attachment Disorders that are psycho-physiological in nature. This one-day seminar will feature an evidence-based method called Somatic Experiencing® (SE) which was developed, over the past forty years, by Dr. Peter A. Levine, the author of *Waking the Tiger: Healing Trauma*. SE is a naturalistic approach for addressing the underlying components of trauma. This body-focused approach derives from an understanding that the symptoms of trauma are indications of incomplete survival states of flight, fight and freeze as well as deeply conflicted and overwhelming emotional states.

This workshop will explore how the trauma response is a specific defensive bodily reaction that people initially mobilize in order to protect themselves and then-against feeling the totality of their horror, helplessness or pain. However, in the long range it keeps them frozen and stuck in the past, unable to fully be in the here and now. Fixed in the defensive trauma response, the shame, defeat and humiliation associated with the original event replays itself over and over again in the body in the form of symptoms.

Traditionally, therapies have attempted to change perceptions of the world by means of reason and insight, with conditioning and behavior modification or with drugs. However, perceptions remain fundamentally unchanged until the internal experience of the body changes. Even after the death of a loved one, physical injury, a rape or assault, people can learn to have new bodily experiences and can then come to heal and accept what has happened and create new lives and new communities. Please join us for this introduction of a form of a pioneering therapy that honors the innate wisdom of the body.

### LEARNING OBJECTIVES

#### Participants will be able to:

- DESCRIBE a broader definition of PTSD, its root causes and its scope (ordinary to extraordinary) from a physiological perspective.
- EXPLAIN the working of the triune brain and learn the key principles of accessing the lower structures of the brain in order to de-escalate traumatic activation, support resiliency and prevent & heal trauma symptoms.
- INCREASE AWARENESS of your own physiological mechanisms and ability to self-regulate given at least one experiential “tracking” exercise.
- DEMONSTRATE an understanding of the many applications of Somatic Experiencing in the prevention and healing of trauma for adults and children in a variety of settings such as private practice, medical clinics and disaster relief.

### TOPICS TO BE DISCUSSED

- A definition of trauma for the new millennium
- Scope of trauma (from ordinary to extraordinary...hidden sources of anxiety, hopelessness and helplessness)
- Neuroscience of PTSD
- How the body bears the burden of unresolved trauma
- Relationship between attachment disorders and the autonomic nervous system
- Relationship between PTSD, the autonomic nervous system and the sensory-motor system
- Triune brain theory applied to treating PTSD in your clients
- “Stream of life” model
- The importance of developing mindfulness of physical body sensations
- The key to accessing the physiological mechanisms that leads to self-regulation
- Basic concepts of the somatic experiencing model, such as “tracking sensations” and pendulating between traumatic activation and resourceful expansion that aids clients in stabilization



PETER A. LEVINE received his Ph.D. in medical biophysics from the University of California at Berkeley, and also holds a doctorate in psychology from International University. He has worked in the field of stress and trauma for over 40 years and is the developer of “Somatic Experiencing.” He teaches trainings in this work throughout the world. He has taught at various indigenous cultures including the Hopi Guidance

center in Second Mesa Arizona. Peter has been stress consultant for NASA in the development of the first Space Shuttle. He was a member of the Institute of World Affairs Task Force with “Psychologists for Social Responsibility” and served on the APA initiative for response to large scale disaster and Ethno-political warfare. He is on the ‘distinguished faculty’ of Santa Barbara Graduate Institute. Peter is the author of the best-selling book *Waking the Tiger-Healing Trauma*, (published in twenty languages) as well as four audio learning series for Sounds True including the book CD, *Healing Trauma, A Pioneering Program in Restoring the Wisdom of Our Bodies*. He is the co-author of *Trauma through a Child’s Eyes, Awakening the Ordinary Miracle of Healing*, and *Trauma-Proofing your Kids, A Parents Guide for Instilling Confidence, Joy and Resilience*.



MAGGIE KLINE, MS, MFT, has been a marriage, family, child therapist for almost 25 years and is a retired school psychologist. Her background is in humanistic, family systems, Gestalt and body-based psychotherapies. Maggie uses Somatic Experiencing, a physiologically-based trauma treatment, with adults and children to prevent and heal P.T.S.D. She integrates S.E. with dream work, art and play. Maggie is a senior

instructor of S.E., teaching in the U.S. and Europe and has provided trauma disaster relief in Asia following the Indian Ocean tsunami and the China earthquake. She is co-author of *Trauma through a Child’s Eyes, Awakening the Ordinary Miracle of Healing* and *Trauma-Proofing Your Kids, A Parents’ Guide to Instilling Confidence, Joy and Resilience* both written with Dr. Peter Levine.

## FOUNDATION FOR HUMAN ENRICHMENT (FHE)

The FHE is a nonprofit, educational and research organization dedicated to the worldwide healing and prevention of trauma. It offers professional training in Somatic Experiencing, a short-term naturalistic approach to the resolution and healing of trauma developed by Dr. Levine. It also provides outreach to underserved populations and victims of violence, war and natural disasters.

**Contact us for further information at:** Foundation for Human Enrichment  
6685 Gunpark Dr., Suite 102, Boulder, Colorado 80301  
Phone: 303.652.4035 Fax: 303.652.4039 [www.traumahealing.com](http://www.traumahealing.com)



### Join Us at a Lunchtime Concert with Dale Spalding

This is a free event but contributions are welcome. All funds raised from the Dale Spalding lunchtime concert will be used to support FHE’s Trauma Global Outreach Endowment.