

# BODYWORK AND TOUCH TRAINING

for

Somatic Experiencing® Providers

**Dave Berger, MA, PT, MFT, LCMHC, SEP**

*Asheville, NC, May 29–June 1, 2009*

*New York City, June 19–22, 2009*

**"Bodywork and Touch using SE principles in combination with 'talk' SE enhances a client's success." Diane Poole Heller, PhD, SEP**

This training is intended for SE providers who have completed the SE training through Intermediate 3. Mental health providers and bodyworkers who want to improve their expertise using SE with bodywork and touch are welcome. (It does not replace the Advanced SE training for SEP certification)

We will explore and refine how to use SE basic principles using touch and bodywork, to address how to work with trauma using the physical structure of the body, various levels of body tissue and body systems.

## Topics will include:

### Beginning Levels:

Transitions from traditional SE to Bodywork and Touch

Scope of Practice

Listening Hands: Intention, Attention and Awareness

Working with various tissues: skin, fascia, muscle, bone

Working with the structure of the body: Movement, Expansion/Constriction

Bodyphores (Body Metaphors)

Human Development--primitive or developmental reflexes

Observing and tracking for discharge and increasing somatic capacity

The body draws toward activation

### Certification Level:

Working with Viscera, Joints, Cranium

Coupling Dynamics in the Tissue

Building the Body as a Resource: softening, expanding, self-regulation

The role of exercise in building capacity, body awareness and resilience

Body awareness--organizing technique for fragmentation and Syndromes (GHIA)

Body Awareness to feel defensive and survival strategies

Physical Injury

Addressing Emotional Abuse

Points of Entry--determining where to start

**"Dave's Bodywork and Touch training will improve your SE skills and clarity about how to work with the physiology of trauma. I highly recommend it."**  
**Ariel Giarretto, MS, LMFT, CMP, SEP**

# BODYWORK AND TOUCH TRAINING

## *FOR SOMATIC EXPERIENCING® PROVIDERS*

This training will include four modules of 4 days each. For certification in Touch and Bodywork each participant will be required to have 2 consultations for each level, Beginning and Certificate (a total of 16 days of training and 4 consultations). Individual bodywork sessions are highly encouraged. Consultation group will be provided at each training module as an additional cost.

CEU's: 24 contact hours per module. CEU available for CABRN, CBBS, NBCC

### Registration Information

Workshop Cost: \$675 paid in full and postmarked 30 days prior to start of module  
\$725 paid within 30 days of start of training module

*Registration invalid if not accompanied by payment.*

*Class numbers are limited due to space restrictions and will be on a 'first-come' basis.*

\$100 deposit which is refundable up to 30 days prior to start of each module.

Full payment requested 15 days prior to start of each module. \$50 is non-refundable if cancellation is within 15 days prior to start of any training module.

Please print the information and mail this form with your payment (you may want to keep a copy for yourself)

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

Phone: home \_\_\_\_\_ cell \_\_\_\_\_

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

Physical Address: \_\_\_\_\_

Professional License and

Certification: \_\_\_\_\_

Level of Somatic Experiencing Training Completed:

\_\_\_ SEP      Advanced II \_\_\_ Advanced I \_\_\_      Intermediate III \_\_\_

Other information you would like us to know:

