



Fundamentals of Somatic Experiencing®

Renegotiating the Effects of Trauma

with **DAVE BERGER, MA, MFT, LCMHC,**
PT, SEP, SE Instructor and FHE Faculty Member

Somatic Experiencing® is appropriate for anyone working in the field of trauma: *psychotherapists, psychologists, psychiatrists, social workers, mental health counselors, bodyworkers, physical therapists, occupational therapists, physicians, nurses, school counselors, clergy, and other professionals.*

Growing scientific evidence indicates that the dynamics of traumatic stress and its symptoms have significant biological components. Developed by Dr. Peter Levine, author of Waking the Tiger: Healing Trauma, Somatic Experiencing® (SE) is a powerful method for addressing the psychobiology of stress and trauma. Dr. Levine has studied and observed traumatic stress in humans and animals for over thirty years and has developed a deep understanding of the function of human survival energy. SE offers a comprehensive theoretical and clinical approach to helping clients work through symptoms of traumatic stress from a variety of traumatic situations in a variety of clinical settings.

This body-focused approach understands that traumatic stress symptoms are often expressions of incomplete or fixated lower brain functions of fight, flight, and freeze. SE helps people complete these responses and restore their inherent self-correcting, self-regulating mechanisms. Integrating lower psychomotor processes with higher brain processes of cognition and feeling creates a more flexible neurological system, and enhances capacity to enjoy a wide spectrum of human experience.

Saturday, July 18, 2009

9:00 a.m. – 5:00 p.m.

Early registration: \$100 by June 1 Standard: \$125 by July 1

**Family Counseling Services,
7412 Sunset Drive, Miami, FL, 33143**

6 contact hours; certificates for CEU's through NBCC, CBBS, CABRN are available for \$15

Dave Berger, MA, MFT, LCMHC, PT, SEP, has practiced somatic psychotherapy, physical therapy and integrative bodywork for over 27 years. He is an SE Practitioner and FHE faculty member. As a clinician, his focus is on working with all experiences of trauma, anxiety disorders, chronic pain and illness, PTSD and other dysregulating conditions. Dave is a mental health counselor (New Hampshire), marriage and family therapist (California) and physical therapist. He is also a Rosen Method Bodywork® practitioner, and integrates psychotherapy and hands-on work, including craniosacral therapy, muscle energy technique, and visceral manipulation, with exercise, movement education and a number of somatics practices.

Registration and Information: Inge Sengelmann, MSW
inge.sengelmann@live.com 305-788-6857

For more information about Somatic Experiencing and the SE training:

Foundation for Human Enrichment

www.traumahealing.com 303/652-4035