

ALL LEVELS

Aaron (age 10) --"school phobia" (All levels) Length – 2:03

Shortly after starting at a new school, Aaron began a pattern of frequent vomiting (including projectile vomiting). During the first session, unfinished feelings from his parent's divorce five years ago were identified. (This reduced the vomiting episodes.) In the second session, we discovered a deeper root of the problem --a hernia operation one year prior to the onset of school problems. After this session, the vomiting ceased completely and Aaron became enthusiastic about school. This work is a good example of emotional and shock issues layered in resolving the target (gastrointestinal) symptoms.

Bonita --Plane crash (All levels) Length – 1:14

In this series of tapes, the client presents acute post traumatic stress symptoms after digesting a brownie containing live maggots. During the initial session (not recorded), we discover a connection between this event and two previous airplane crashes. In the first two tapes we negotiate these incidents finding a "coincidence of space time" and take a look at patterns of reenactment. Tape three is a couples session with Bonita and her husband, helping to integrate the trauma resolution in their relationship.

Gladys --85 year old widow and unresolved grief (All levels) Length – 1:03

On each anniversary of her husband's death (approx. 12 years ago), Gladys experienced severe anxiety and increased cardiac symptoms. This session demonstrates simple imagery techniques to help focus on the core grief issues and returning to body sensation. This gradual moving through the stuck grief, aids with the completion of unfinished business.

Jan --Father's suicide (All levels) Length – 4:08 1 Disk with 2 tracks

As a young child Jan witnessed her father hanging in a closet. She was later hospitalized as an adult and participated in a form of cathartic group therapy, which was deeply re-traumatizing. In the initial sessions with this client, we see the importance of working indirectly while establishing a sense of "groundedness," boundaries, and support.

Jim --Paraplegic (All levels) Length 1:56

Jim, young doctor injured in a skiing accident, questions the possibility that some aspects of his recovery might be related to incomplete response at the time of the accident. In filtering through his predominantly "left brain" style, we work through a sequence of (understated) life-threatening accidents gradually moving towards the immobility shock core from the ski accident. In the second session, we work with a dream in order to integrate emotional being with his primarily doing and achieving structure.

Jody --Head Injury (All levels) Length :49

Jody came to this work as a result of suffering from chronic head, neck and back pain. (DX of chronic "fibromyalgia" and chronic fatigue syndrome.) She had fallen on ice a year previously and became incapacitated after the fall. In addition, 22 years prior she had been attacked by a psychotic man who smashed her head and skull with the butt of a hunting rifle. These taped sessions show Jody struggle with her virtual complete amnesia,

identifying the healing vortex through a dream image and the use of micro- movement. This series of tapes show good examples of loosening fight/ flight over coupling, re- associating profound fragmentation, spontaneous distress vocalizations and other mammalian orienting defensive responses.

Laura - Motorcycle Accident (All levels) Length 1:49

Laura suffered severe injuries from a motorcycle accident. The first session provides an introduction to basic self-regulation to a client who overwhelms very easily. Also valuable for learning how to inform the client about the nature of trauma and Somatic Experiencing. Additional sessions provide information on: establishing resources the client can use in daily life, how to move disassociation (undercoupling) into integration, work with the 'thread' of meaning in trauma and creating new meaning, and developmental issues.

Lorin --Amputation (All levels) Length 1:04

This dvd demonstrates Lorin's healing sequence after the loss of one of his hands in a farm machine accident. The work shown of these tapes is significant to understanding the depth of existential experiencing in healing severe trauma. In resolving Lorin's phantom pain syndrome ("phantom pleasure"), an important model is suggested for the treatment of acute and chronic pain. Some of the material presented is difficult viewing due to its graphic and emotional content, and may be omitted without loss of understanding.

Mike (age 2) --Drowning (All levels) Length :15

This session, with both Mike and his four year-old sister, demonstrates the use of traumatic play to re- negotiate a drowning/ clinical death with a non-verbal child. In Part 1, Mike is shown a picture of a swimming pool. Here we see Mike reenact and rework several versions of his fall into the pool, gradually re- establishing orienting and defensive responses, which culminate in a bronchial expelling reflex. In addition, Mike's sister (who found Mike in the pool) is able to express her emotional reactions of horror grief and guilt. Part 2 of this tape depicts a training class where I discuss my work with the two children. Since much of the critical work is non-verbal, analysis of this tape is of great value in understanding Part 1.

Pat—Shark Attack: renegotiation of a successful self-protective response (All Levels) Length 2:04

Pat, a student in class, shares his history of having been hunted by a shark while out surfing. While he was unharmed by the shark the sessions shows how the various elements of his self-protective responses, including freeze/immobility, were not fully integrated during and after the original event. Peter follows a time series approach to moving sequentially through the original event, participating with and deactivating each wave of arousal before moving on to the next. Each aspect of the stress response is demonstrated including fight, flight, freeze and orientation.

Ron—Flying Dutchman: renegotiation of developmental trauma (All Levels) Length :18

As a young boy Ron was interned in a concentration camp in Java. He presents with a developmental piece suggestive of shut down and fear of others. Together Peter and Ron work through the liberation and discharge of heavily bound life energy. This class

demonstration is simple and sequential and shows the potential energy that can be released through the simple application of pendulation. Developmental themes are highlighted in the accompanying subtitles.

Suzie-- Earthquake (all levels) Length 1:49

This DVD is a good demonstration of the need for trauma first aid. After losing her home and office in a major earthquake Suzie had not worked for two years. Persistent back pain resulted in back surgery 3 years later. At the time of her session with Peter, she still experienced debilitating depression, grief, anxiety and an inability to move forward with her life and work. The shock from a major earthquake is linked to the shock of a surgery and early childhood loss. This unedited DVD is a stunning example of the power of following involuntary movement responses for the return of self-regulation. All aspects of SIBAM are illustrated. (Be aware: the recording quality is not the best).

Will (Age 10) —Snow board - High impact fall – Length :18

Peter works with Will who has been having headaches after a snowboarding accident. Peter helps Will find involuntary reflexes that lead into the emergence of innate defensive and orienting response that relate directly to the accident. This session shows each element of renegotiating high impact falls, including full permission for completion of the freeze/immobility reaction. Will capably participates with spontaneously arising somatic sensations and involuntary movements.

Dhanae - (Age 5)--School Bus Accident – Length :20

This is from a class demonstration. Dhanae was dragged by the school bus when her rain coat got caught on the door. She had trouble sleeping, was afraid to be alone in her room, and was beginning to develop school phobia. She also has pain and soreness in her hips. Peter works with re establishing flight reflexes through working with her imagination and play. Peter also does hands on work on her injured leg. Dhanae is sitting on her mother's lap most of the session.

Baby Bernardo- Infant with birth trauma – Length 1:02 Portuguese Translation

Peter works with baby Bernardo who had a difficult birth at 7 months. During birth he had fetal stress, suffered a broken femur, and breathed in amniotic fluid, which precipitated pneumonia. He spent his first few months of life in the intensive care unit. At the time of the session Bernardo is 11 months old and late in development. Peter helps Bernardo establish and organize incomplete pushing reflex absent at birth and does many visceral and brainstem holds to help stabilize his nervous system. Peter facilitates increased coherence in Bernardo's disorganized movements and works with toy to develop tracking in the eyes. The session includes Peter talking about prescription anti-depressants.

BEGINNING LEVEL

Gisalene - Snakebite (Beginning level) Length 1:40

This is appropriate for the beginning student or as a review to study classic coupling dynamics. Gisalene experienced a snake-bite requiring 5 injections of anti-venom to both legs. Gisalene presents an overcoupling pattern that leads to deep discharge and the restoration of orienting and defensive responses. The discharge allows undercoupled elements to come forward and memories of the event to emerge. This session is valuable for observing timing of pendulation, verbal support, and invoking resources. Following is a short session of Peter demonstrating micromovement with a

student who has an overcoupled pattern of neck and shoulder tension. There are very specific explanations from Peter as he works with coupling dynamics and moving between the counter and trauma vortices. Peter emphasizes use of wording. This is an ideal learning session for the basic Somatic Experiencing principles.

Mary: Blue Sky & Apple Pie—Childhood molestation (Beginning Level) Length :45

This DVD is excerpted from 2nd and 3rd sessions between Mary and Peter. Mary was referred for myofascial pain and —Closed Head Injury|| (CHI) and whiplash from a recent motor vehicle accident with the work ultimately including more —ugly|| events. We see Peter working with all levels of SIBAM, particularly resourcing in Imagine and Meaning. Multiple interventions are used to liberate the energy of freeze to help mobilize dormant aggression, self-protection and aliveness. Meaning and proper psychological place for past events are discussed.

Peter-- Suffers from —seizures|| after significant car accident including head injury (All Levels) Length 2:00

This session is an important demonstration of the —contract|| work necessary when working with a reluctant and subdued client. Peter, who clearly suffers from the effects of his accident, is simultaneously ambivalent, fearful, and curious about the SE process. The majority of this session is spent negotiating the contract of working with SE and identifies the theories behind the work and addresses Peter's fear and concerns establishing the potential for future work.

INTERMEDIATE LEVEL

Sally - Recent Surgery (Intermediate level) Length 1:31

Sally had a recent surgery for a growth on her ovary. The procedure involved a low incision with general anesthesia. Her symptoms were fatigue, sensitivity to air blowing on her, feeling cold, and the slow return of her abilities. In this session, she is led through two cycles to uncouple her autonomic system from the surgery and anesthesia trauma. At the end of the session her body has warmed until she is hot and feels her vital self returning. This session is valuable for dealing with surgery and anesthesia and mastering skillful control of activation through words and touch.

Jeffery --Dental Phobias – Length :45

Peter works with a boy that becomes overwhelmed and faints when getting injections during dental work. This is a good example of the Time Series process where each step leading to an event is patiently un-coupled allowing body sensations of activation to pass and resolve. At the end of the session Jeffery feels more confident to go back to the dentist. Peter offers suggestions to Jeffery's father to help him resource for the next visit.

Bettina-- —Vespa Motorcycle accident (Intermediate) Length 2:02 German Translation

In a class demonstration Peter works with a woman through an interpreter who was in a motor scooter accident. Peter works with the time line of the accident and explains coupling dynamics, titration, and pendulation as they arise during the session. Peter builds resources found in time line to help student touch into more painful areas as well as the "Voo" sound to loosen overcoupled areas in the diaphragm.

Sharon—World Trade Center 911 survivor (Intermediate) Length :33

In a private session, Peter works with a woman who was caught on the 80th floor of the World Trade Center during the 911 attack. Sharon complains of nightmares, screaming in her sleep, daily grieving

and trying to make sense out of what had happened in the attack. Peter helps her build orienting and critical biologic defense responses that were evoked but not executed during the attack. Peter also helps her find connection and resource in the people that came together to her aid post attack. This is a good demonstration of working with high functioning and reluctant personality types.

Jim – Mugged while sleeping. Closed Head (Intermediate-Advanced Level) Length 1:42

Jim has 3 sessions with Peter. A stranger mugged Jim in his apartment while asleep. The attacker was never caught. Jim's Somatic symptoms were ongoing head aches, chronic head pain, some exaggerated startle response, shaking and trembling, moderate helplessness and hyper arousal and forgetfulness. The work progresses through classic SE stabilization and renegotiation strategies and includes advanced hands on work in the final session (including occiput, jaw and inside the mouth).

Baby Ursula – Birth Trauma: Mother and Child Reunion – Length :17

This abbreviated demonstration session shows Peter working with 14 month Ursula and her mother. Ursula was born with her umbilical cord wrapped around her neck, not breathing. Her mother was also in medical distress and the mother and baby were separated. Ursula has constipation and restless sleep. Peter first works gently with the child to open reflexes in her feet and legs that may have been thwarted in the birthing process, then viscerally to help release stored emotional tension and discomfort. After an emotional discharge, Ursula's frustrated body movement's shift and she uninhibitedly seeks her mother's embrace and attachment. Her mother returns the next day post session to report that Ursula's constipation has passed and she slept well through the night. Peter continues the session now working with the mother's dilemma of not having been able to help Ursula at birth due to her own medical condition. They discuss her belief that she is not a good mother. Peter works with the thoughts and ego identification, beginning a pendulation that allows her grief and fear to surface and then subside to a deeper regulation. Although not discussed, the mother is probably also renegotiating a shock state from the birth and aftermath.

ADVANCED LEVEL

Jules --Anesthesia laden trauma (Advanced level) Length 1:26

Two years ago at the age of ten, Jules fell 21 ft. out of a tree and badly broke his leg requiring several surgeries. Massive amounts of anesthesia were used during his many surgeries and (according to his father); Jules became terrified and fought the anesthesia. This taped session demonstrates working into the deep structure of the trauma vortex. The key in working through the anesthesia laden trauma vortex is in the identification of the defense orienting process. This work supports returning to the fall phase, thus allowing Jules to surface from the deep anesthesia process. While this type of work is clearly only appropriate for advanced students with consultation, much can be learned about the tracking processes for all students.

Russell - Car Accident/ Eye work (Advanced level) Length :19

This is a valuable study for the advanced student and/or practitioner and demonstrates how much energy can be locked in the eyes. Russell suffered from severe injuries due to a car accident Peter works with Russell by tracking his eyes, finding the areas of discontinuity and allowing for very deep discharge. A period of loss of consciousness is explored resulting in the re-negotiation of an altered state experience.

Vicki—Amazing Grace: torture and ritual abuse (Advanced Level) Length 1:00

In her childhood Vicki was subjected to torture and ritual abuse in a cult setting which her parents were party to. Forced participation and hypnotic suggestion were used as tactic by the cult leader, which left Vicki with extreme chronic fear and somatization. Vicki also presents with extreme Global High Activation. In this session Peter utilizes a combination of SE and hypnotic suggestion to help Vicki move from a fear based reactive position to her memories into an empowered and bounded relationship with her past, family and the cult leader. This is an important demonstration showing the power of renegotiation in various levels of SIBAM, particularly image, and the need for practitioners to attune to the particular needs and pacing of each individual client.

Darrel-- Food Poisoning and early developmental trauma. Peter Levine. (Advanced) Length 2:03

Peter begins by talking about food poisoning in the SE context, addressing the internal nature of the threat and how this makes for unique defensive responses. Peter works with the first moment of awareness that something was wrong in Darrel's food poisoning. The work progresses through early issues around breast-feeding and thumb/finger sucking in long, slow, deep pendulations. Peter uses sensation and specific images. He connects with Darrel on a deep emotional level, holding Darrel as he sobs. Peter and Darrel also do direct physical work together, including working Darrel's gut and the field around his body, contacting primal fears of death with a strong sense of resolution.

Chiam - War Trauma – Length 1:24

Peter works with an Israeli Man for a training demo who has had chronic pack pain from an injury that happened 28ys earlier in the Israeli army during a gun battle. Peter brings him through several large pendulations as he takes the man through the time line of the incident. Peter uses humor to engage survival mechanisms and uses the group at the end of the session building resources through the community sharing about their feelings. Peter answers technical questions at the end.

Bill "Vietnam Vet" – Length 1:20

Bill, a Vietnam veteran, has his cervical vertebra ruptured and was hit in head and neck from gun fire. Also born a month early in an emergency caesarian and molested by neighbor as a child. Peter does eye of the needle work with Peter uses —Voo|| breath and hitting pillow to open up blocked area in abdomen. Video has poor quality visual.

Adam-- "Holocaust Survivor" (Confidential) Tapes 1&2 – Length 1:30

This is from a training were Peter is showing the class a video of him working with a male Holocaust survivor. Peter explains his working tactics and strategy as the recorded session is played. Peter works with slowly brining in positive affect state that has been dissociated from the extreme events of the holocaust. Peter builds on developmental aspects that can be used as support and resource. He also helps the client begin to form thoughts that emanate from the body experience. There is a description of eye work toward the end.

Eloise-- Closed Head Injury, Post Concussion Syndrome and Chronic Fatigue Syndromal/ Multiple traumas – Length 1:17

Eloise has symptoms of post concussion syndrome following a car accident including memory problems, personality changes and difficulties with abstract thinking. Her session with Peter reveals the under-coupled aspects of her experience and how her body manages the underlying states of activation. Peter helps Eloise to work with image when body sensation is overwhelming or unavailable. The session is followed by a lengthy conversation between Peter and Eloise's therapist.

Beth – Vagal Collapse: initial session with severe syndromal organization (Advanced Level) – Length :52

Beth is housebound with extremely fragile health. During an unusually long intake she shares a life long trauma history with numerous challenging and shifting conditions. In classic formulations she would be considered psychosomatic. In Advanced SE parlance she is "syndromal", compelled by Global High Activation (GHA) and in a Dorsal Vagal Collapse. A notable feature of Beth's presentation is her lack of modulation and significant undercoupling. In her search for healing Beth has enlisted the help of numerous health providers, from within the medical establishment to psychics and other non-traditional practitioners, some of whose efforts are helpful but also, unrecognized by her, often overwhelming due to a lack of sufficient titration. With only one meeting Peter's primary task is to help Beth identify the primary strengths that have allowed her to persist through such consistent challenge. For this she identifies her strong will and deep desire to individuate from her overly anxious mother. After a persistent negotiation addressing Beth's fear of internal processing Peter uses the "Vooo" sound as a point of entry into her sensate experience. In tracking after the vooo Peter repeatedly curtails the deflection of Beth's attention keeping her focused following the changes occurring within her, a clear demonstration of the "interruption" that is often necessary when renegotiating GHA patterns. Eventually we see many small signs of increased self-regulation and coherence, including improved differentiation, settling and the emergence of physical hunger.

Raja Selvam

Lisa—Session with Raja Selvam. Victim of physical abuse by father with negotiation of unresolved anger. (Levels: Intermediate, Advanced) Length 1:02

Raja facilitates the movement of fixated energy patterns triggered by being in front of the group. He uses this pattern of movement, tracking sensation, and educating for several pendulations. This leads smoothly into their discussing Lisa's emotional fears and her family background. Raja works from the immediate body fixations through to the more global whole body experience of working with her fear of anger and her anger. He educates the audience and Lisa about anger. Later in the session, Lisa tells us she had a horrible experience with EMDR. Again, Raja is able to educate us and Lisa, using this to provoke Lisa's activation and discharge about her father and her fear. It is very skillful. He also uses imagery to further their work. (Be aware: the video recording cuts the session short).

Darcy—Global High Intensity Activation (Intermediate and Advanced)

This class demonstration session of Raja working with a GHI activated client presenting with hypoglycemia, anxiety, insomnia, digestive dysfunction and Reynaud's shows the importance of titration in working with extreme energy arousal. Darcy, a massage therapist and social work student, experienced anxiety attacks at night after coming home from working with military personnel. Other distressing symptoms included digestion problems and past depression. Her pattern of GHI activation originated with pre and peri- natal trauma from a breech birth. Raja eloquently describes the ways the body attempts to manage high states of arousal, the benefits and drawbacks of meditation in this management, and the importance of contacting and titrating the experience of fear in the body. The demonstration shows how self-regulation occurs without complete discharge of the activation.

Diane Poole Heller

Dave—sexual abuse (Diane Poole Heller) (Intermediate) Length 1:10

Diane works with a student who was sexually abused by a choirmaster at his church between the ages of 11 and 13. Diane has Dave work with imagination to reframe the event and create boundaries and distance between him and his abuser. She also has him bring in a "Competent Protector" image to help regulate and create safety in the session.

Melinda-- Auto Accident/Violent Assault/ Fall (Intermediate) Length 1:33

Diane works with a woman who had been in multiple motor vehicle accidents. Diane works with time line of the accident and uses positive visualization and freeze framing as resources to reduce the charge of moving into the moment of impact and "disarming the threat." Diane helps Melinda repair boundary breach created from the impact and build defensive orienting response to aid movement out of helplessness.

Ann – Inescapable attack and sexual assault (Intermediate) Length 1:20

This demonstration features Diane working with Ann, who was attacked and raped in her apartment at age 24. Ann begins the session by acknowledging the level of immobility she's experienced and how she is now becoming aware of her fear. Diane works with Anna's undercoupled states by encouraging her to give room for being in the moment as well as wanting to leave or disconnect. Diane illustrates the importance of introducing pendulation early in the session, managing the —doses|| of activation and gently reinforcing Ann's ability to increasingly return to a more resourced, ventral state. The session also shows how to work around by investigation what might have been missing before or after an event. The demonstration shows many of the autonomic physical shifts of coming out of freeze as well as how that mobilized energy is then available for fight or flight. Diane also addresses how victims may take on perpetrator's energy after the boundary rupture of an attack. The session is followed by a twenty minute questions and answer period.

Marjorie – Speed Queen in the Lilacs: Surgery and anesthesia (Intermediate) Length 1:22

1 hour with additional 25 minutes question and answer Marjorie received a tonsillectomy at age 8. The session begins with Marjorie in a high state of arousal, experiencing startle and fear. Diane immediately begins building a container of support by encouraging outer orienting and safety by choosing her seating arrangement. Marjorie was caught in a fight/ flight response to the surgery and surrounding events as she was confined and sedated. Diane introduces a competent protector to accompany Marjorie as she revisits the memory fragments and sensations. After regulating the high arousal and pendulating parts of the overcoupled emotional states, Marjorie's autonomic system settles and her breathing shifts. The video shows how, after finding a felt sense of safety, she is able to surrender to the anesthesia, titrating a memory of lilacs with the ether. Integration of this experience results in a transformation of the underlying distress to self-defense behavior and containment of her arousal in a fluid, powerful expression.

FHE Projects

Peace Project:

This is a short documentary about a project for mothers and their children from areas suffering large-scale disaster, violence, war and political upheaval. Participants teach each other the simple rhythms, dances and songs from their ethnic heritage. The combination of sensory and tactile channels promoted peaceful alive feelings in their children. In part 2, a teacher works in a classroom with 5-

year-old special need inner city children with moderate to severe acting out problems using songs and games. This is a lovely piece on how to work with young distressed children in a group setting.

TOP— FHE Trauma Outreach Project in Thailand after the Tsunami of 2004
SEP Alexandro Duarte works with children using games and hands interventions to reestablish protective responses. 20 minutes.

Other

Art of Nature: Jellies and other Ocean Drifters (all levels)

Monterey Bay Aquarium narrated by Leonard Nimoy 1997 Length :36

Beautifully filmed jellyfish and other deep ocean creatures inspire body sensations of fluidity, pulsation and an earlier, pre-spinal existence. Film features jellyfish mobility, approach / avoidance, self-protection and even predatory behavior. An important imagistic exploration of the state of coherence.