"Trauma and Memory"
Brain and Body in the Search for the
Living Past

A 'Virtual' afternoon with
Peter Levine, Ph.D. Founder of
Somatic Experiencing®

Speaker Bio:
Peter Levine Ph.D is the developer of Somatic Experiencing®,(SE) a body-oriented approach to the healing of trauma and other stress disorders. It is the result of over forty years of observation, research and development by Dr. Levine. Based upon the realization that human beings have an innate ability to overcome the effects of trauma, Somatic Experiencing® has touched the lives of many thousands. SE® restores self-regulation, and returns a sense of aliveness, relaxation and wholeness to traumatized individuals who have had these precious gifts taken away. Dr Levine has applied his work to healing combat veterans, rape survivors, Holocaust survivors, auto accident and post surgical trauma, chronic pain sufferers, and even to infants after traumatic births.

Somatic Experiencing® is a body-awareness approach to trauma taught throughout the world. Instead of focusing on the re-telling of traumatic events or personal history, SE aims to identify what is interfering with people's internal threat-recovery process and helps clients develop tools for restoring their innate capacity to rebound from overwhelming experiences. By facilitating the completion of self-protective responses and releasing survival energy that has become bound in the body, **SE addresses the root cause of trauma symptoms**.

We hope that those in attendance walk away with an increased desire to help the Greater Houston Area heal from the impact of trauma by signing up for the training and join our Houston SE healing community. Whether you are a medical or mental health professional, addictions counselor, first responder, body worker, educator, alternative medicine practitioner, or other helping professional, this program will help you make an even greater difference in the lives you touch. It takes a community to heal trauma, so come join us in learning more from Peter Levine, Ph.D.

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