**“Introduction to Somatic Experiencing®”**

**with**

**Giselle Genillard**

**Edinburgh – 23-24 November , 2019**

Trauma is an internal straitjacket created whena devastating moment is frozen in time. It stifles the unfolding of being, strangling our attempts to move forward with our lives. It disconnects us from our selves, others, nature and spirit. When people are overwhelmed by threat, we are frozen in fear. It is as if our instinctive survival energies are "all dressed up with no place to go."

Somatic Experiencing® offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity to heal as well as an intellectual spirit to harness this innate capacity. It asks and answers an intriguing questionwhy are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually "immune" to traumatic symptoms, the mystery of human trauma is revealed.

Somatic Experiencing® is a shortterm naturalistic approach to the resolution of posttraumatic stress reactions. It is based upon the ethological observation that animals in the wild utilize innate homeostatic mechanisms to regulate and neutralize the high levels of arousal associated with defensive survival behaviors. Somatic Experiencing® normalizes the symptoms of trauma, which bind this arousal, and offers the steps needed to resolve the activation and heal trauma.

Although humans possess regulatory mechanisms virtually identical to those in animals, the function of these systems is often overridden by neocortical inhibition (by the rational mind). This restraint leads to the formation of a constellation of symptoms, including pain, patterns of bracing and collapse, intrusion, anxiety and cognitive dysfunction. Through the focal awareness of bodily sensation, individuals are able to access these restorative physiological action patterns, allowing the highly aroused survival energies to be safely and gradually neutralized.

This two-day Introduction is oriented to participants of diverse backgrounds and will offer skills and tools they can use immediately in their personal and professional lives to support self-regulation and to reduce the symptoms of a dysregulated nervous system. Skills will be built progressively through experiential exercises, demos, and theory to provide a safe toolbox for working with dysregulation.

**AGENDA**

This two-day Introduction to Somatic Experiencing (SE)® is oriented to participants of diverse professional backgrounds. It offers skills and tools that can be used immediately in their personal and professional lives to support self-regulation and to reduce the symptoms caused by a dysregulated nervous system. Skills will be built progressively through experiential exercises, demos, theory and video clips to provide containment and a safe toolbox for working with trauma.

Days One and Two focus on acquiring the tools necessary for practice. By the end of this workshop, participants will be able to recognise states of dysregulation in themselves and others, and have skills and tools for immediate self-regulation, without which other interventions are likely to be ineffective.

For those wishing to take their studies of SE further, this Introduction fills the requirement for acceptance in most SE trainings worldwide

A pdf of Giselle’s powerpoint will be emailed to all students after the workshop to allow them to focus on the embodiment of the skills during the class.

Come wearing comfortable clothing, and bring your willingness to explore!

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**NEW 3 YEAR PROFESSIONAL TRAINING EDINBURGH – STARTING JUNE 2020**

**ACQUIRING THE TOOLS**

**Day One:**

* Opening experiential exercise
* Introductions
* Trauma defined: broader scope of traumatic events, natural phenomena, transformation
* The Key Concepts of SE
* Language of Reptilian Brain: translating cognitive/emotional experience to lower brain experience
* Tracking (demo, exercise in dyads or triads)
* Everyman’s Guide to Neuroscience:
* the physiology of trauma
* levels of activation in ANS
* stacking, over- and under-coupling
* overwhelm
* Skills
* Undischarged high activation
* Trauma symptoms checklist
* Movie clip
* Experiential exercise
* Questions and Answers

**Day Two:**

* Stream of Life model of trauma:
  + Ruptured boundaries
  + Developmental v. shock trauma
  + Trauma-linked life patterns: re-enactment and

avoidance

* + The trauma vortex
  + Counterformation of healing vortex
* The Triune Brain
* Identifying vortex energy of trauma held in symptoms
* Tools to support completion and integration
* Exercises in dyads or triads
* Establishing and stabilising healing vortex
* Demo and group exercise
* Exploratory Orienting Response:
* Transitions to threat response
* Restoration of orienting after trauma
* Biological Responses to High Arousal:
* Fight/Flight/Freeze
* Social Engagement and Stephen Porges
* Movie clips
* Completing thwarted responses
* Putting the toolbox together
* Exercises in dyads or triads
* Questions and answers

**Bespoke trainings are available for in-house presentations**

Please contact Dawne for more details and book your place : dawne@sosinternationale.org

SOS INTERNATIONALE: www.sosinternationale.org