

Dear Therapists

Third Somatic Experiencing for Trauma Training Programme in South Africa 2018-2020

The second group of Somatic Experiencing therapists trained in South Africa now completed their Advanced Level training in August 2017.

We are taking this opportunity to announce that we are planning the third SE training programme in South Africa, which will commence in August 2018.

This is indeed a workshop that I strongly recommend and endorse. It is the latest psychotherapeutic intervention technique for trauma and body trauma worldwide. (Please see testimonials of previous workshop attendees at the end of this document)

What is Somatic Experiencing?

Somatic Experiencing® (SE) is a naturalistic approach to the understanding and healing of trauma, developed by Peter A Levine over the past 40 years and taught throughout the world. SE® is a clinical methodology based upon an appreciation of why animals in the wild are not traumatized by routine threats to their lives while humans, on the other hand, are readily overwhelmed and traumatized. Fortunately, the very same instincts (and related survival based brain systems) that are involved in the formation of trauma symptoms can be enlisted in the transformation and healing of trauma. Therapeutically, this “instinct to heal” and self-regulate is engaged through the awareness of body sensations that contradict those of paralysis and helplessness, and which restore resilience, equilibrium and wholeness. Because human responses to potential threat vary so greatly, it is difficult to identify or classify sources of trauma. Most people associate trauma with events like war, violence, extremes of physical, emotional or sexual abuse, crippling accidents, or natural disasters. However, many “ordinary” or seemingly benign events can also be traumatic. For example, so-called minor automobile “whiplash” accidents frequently lead to bewildering and debilitating physical, emotional, and psychological symptoms. Common invasive medical procedures and surgeries (particularly those performed on frightened children who are restrained while being anesthetized), can be profoundly traumatizing. Somatic Experiencing® utilizes basic tools (and “building blocks”) but also works differentially with various sources of trauma. These diverse categories include:

- Medical: hospitalizations, surgeries, invasive medical procedures, anaesthesia, burns, poisoning, foetal distress and traumatic birth.
- Accidents: falls, high impact accidents (including auto accidents), head injury, electrocution.
- Suffocation: drowning, strangulation.
- Attack: rape, war, bombings, physical abuse, mugging, molestation, physical injury, stabbing, gunshot wounds, animal attacks.

- Natural and man-made disasters: earthquakes, fires, tornadoes, floods, terrorism, dislocation from the natural world and community.
- Horror: Seeing an accident (especially with blood, gore and dismemberment), watching someone else being abused, raped, killed or tortured, killing or hurting someone.
- Developmental: neglect, abandonment, loss and ongoing abuse.
- Torture, repeated rape and systematic abuse

Duration of SE Training

The Somatic Experiencing training is a **3 year training course**, namely a beginners, intermediate and advanced level. Each level consist of a 12 day workshop, divided into two parts of six days each.

To be registered as a certified SE Practitioner with the Somatic Experiencing Trauma Institute in Colorado, USA, you have to complete 216 hours of training, (72 hours per training level), as well as receive 12 hours of personal sessions and 18 hours of case consultations from approved providers.

The training is accredited by the Somatic Experiencing Trauma Institute (SETI) in Colorado, USA and can only be conducted by accredited international SE trainers. There are no accredited SE trainers in South Africa, and therefore the training is conducted by international trainers, which has a financial implication.

Workshop dates for Beginners Level 2018

The next Beginners level training is scheduled for the following dates:

Beginners Level Part 1: 8-11 and 13-14 August 2018.

Beginners Level Part 2: 28-30 November, 1 December and 3-4 December 2018.

Workshop presenter



The workshop will be presented by Dr Sônia Gomes (Ph.D), Clinical Psychologist from Brazil. Sônia has accumulated more than 35 years of work in the field of Clinical Psychology and Body Orientation and has advanced degrees in Structural Rolfing and in Rolfing Movement. She is also an International Faculty Member teaching on all levels of the Somatic Experiencing Training (branches: USA, Brazil, Europe and Asia) and additionally teaches self-designed complementary training programmes to SE. Sônia is the Director of the European Educational Committee for candidate trainers and the Educational Director for International and National Affairs of the Brazilian Trauma Association. Moreover, Sônia is a founding member of the Associação Brasileira do Trauma. She practices in both Brazil and the USA. Sônia presented the SE training in 2014, 2015, 2016 and 2017 in South Africa.

Workshop fees

The costs for the workshop are high as Somatic Experiencing is trademarked and a fee per student needs to be paid in USD to the SE Trauma Institute at **all** levels of training. Additionally, the fees **paid in Euro** for the accredited trainer's remuneration, air-tickets, accommodation for the trainer, the assistants' fee for accredited international assistants, venue hire and sundries need to be considered.

The fee for the Beginners Level Part 1 and 2 workshop at this stage is **estimated at R15 000 per 6 days each, thus a total of R30 000 for the first year**. The fee is calculated yearly and depends on escalation in costs and the exchange rate. **(Please take note that this fee excludes the costs of personal sessions and case consultations, payable by the participant to the accredited SE trainers and assistants. The estimated fee is R1200.00 per session.)**

Number of participants, final date for registration and payment schedule

We are able to accommodate a **maximum of 40 participants**. Registration will be done on a first come first serve basis. **The final date for registration is 1 February 2018**. A deposit of R 5000.00 is payable upon registration as confirmation of your attendance of the Beginners level. The remainder of the fee is payable in monthly instalments of R2000. Please refer to the schedule for payments below.

Schedule for payments Beginners Level Part 1:

- 1 February 2018: R5000.00
- 1 March 2018: R2000.00
- 1 April 2018: R2000.00
- 1 May 2018: R2000.00
- 1 June 2018: R2000.00
- 1 July 2018: R2000.00

Please take note of the payment schedule for the Beginners Level Part 2.

- 1 August 2018: R5000.00
- 1 September 2018: R5000.00
- 1 October 2018: R5000.00

Please take note of the cancellation policy

Cancellations received **3 months** prior to commencement will incur a **50%** administration charge and cancellations received 6 weeks prior to commencement will incur an **80%** administration charge. **No refunds** will be paid if cancellations are received thereafter, **including medical reasons**. In the event of cancellation, notification must be in writing. No-substitutes will be accepted. **Non-arrivals** will result in **full fees** charged and **no refunds made**.

The reason for this policy is the fact that the costs for the workshop are very high as Somatic Experiencing is trademarked and a fee per student needs to be paid in USD to the SE Trauma Institute. Additionally, the fees **paid in Euro** for the accredited international trainer's remuneration, air-tickets, accommodation for the trainer, the assistants' fee for accredited international assistants, venue hire and sundries need to be considered.

Insufficient registrations

Please take note that if insufficient number of registrations are received by 1 February 2018, this training will be cancelled and all deposits received will be re-funded.

Registration

Online registration is available on the MEISA website at www.meisa.biz. On receipt of the registration an invoice will be issued for payment of the deposit. **Please take note** that on registration you need to email a copy of your current HPCSA registration to info@meisa.co.za

Who may attend and CPD accreditation

Due to the guidelines of the Health Professions Council of South Africa, **only** health professionals registered with the HPCSA may attend the workshop. MEISA is an accredited Service Provider for CPD training of Clinical, Educational and Counselling Psychologists **only**. Therefore all other health professionals need to apply **individually** with their respective professional boards for CPD accreditation of these workshops.

Attendance of the SE training is not a license to practise psychotherapy in South Africa. Such licensing is only permitted by the respective boards of the Health Professions Council of South Africa. Professionals are required to operate within the constraints and requirements of their professional boards and the Health Professions Council of South Africa.

Please note that the attainment of continuing education units (CEU's) does not license any professional to practice outside their official scope of practice, nor does it allow you to execute any psychological act or do psychotherapy should you not be qualified or accredited by your respective professional board to do so. **CEU's are intended to broaden the knowledge of professionals but do not constitute professional training.**

Should you have any questions please do not hesitate to contact me at info@meisa.co.za or Hanlé at hanle@meisa.co.za or the MEISA office at 012 991 1472

My warmest regards,

Woltemade Hartman Ph.D
Director: Milton H. Erickson Institutes of South Africa
SE Training Organizer South Africa

Testimonials from SE Therapists who graduated in South Africa

My first introduction to the therapeutic intervention known as Somatic Experiencing or Somatic Healing has, and continues to be, one of my most fascinating encounters with the healing strengths of the body and how this translates to both psychological and spiritual re-alignment. In an era where mind, body and soul are the key elements in holistic healing, the therapeutic tenets of Somatic Experiencing healing, rooted in scientific fact, have been an amazing inclusion in my eclectic toolbox of therapeutic interventions. This approach is not only a powerful approach in the field of trauma intervention but also has a strong 'ecosystemic flavour' wherein both the therapist and the client are reciprocally impacted in a wonderful encounter of human experiences. I highly recommend this training to all psychologists who seek to maximise not only their own growth and potential as therapists but who are also zealous to promote healing and wellness within the community that they serve.

Julie E' Silva, Clinical Psychologist, Australia

SE had changed my professional as well as my personal life. Since I started using SE in my practice, I am able to help my clients process trauma on multiple levels. SE is an excellent therapeutic tool that can address trauma on a body level in a way that most of the conventional therapies cannot. By including the body in therapy, it fast-tracks the processing of trauma for my clients. It is also very easy to integrate SE with other therapeutic modalities. I feel that SE is the missing tool in my therapeutic toolbox that I have been searching for years and I can't operate without it anymore.

Part of the SE training is to experience SE for yourself in personal sessions. I thought I had worked through a big accident in my life, until SE showed me that my body was still holding onto it. Letting go of that freeze response in my body also helped me to let go in other levels of my life. I am convinced that through my professional and personal results with SE that we can't leave the body out of therapy anymore and that every psychologist needs this tool in their therapeutic toolbox.

Heleen Loubser, Clinical Psychologist, Cape Town, South Africa

I am an Educational Psychologist. Our schools and school communities are tormented by trauma, traumatic experiences, and inter- and intra-generational trauma (trauma transferred from one generation to another generation, between family generations). Stabbings, violence, drug abuse, sexual abuse and so many other abuses are possible indicators of intra- and inter-generational trauma. In this way trauma repeats itself. The trauma that victims undergo is inexplicable. By resolving trauma in the lives of victims we can break the cycle of generational trauma and the effects of trauma in the lives of victims.

We need to distinguish clearly what trauma debriefing is from what trauma psychotherapy is. Research has shown that trauma debriefing has no effect on PTSD and will not prevent PTSD/C-PTSD (Trauma) from developing after a traumatic experience. Debriefing can actually re-traumatize a person.

In psychotherapy and especially in SE we tritrate, renegotiate and integrate the traumatic experience - bringing the separated/fragmented parts of the biological senses together and reintegrating it into wholeness. Remember that traumatic memory is fragmented and the body remembers (freezes) the fragmented sensory pieces of a traumatic experience. It is also true that some people are more resilient to trauma than others. It is also true that what may seem to be resiliency could be an indication of dissociation (freeze response - traumatic response).

I have benefitted tremendously by this training in Somatic Experiencing. My own well-being has been restored and improved through the personal sessions during training. My therapeutic and counseling skills have benefitted by adding a new skill(s) to my repertoire of therapeutic skills. I have also learned a new way in managing pain naturalistically.

In integrating SE into my trauma work and interventions I have found a tool/approach that is less invasive and intrusive by tritrating the intervention and allowing the client to find their own resources to unshackle a traumatic experience in a naturalistic way through the bodily senses. Through SE the biological Flight-Fight-Freeze response is restored. SE changes DNA.

In our violent society every Psychologist should be skilled in SE to effectively treat Trauma.

Willie Engelbrecht, Educational Psychologist, Randfontein



**1st Group to complete the Advanced SE Training
Advanced SE 2015 participants, trainer and assistants
Presenter: Dr Sonia Gomes Ph.D**



**2nd Group to complete the Advanced SE Training
Advanced SE 2017 participants, trainer and assistants
Presenter: Dr Raja Selvam Ph.D**