What our students are saying

I work at a residential substance abuse treatment center, overseeing treatment for up to 178 individuals. I use SE all the time with clients. It has influenced my perspective on the origins of numerous mental health conditions. Nothing supports affect, restores function, and helps with where people are stuck like SE does."
- Celeste Howe, PhD, Clinical Psychologist, SE Training Graduate

With few exceptions I use what I have learned in SE in all of my sessions, with all my clients. This is the bottom line, I teach my clients to digest their emotions and use the body as the vehicle to process unwanted depression, anxiety, anger, and unwanted behaviors. I teach clients how to not only feel love but to experience themselves as, love itself, by utilizing the underpinnings of SE. I help clients take ownership of what triggers them, and find self empowerment in their life, by using the basic concepts of what I learned in the SE program.
- Lisa Ulanoff, licensed mental health counselor, SEP, NYC, NY, USA

I’ve found SE to be the most fundamental work I do with clients. I’m a clinical psychotherapist, dance therapist, craniosacral therapist, pre and perinatal practitioner and massage therapist. But what SE offered me has worked more than any other skill I’ve been trained in. It’s so basic, intuitively supportive and safe for clients. No matter what happens I know I can resort to slowing down and resourcing…SE is wonderful work.
- Nadia Natali, Dance Psychotherapist, SEP, Ojai, CA, USA

About the SE™ Trauma Institute and the Professional Training Program

The SE Trauma Institute was founded in 1994 and to date has trained over 9,000 mental health, medical, bodywork, and other professionals globally in the SE trauma resolution method. The Professional Training Program is offered in over 25 countries and worldwide our organization includes over 1,400 staff, faculty, coordinators, and training assistants.

Somatic Experiencing® Trauma Institute
Global Headquarters
6685 Gunpark Dr, Suite 210
Boulder, CO 80301, USA

To learn more about Somatic Experiencing trauma resolution, our trainings, our faculty, the registration process, and to search for a training in your area please visit our website or contact us.

info@traumahealing.org
+1 (303) 652-4035

“Trauma is a fact of life. It does not, however, have to be a life sentence.”
Dr. Peter A. Levine, founder of Somatic Experiencing

Visit us for more information at www.traumahealing.org
Our Mission
The SE Trauma Institute is dedicated to resolving trauma worldwide by providing state-of-the-art professional training and public education in Somatic Experiencing (SE). SE is a powerful psychobiological method for addressing physical and emotional trauma, PTSD, overwhelm, and stress-related conditions. Through our membership association, we support the self-organization of a broad international network of passionate, skillful SE practitioners who serve individuals in need and communities in crisis around the globe. The Institute is a 501(c)(3) nonprofit educational organization.

About the Somatic Experiencing Trauma Resolution Method
Somatic Experiencing® (SE™) psychobiological trauma resolution, developed by Peter A. Levine, PhD, author of the bestseller, “Waking the Tiger: Healing Trauma,” is a potent approach to resolving the symptoms of trauma and chronic stress. The SE approach offers a framework to assess where your client is “stuck” in the fight, flight, or freeze responses and provides clinical tools to resolve these fixated physiological states that underlie so many trauma symptoms.

SE Professional Training
The SE Professional Training program is a dynamic continuing education certificate program designed to support you in making a profound difference with those suffering from trauma or chronic stress. As SE interventions can be effectively implemented either verbally or hands-on, the SE training benefits a variety of professionals, including mental and medical health professionals, addictions counselors, first responders, bodyworkers, and others. Our educational model is both theoretical and highly experiential, offering you effective skills for restoring nervous system regulation and resolving trauma that can be immediately integrated into your professional practice.

Admission Requirements
The SE Professional Training is a continuing education certificate program designed to enhance the skills of professionals working with traumatized or stressed individuals. To be considered for admission, applicants must be professionals with an active practice so that the techniques learned in the training can be immediately applied and developed throughout the course of the program. Exceptions may be granted to graduate students participating in an internship program. Applications are approved on a case-by-case basis.

Course Curriculum
The SE Professional Training curriculum is delivered through a combination of lecture, demonstration, and guided practice sessions with other students. Course material is taught in 8 training modules of 4 to 6 days in length, spaced out over 2 1/2 to 3 years. Training modules (beginning, intermediate, and advanced) must be taken in sequence. Beginning and Intermediate Level typically each consist of three 4-day live training modules, spaced 2 to 4 months apart. Advanced level typically consists of two 6-day live training modules, spaced 4 to 6 months apart.

Continuing Education (USA only)
The Somatic Experiencing Trauma Institute offers Continuing Education credit for each of the eight live training modules of our SE Professional training in the USA. Organizations include: APA, BBS, BRN, NAADAC, NASW, NBCC, NCBTMB, NCCAOM, RISI

“The instruction I experienced was superb, integrating cognitive-based information with practical methods of working with patients. From the first training module, I found patients responding quickly and easily, becoming more open and relaxed in even the briefest or most challenging medical encounters.”
- David Bate, MD, SEP