



A Naturalistic  
Approach in  
Healing Trauma



The Foundation for Human Enrichment presents:

# SOMATIC EXPERIENCING® PROFESSIONAL TRAINING PROGRAM

## *For Helping & Healing Professionals...*

Psychotherapists, Psychologists, Social Workers, Counselors  
Medical Doctors, Nurses, Acupuncturists, Chiropractors,  
Massage Therapists and Body Workers, Healers of all kinds,  
School Educators and Counselors, Emergency Responders

## **What is Somatic Experiencing?**

SE is a profoundly effective method of gently healing trauma based on the fact that our nervous systems inherently know how to return to balance if given the right support. Typically, through misunderstanding and other disruptions, this instinctual self-healing process is interrupted rather than supported.

The Somatic Experiencing training offers both a comprehensive understanding of our biological capacity to heal and the skills necessary to facilitate this natural process. Clinical, medical, and community professionals who deal with the aftermath of trauma can learn how to recognize and support this healing in the context of their work and in their own experience. The results are freedom from trauma symptoms, along with a greater sense of aliveness, spontaneity, joy and connection.

**SOMATIC EXPERIENCING<sup>0</sup> TRAINING**, which is taught in over 15 countries around the world, provides students with the knowledge and skills required to effectively treat post traumatic stress in a wide variety of clinical and educational settings. In addition, it has been found that the SE<sup>0</sup> approach is effective in the treatment of developmental and shock trauma and recent research has confirmed that the approach is effective in the treatment of post-disaster trauma symptoms.

## **3 YR TRAINING & CERTIFICATION PROGRAM**

The SE<sup>0</sup> training program, which provides continuing education hours, consists of three levels: Beginning, Intermediate, and Advanced. The Beginning and Intermediate years consist of 3 modules, each 4 days in length. The Advanced Level consists of 2 modules, each 6 days in length. *CEU's are available through MFT, LCSW, NCBTMB, CBBS, and NBCC*

## **BEGINNING LEVEL TRAINING DATES:**

Beginning I: June 4 – 7, 2010

Beginning II: July 30 – August 2, 2010

Beginning III: December 10 – 13, 2010

## **FOR MORE INFORMATION CONTACT:**

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**FACULTY:** Steven Hoskinson, Senior International Instructor for the non-profit Foundation for Human Enrichment, holds a BA in Religion, an MA in Psychology, and an MAT in Theology. He also consults and trains clinicians and trauma treatment providers internationally under the auspices of Hoskinson Consulting in Encinitas, CA, and has done research in Creativity, Myth and Spirituality. His perspectives include: Evolutionary, Developmental, Cognitive-Behavioral, and Systems approaches within a mindfulness framework. Other major influences include personal mentoring by Peter Levine, 20 years experience in contemplative arts, and a decade as a practicing Aikidoist. Steven receives accolades from hundreds of practitioners for his teaching in the Middle East, Europe, Africa, and the United States. Visit: [www.HoskinsonConsulting.org](http://www.HoskinsonConsulting.org)

To learn more and to register for training, please visit our website at: [www.traumahealing.com](http://www.traumahealing.com)