

“SE’s Shifting Paradigm” Lecture & “SE Demonstrations & Debrief



SE’s Shifting Paradigm: Organic Intelligence and the Pendulation between Complexity & Simplicity— An Introduction

The standard of care for trauma therapy, founded in evidence-based practice, is exposure therapy. Even in SE it is a supreme challenge to shift from working from the standpoint of event to the organismic process. Many times practitioners simply address a topic and then ask the client to attend to sensation, working toward “titration” by “resourcing” or “grounding” by directing the client’s attention to some body part or positive mental state/image. The essence of SE, however, is to be found in the complex associative links between SIBAM elements, often forming implicit memory process. These links are associated to, but do not comprise an historical picture of an event. Instead, by taking a more completely organismic approach, grounded in a more radical here-and-now view, we can break free from an “eventocentric” approach and enter into the web of associative process. This process is governed by well known and scientifically established principles of conditioning, and yet vested with the mystery of innate healing. In this empowerment model, the therapist is simply doing accurate reflection of the client’s own natural trending toward wholeness, including natural resourcing, and as facilitators we become partners in unfolding wisdom. This unfolding often takes its course for the client in a staged process from dysregulation, to self-regulation, to Self-regulation. Over the years I have developed a particular approach to this process, both in terms of its practice and its teaching. Trauma treatment from the somatic perspective often works by depotentiating (“uncoupling”) triggers for activation, attempting to facilitate resourcing as an antidote to overactivation, and utilizing directed attention to the body under the rubric of mindful awareness. The organic intelligence approach to SE teaches practitioners to see and value cycles of activation, embedded within phases of nervous system process, and seeing “triggers” as vital building blocks for reintegration. This integration occurs when the practitioner can accurately assess the pattern of successive activation thresholds which represent the reestablishment of intrinsic rhythmic nervous system oscillation. This means at times supporting attention to a process and thereby potentiating it, and at other times supporting non-directed attention for depotentiation or integration. Thus, it is vital for the therapist to know when to support directed attention, and when to support non-directed or spontaneous attention.

Breaking down this process into a linear model, founded on laddered, developmental skill-building is what my trainings are about. I would particularly like to share key elements of this understanding with any SE students who are at Intermediate or above, or SEPs who have not taken my classes. (others will be able to sign up beginning ????? on a space-available basis) The material presented in this 3-hour morning presentation will reflect the most succinct articulation of my understanding of the essence of SE (with video demonstration), and will be followed in the afternoon by demonstrations of and reflections on the live process.

Sunday August 15, 2010
2153 Linnington Ave
Los Angeles, California
9am – 5pm

FOR SOMATIC EXPERIENCING PRACTITIONERS AND STUDENTS ONLY

For any questions please contact
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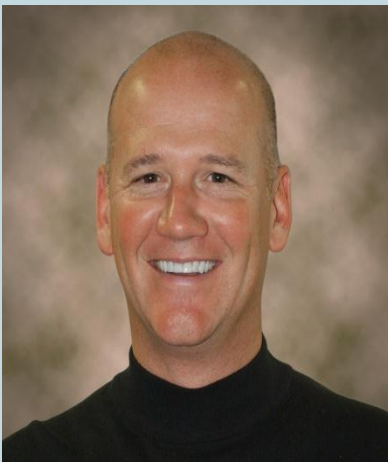
tashiam@cox.net
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Cost:
Advance Discount Pricing (By August 1)
\$100

After August 1st
\$125

Space is Limited

To pre-register online please visit our website at
www.hoskinsonconsulting.org



Steven Hoskinson, MA, MAT, consults and trains internationally under the auspices of Hoskinson Consulting in Encinitas, CA. For over a decade, Steven has taught Somatic Experiencing as Senior International Instructor for the Foundation for Human Enrichment. His research interests are in Creativity, Myth and Spirituality. Steven's perspectives include: Evolutionary, Developmental, Cognitive-Behavioral, Depth & Dynamic Psychology and System Approaches all within a mindfulness framework. Other major influences include personal mentoring with Peter Levine, a longstanding mindfulness practice, and over a decade as a practicing Aikidoist.

He has consulted on trauma relief projects in the Middle East, India and the Democratic Republic of Congo.

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