



# Somatic Experiencing®

The Foundation for Human Enrichment is proud to offer trainings in

**San Diego, California**

**February 11-14, 2011**

for Helping & Healing Professionals....

**Somatic Experiencing® (SE)**, developed by Peter Levine, PhD, is a comprehensive clinical approach to trauma healing, taught to professionals around the world. Its naturalistic orientation works with nervous system conditioning in the wake of traumatic stress. Trauma responses and trauma healing are rooted in the ability or failure of the biology to make fluid phase transitions out of and between emergency states of fight, flight and freeze. Recognizing the inherent tendency toward self-reorganization, people can heal from the most arduous traumas once they learn this natural language of the body. The result is a return to aliveness, instinct, and connection to life in the here-and-now.

**The SE training**, offered in over 15 countries around the world, provides participants 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 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.



**Steven Hoskinson,**

MA (Psychology), MAT (Theology) consults and trains professionals internationally via Hoskinson Consulting in Encinitas, Ca.

Steven is Senior International Instructor in Somatic Experiencing®, Foundation for Human Enrichment, with the direct mentorship of Peter Levine, PhD. He is trained in mind-body traditions, clinical psychology, theology, and aikido; he has researched creativity and myth, and has a long-standing practice of mindfulness meditation.

Major perspectives include: Biological-Evolutionary, Developmental, Cognitive-Behavioral and Complex Systems approaches within a mindfulness framework. He has consulted on trauma relief projects in the Middle East, India and the Democratic Republic of Congo. [www.HoskinsonConsulting.org](http://www.HoskinsonConsulting.org)

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**Training location:**

Tamarack Beach Resort, Carlsbad, California

[www.tamarackresort.com](http://www.tamarackresort.com)

To learn more and to register for the training, please visit:

**[www.traumahealing.com](http://www.traumahealing.com)**

**CEU's are available through: NASW, NCCAOM, NCBTMB, CBBS, NBCC, and CABRN.**