

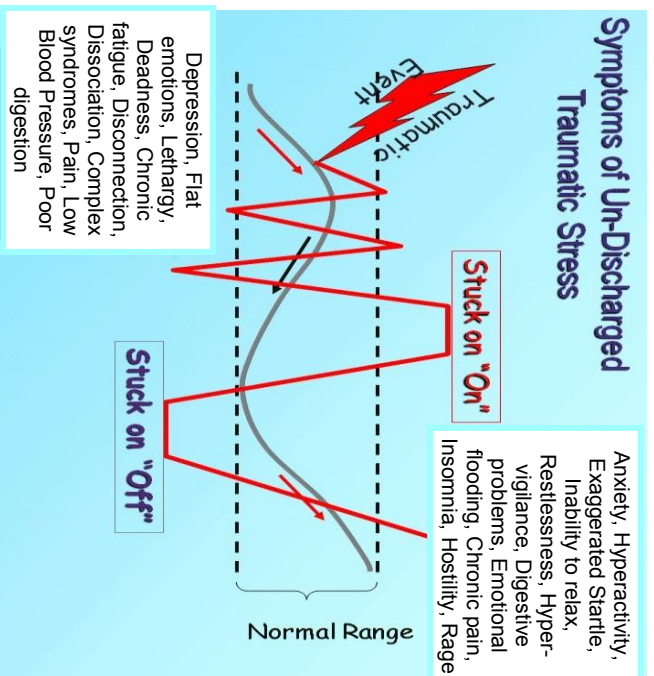
Stress and trauma are a fact of life . . .

Yet we needn't suffer.

Most of us have been stressed or traumatised. Wide-ranging sources of trauma include:

- accidents and falls
- serious illness
- medical and dental procedures
- sudden loss of a loved one
- exposure to violence
- childhood neglect or abuse

When the energy of a stressful experience becomes trapped in your body it can lead to symptoms of traumatic stress, as shown below. SE® works effectively to renegotiate this trapped energy reconnecting you to your true self and your vitality.



Practitioner information

Further information



Somatic Experiencing Association UK

www.seauk.org.uk

Somatic Experiencing
TRAUMA INSTITUTE™

www.traumahhealing.com

SOMATIC EXPERIENCING®

A pioneering
therapeutic approach to
anxiety, stress and trauma
by Dr Peter Levine
(author of Waking the Tiger)



Now available in

For details

What is Somatic Experiencing (SE)®?

Somatic Experiencing® is a pioneering body-based 'talking therapy' capable of relieving physical, emotional and psychological shock, stress and trauma.

It can help relieve pain and anxiety, restore your sense of self, your curiosity for life, your ability to love and be loved, and encourages a relaxed confidence in life.

It is a beautifully simple and powerful process that works with the body's natural self regulating systems and doesn't necessarily involve touch or body-work.

How does SE® work?

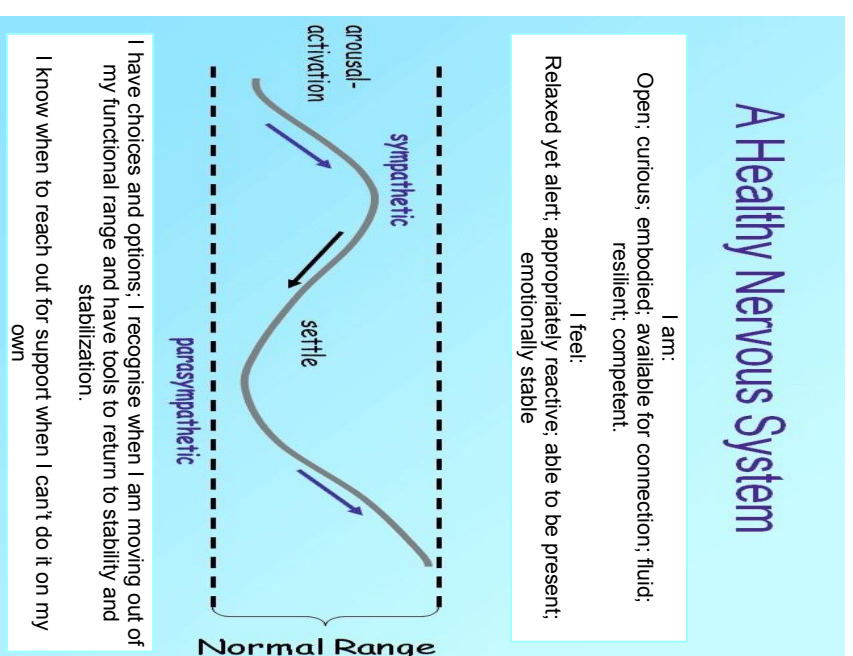
Wild animals are regularly threatened with death yet rarely become traumatised. The highly charged energy released in their body to enable them to fight back or run away is discharged when the threat has passed. It is this primitive discharge process that helps the animal return to full normal health and not become overwhelmed.

We are equipped with the same capacity to overcome an overwhelming experience. Yet we also have a rational brain that frequently 'rejects' the powerful primal instinct of the body. The result is that huge fight/flight energy gets trapped in our nervous system where it can lead to symptoms; sometimes immediately, sometimes years later.

SE's guided gentle process of sensing within and without can lead to a renegotiation of traumatic experiences that have been "stored in the body". This can have a profound effect on your ability to recover and put the past where it belongs.

Understanding your body and behaviour

How healthy is your nervous system . . . ?



How can SE® help me?

The key reason for working with SE® need not necessarily be an obvious traumatic event but purely the presence of a symptom or symptoms.

Trauma is not in the event but in the individual's physiological reaction to it.

Symptoms of traumatic stress include:

- anxiety, phobias and panic attacks
- palpitations and breathlessness
- involuntary tics, jerking or grimacing
- 'odd' reactions to everyday events
- being over alert, or on guard
- addictive behaviours such as smoking
- extreme sensitivity to light and/or sound
- insomnia, nightmares
- abrupt mood swings
- shame, lack of self-worth, depression
- exhaustion, chronic fatigue
- psychosomatic illnesses, particularly some headaches, migraines, neck and back problems
- digestive problems
- immune system issues
- skin disorders
- avoidance behaviour (people, places etc)

If you're not sure if SE® can help you, ask your Somatic Experiencing Practitioner.