Join the Leading Edge in Trauma Resolution

Somatic Experiencing® (SETM), developed by Peter A. Levine, PhD, author of the bestseller, “Waking the Tiger: Healing Trauma,” is a potent psychobiological approach to resolving the symptoms of trauma and chronic stress. Whether you are a medical or mental health professional, addictions counselor, first responder, body worker, educator, alternative medicine practitioner, or other helping professional, the SETM Professional Training is a continuing education program that will help you make an even greater difference with your clients who suffer.

SE offers a framework to assess where your client is “stuck” in the fight, flight, freeze, or collapse responses and provides clinical tools to resolve these fixated physiological states that underlie so many trauma symptoms. 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.

Learning objectives:

• Explain the usefulness of somatically based therapies in the treatment of trauma and mood dysregulation
• Explain the differences between cognitively based and somatically based therapies
• Understand the concept of the felt sense, both cognitively and experientially
• Improve practical awareness of the role of the autonomic nervous system in commonly seen mental health symptoms
• Articulate the concepts of titration and pendulation and why they are important in the treatment of trauma.

Continuing Education Units Offered

APA, BBS (CA), BRN (CA), NAADAC, NASW, NBCC, NCBTMB, NCCAOM

Please RSVP to Ashley Schenkel at a.schenkel@sovhealth.com or call 949-444-4286 with any questions

Presenter: Andrea Bell, LCSW, SEP

Andrea Bell, LCSW, SEP, has served a variety of clinical populations since 1988, treating substance abuse, chronic/severe mental illness, dually diagnosed persons, people with developmental disabilities, and people with post-traumatic stress. She has taught ecology to undergraduates and social work to MSW graduate students. Fluent in both English and Spanish, she currently runs a full-time private practice, specializing in anxiety, depression, mood dysregulation and developmental and shock trauma. She continues assisting and coordinating SE trainings, locally and internationally.