



November 3 & 4, 2016 FACES Conferences-Portland Workshops

**In an Unspoken Voice, How the Body Releases Trauma and
Restores Goodness:
Mind, Brain and Body in the Transformation of Trauma**

Peter A. Levine Ph.D., Developer of Somatic Experiencing®

Detailed Description:

Traditionally, therapies have attempted to change perceptions of the world by means of reason and insight, with conditioning and behavior modification, or with drugs and medications. However, perceptions remain fundamentally unchanged *until the internal experience of the body changes*. Even after the death of a loved one, physical injury, a rape or assault, survivors can learn to have new bodily experiences, can heal, can accept what has happened and then create new lives and new communities.

The trauma response is a set of defensive bodily reactions that people mobilize, initially, in order to protect themselves from threat, and then later, against feeling the crushing totality of their horror, helplessness and pain. However, as time goes on, this avoidance keeps them frozen and stuck in the past, unable to be fully present, in the here and now, and unable to go forward in life. Fixed in the defensive trauma response, the shame, defeat and humiliation, associated with the original event replays itself over and over again in the body; detached from history, but intruding, unmercifully, into the present.

Together, we will explore clinical incites from Body-oriented psychotherapy and recent findings in the neurosciences, on how the brain and body deals with emotional information, providing a foundation for effective therapeutic action.

This training is geared for psychotherapists of all types, as well as for physicians, nurses, physiotherapists, bodyworkers, and educators.

Thursday, November 3, 2016

10-12 p.m.

In an Unspoken Voice, How the Body Releases Trauma

When we experience trauma, the body freezes in time in a highly activated, incomplete biological response. It becomes a snapshot of our unsuccessful attempts to defend ourselves in the face of threat, injury, and loss. This is demonstrated with presentations, and videos.



1:30-3 p.m. & 3:15-4:45 p.m.

Somatic Experiencing (SE)

The method uses education and awareness of body sensations (interoception) to help people reestablish the body's natural rhythm, recover inner regulation and wholeness, and return to a state of empowerment, harmony and compassion. This is demonstrated with educational presentations, videos, and role plays.

Friday, November 4, 2016

10-12 p.m. Spirituality and Trauma for Human Connection

The SEM method is demonstrated while integrating the spiritual framework of the individual to enhance human connection and support.

1:30-3p.m. & 3:15-4:45 p.m.

Special Considerations in Treating Trauma

Special clinical insights are explored in relation to healing trauma, not only for the individual but also for integrating family, and other connections. Methods to deal with resistance, fear and anxiety are demonstrated for compassionate and effective treatment.

About Peter Levine, Ph.D.

Dr. Levine is a forerunner in body oriented approaches to trauma. He is the developer of Somatic Experiencing® a naturalistic, approach to healing trauma which he has developed during the past 45 years. He has received the Lifetime Achievement award from the United States Association for Body Psychotherapy, in recognition of his original and pioneering work. He also received an honorary award as the Reiss-Davis Chair for his lifetime contribution to infant and child psychiatry.

Dr. Levine served as a Stress consultant for NASA in the early space shuttle development and has served on the APA task force for responding to large scale disasters and ethno-political warfare. He is the author of several best-selling books on trauma, including *Waking the Tiger*, *Healing Trauma*, published in 24 languages, *Healing Trauma* and his most recent book: *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. He has also published two books on children including *Trauma Through a Child's Eyes*, and *Trauma-Proofing your Kids, A Parent's Guide for Instilling Confidence, Joy and Resilience*. His forthcoming book, *Trauma and Memory* will be released in autumn 2015.