

SOMATIC EXPERIENCING® PRACTITIONER CERTIFICATE TRAINING



Internationally Recognized Practitioner
Training in Nairobi, Kenya

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WHAT IS SOMATIC EXPERIENCING®?



Somatic Experiencing (SE™) aims to resolve symptoms of stress, shock, and trauma that accumulate in our bodies. When we are stuck in patterns of fight, flight, or freeze, SE helps us release, recover, and become more resilient. It is a body-oriented therapeutic model applied in multiple professions and professional settings—psychotherapy, medicine, coaching, teaching, and physical therapy—for healing trauma and other stress disorders. It is based on a multidisciplinary intersection of physiology, psychology, ethology, biology, neuroscience, indigenous healing practices, and medical biophysics and has been clinically applied for more than four decades. It is the life’s work of Dr. Peter A. Levine.

The SE approach releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma. It offers a framework to assess where a person is “stuck” in the fight, flight or freeze responses and provides clinical tools to resolve these fixated physiological states. SE provides effective skills appropriate to a variety of healing professions including mental health, medicine, physical and occupational therapies, bodywork, addiction treatment, first response, education, and others.

HOW IT WORKS

The Somatic Experiencing approach facilitates the completion of self-protective motor responses and the release of thwarted survival energy bound in the body, thus addressing the root cause of trauma symptoms. This is approached by gently guiding clients to develop increasing tolerance for difficult bodily sensations and suppressed emotions.

Dr. Peter Levine



Peter A Levine, Ph.D., is the developer of Somatic Experiencing®, a naturalistic and neurobiological approach to healing trauma, which he has developed over the past 50 years. He holds a doctorate in Medical Biophysics from UC Berkeley and a doctorate in Psychology from International University. He is the Founder and President of the Ergos Institute for Somatic Education, dedicated to Community Outreach and Post-Advanced Somatic Experiencing® Training, and the Founder and Advisor for Somatic Experiencing International. He has taught at the University of California, Berkeley; Mills College; Antioch University; the California Institute of Integral Studies; and the Santa Barbara Graduate Institute. His work has been taught to over 30,000 therapists in over 42 countries.

Dr. Levine is the author of several best-selling books on trauma, including *Waking the Tiger*, *Healing Trauma* (published in over 29 languages); *In an Unspoken Voice, How the Body Releases Trauma and Restores Goodness*; and *Trauma and Memory, Brain and Body in a Search for the Living Past*.

In recognition of his groundbreaking therapeutic works, Dr. Levine has received Lifetime Achievement awards from Psychotherapy Networker and from the US Association for Body-Oriented Psychotherapy, an honorary award as the Reiss-Davis Chair in Los Angeles for his lifetime contribution to infant and child psychiatry, and a Lifetime Achievement Award from the Association for Training on Trauma and Attachment in Children (ATTACH) for "his lifelong commitment to healing children through research, education, and outreach."

WHY SOMATIC EXPERIENCING®?

The Somatic Experiencing® (“SE™”) Professional Training provides a rich theoretical framework for understanding and addressing trauma physiology.

Our educational model is highly experiential, offering you tangible skills that can be immediately integrated into your professional practice. The training is delivered through a combination of lectures, live demonstrations, guided practice sessions with fellow students, audio visual case studies, and suggested readings. Because competent practice of SE requires direct clinical experience, as well as a refined somatic awareness and capacity for self-regulation, becoming an SE Practitioner (SEP™) also entails receiving personal SE sessions to deepen your experiential knowledge of SE.

Because SE supports regulation of the autonomic nervous system, which underlies every aspect of our physical, emotional, and psychological functioning, the applications of SE are diverse.

- For example, by working directly with a client’s physiology, SE enhances the depth, effectiveness, and outcome of psychotherapeutic interventions focused on relational, developmental, and psychodynamic issues.
- SE supports mood regulation, the reworking of addictive patterns, and the prevention or resolution of PTSD.
- Since trauma can contribute to the formation of many complex syndromes and diseases, SE aids medical professionals in unwinding challenging medical cases.
- SE techniques are also effective in reducing or eliminating chronic pain and trauma-related symptoms presenting in the musculoskeletal system, making it useful for bodyworkers and other physical-care providers.

ELIGIBLE APPLICANTS FOR THE PROGRAM

Chiropractors, Osteopath,
Medical Doctors, Nurses,
Community Health Workers
Nurses, Psychologist,
Psychiatrist, Energy workers,
Massage therapists,
Movement therapists,
Craniosacral therapists,
Physiotherapists, Human
Resource Professionals,
Life Coaches, Business
Coaches,
Yoga Teachers, Motivational Speakers,
Social workers, Counselors,
Speech Therapist, Children Workers,
Personal trainers, Primary Care
Givers, Doula, Midwives,
Spiritual Directors/Companions.

**The Integrated Living Team
shall be reviewing the applications to ensure the
program is a good fit for you.**

MEET THE TEAM



Faculty - Euphrasia (Efu) Nyaki, SEP

Efu Nyaki is a highly respected and experienced Somatic Experiencing® (SE™) teacher who has made significant contributions to the field of trauma healing and resilience. With a deep commitment to supporting individuals on their healing journeys, Efu has dedicated her career to teaching SE™ and Systemic Family Constellations Therapy to empower practitioners to effectively work with trauma.

Lead Assistant - Dennis Moorman, SEP

Dennis is currently living and working in São Paulo, Brazil. He is a Somatic Experiencing® Personal Session Provider and an Individual Case Consultation Supervisor at the Beginning, Intermediate and Advanced Levels of SE™ trainings. He has a special interest in working with intergenerational trauma. The regular practice of Aikido also informs his embodied therapeutic approach.



Organiser - Wanjiku J. Kiarie, SEP

Wanjîkū is a Trauma-Informed Integrated Well-being Practitioner.

She combines Family Constellation Systems Therapy, Embodied Healing, Somatic Experiencing®, Spiritual Companionship, Ancestral Healing, Art and Nature Healing modalities in her work.

Wanjîkū is the Founder and Lead Consultant at Integrated Living.



PROGRAM OVERVIEW

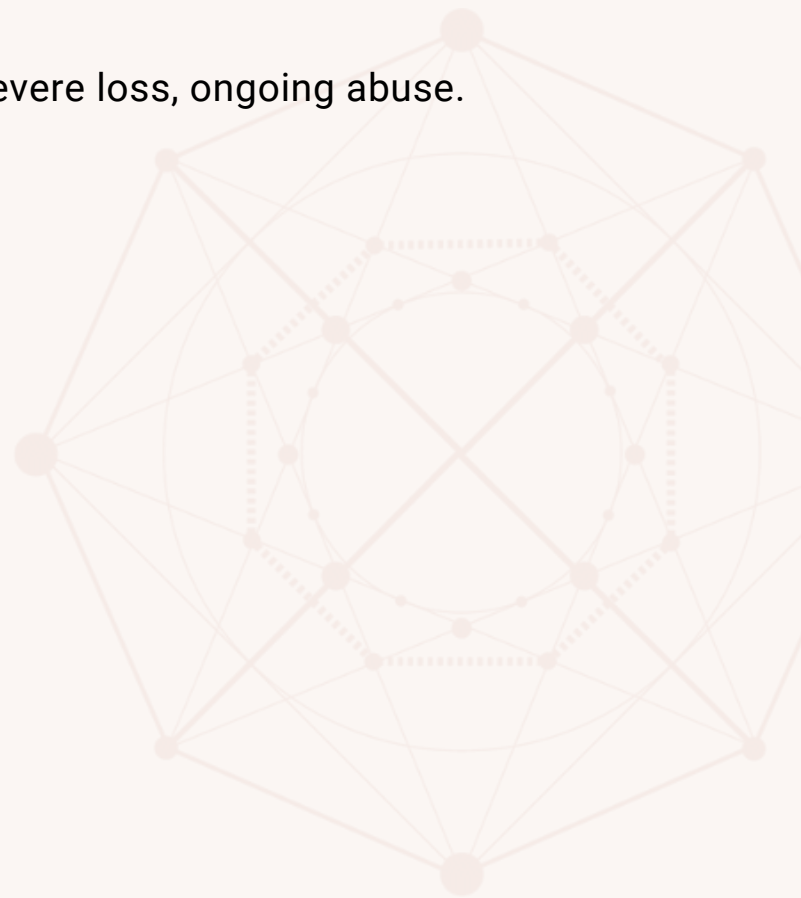
Beginner's Level

- Develop foundational skills in the SE™ bio-physiological model for the resolution of trauma.
- Analyze the physiology of traumatic stress and its effect on the autonomic nervous system (ANS).
- Practice the fundamental SE™ method of tracking sensation to access responses in the ANS.
- Assess the neurophysiology of each aspect of the threat response: defensive orientation, fight/flight/freeze, deactivation and completion, and exploratory orienting.
- Develop skill in working with the SE™ model of tracking sensation to support completion of the threat-response cycle and incomplete survival responses.
- Demonstrate how to “titrate” (modulate) the SE™ trauma renegotiation process to ensure healthy integration of experience.
- Begin to integrate Porges' Polyvagal Theory of ANS function.
- Explain the SE™ model of SIBAM (Sensation, Image, Behavior, Affect, Meaning) and its significance in trauma.
- Explore coupling dynamics—the over- and under-association of the elements of SIBAM and elements of physiological responses to traumatically-stressing experience.
- Support clients in re-establishing and maintaining healthy boundaries.
- Identify, normalize, and stabilize traumatic reactions.
- Acquire brief intervention skills that provide long-term solutions to acute and chronic symptoms of trauma.
- Explore the integration of SE™ into ongoing professional practice.
- Explore the appropriate use of touch in the context of SE™.

PROGRAM OVERVIEW

Intermediate Level

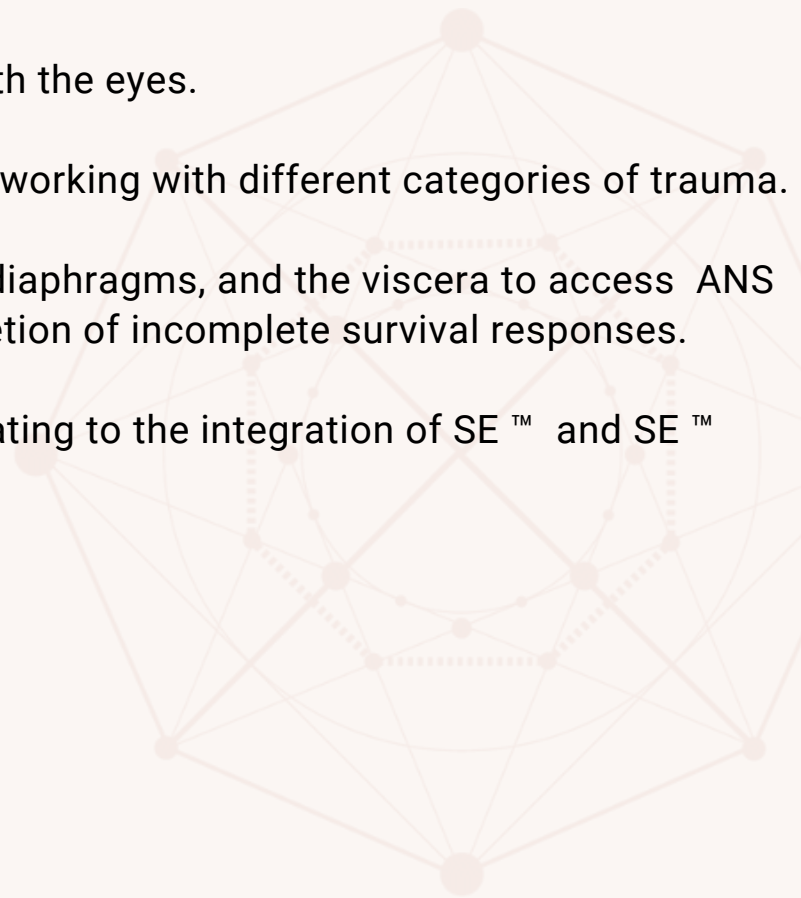
- Global High-Intensity Activation (GHIA): pre- and peri-natal trauma, early trauma, anesthesia, suffocation, choking, drowning.
- High Impact/Failure of Physical Defense: falls, traumatic brain injury, motor vehicle accidents, and other high-impact accidents.
- Inescapable Attack: assault, animal attack, rape or sexual abuse, inhibited escape.
- Physical Injury: surgery, poison, burns, physical injury due to accident.
- Natural and Man-Made Disasters, Horror: natural disasters (e.g. earthquake, fires, etc.), war, terrorism, torture, ritual abuse, horror (e.g. witnessing abuse, causing harm to another).
- Emotional Trauma: severe neglect, severe loss, ongoing abuse.



PROGRAM OVERVIEW

Advanced Level

- Explain the importance of stabilization when working with complex trauma.
- Explore the SE™ concept of “coherence” in working with complex trauma.
- Refine touch skills for supporting containment and coherence.
- Explain the interrelationship between dysregulation of the ANS and the SE™ model of syndromes (non-reciprocal relationship between the sympathetic and parasympathetic nervous systems).
- Analyze the Polyvagal Theory as it relates to working with syndromes.
- Refine the necessary SE™ skills of “titration” and “pendulation” when working with highly sensitive and syndromal clients.
- Apply the SE™ model for working with the eyes.
- Develop SE™ touch-based skills for working with different categories of trauma.
- Explain how SE™ uses joints, body diaphragms, and the viscera to access ANS responses and to support the completion of incomplete survival responses.
- Explore scope-of-practice issues relating to the integration of SE™ and SE™ touch into professional practice



PROGRAM SCHEDULE

Beginning I/II -
January 9 -15, 2025

Beginning II/III -
June 5 -11, 2025

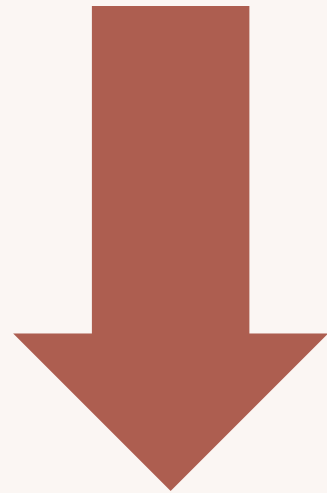
Intermediate I/II -
October 16 - 22, 2025

Intermediate II/III -
March 23 - 29, 2026

Advanced I -
July 2 - 8, 2026

Advanced II -
December 10 - 16, 2026

Beginning



Intermediate



Advanced

ONLINE MEET-UPS AND ONGOING SUPPORT



- Regular online sessions shall also be conducted for doubts, clarification, and supervision.
- These sessions are an integrated approach towards learning to help you stay connected with the training material and updated with the lessons between the seminars.
- Engage in discussions, share experiences, and enhance your understanding.
- Opportunity for discussions on case studies and practical experiences.

Please note that all training sessions are conducted in person at the designated venue in Nairobi, Kenya. Regular online sessions are primarily reserved for revisions and discussions, allowing you to stay connected with the curriculum previously covered

REGISTRATION

Registration Process

- Fill out the student registration form present on the website (www.somaticexperiencingkenya.com) or reach out to us at info@somaticexperiencingkenya.com
- Once your form is approved, you shall be notified.
- Secure your spot by completing your payment

Certification Requirements

- Completion of all 216 hours of in-person training.
- Engage in 18 hours of supervision.
- Participate in 12 personal sessions.
- Submission of requirements to Somatic Experiencing International (SEI).
- Successful completion leads to your SEP Practitioner Certificate from SEI

Please note that all training sessions are conducted in person at the designated venue in Nairobi, Kenya. Regular online sessions are primarily reserved for revisions and discussions, allowing you to stay connected with the curriculum previously covered

PAYMENT DETAILS

Payment Option 1 - Pay Per Seminar

Module	East African Students	Non-East African Students
Beginning I/II	99,000 Ksh + 16% VAT	\$999 + 16% VAT
Beginning II/III	99,000 Ksh + 16% VAT	\$999 + 16% VAT
Intermediate I/II	99,000 Ksh + 16% VAT	\$999 + 16% VAT
Intermediate II/III	99,000 Ksh + 16% VAT	\$999 + 16% VAT
Advanced I	115,000 Ksh + 16% VAT	\$1,115 + 16% VAT
Advanced I	115,000 Ksh + 16% VAT	\$1,115 + 16% VAT

PAYMENT DETAILS

Payment Option 2 - Pay Per Year

Module	East African Students	Non-East African Students
Beginning	195,000 Ksh + 16% VAT	\$1,995 + 16% VAT
Intermediate	195,000 Ksh + 16% VAT	\$1,995 + 16% VAT
Advanced	225,000 Ksh + 16% VAT	\$2,225 + 16% VAT

PAYMENT DETAILS

Important Note:

- Kindly ensure that payment is completed before the 31st of October 2024 as it is the last date for registration
- The Program Fees Include Full Board (Accommodation + Meals) in the Retreat Center where training will be taking place.



CANCELLATION AND NON REFUND POLICY

In case you miss your training dates due to an emergency, we can accommodate you in the next training cycle.

- The above payments are subject to a strict no-refund policy.
- One must be mindful before choosing to make payments to confirm their seat at the training.
- One will receive a receipt via email once the payment is completed.
- It is important for a student to complete their payments only after their application is approved.

TRAINING AND ACCOMODATION SPACE



Welcome!

Karibu Nairobi!

The City Under the Sun

Our training will take place amidst the lush and quite Karen area of Nairobi.

We shall be hosted both for the training and accomodation at the Sisters of Dimisse Retreat Center, Karen.

CONTACT DETAILS

Text/Call:

+254 707056312

Email:

info@somaticexperiencingkenya.com

Website:

www.somaticexperiencingkenya.com

*Reach out for more information or inquiries.
Our dedicated team is here to assist you*

REGISTER NOW

www.somaticexperiencingkenya.com

