

*A little note from the SE Houston Lead Training Assistant:*

*I am excited to bring this level of trauma resolution therapy to the Houston area. As a Somatic Experience Practitioner (SEP) I have experienced the true healing nature of SE not only personally but with clients. I hope you become interested, sign up for the professional training and join our Houston SE Community of Practitioners dedicated to healing trauma.*

*Jeanna Gomez, LCSW, LADAC, CPC, SEP, BASE-P  
info@sehoustoncommunity.com*

### **About Somatic Experiencing (SE™)**

**SOMATIC EXPERIENCING (SE™)** is a potent psychobiological method for resolving trauma symptoms and relieving chronic stress. It is the life's work of **Dr. Peter A. Levine**, resulting from his multidisciplinary study of stress physiology, psychology, ethology, biology, neuroscience, indigenous healing practices, and medical biophysics, *together with* over 45 years of successful clinical application. The SE approach releases traumatic shock, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma.

SE offers a framework to assess where a person is "stuck" in the fight, flight, freeze, or collapse responses and provides clinical tools to resolve these fixated physiological states. It 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.*

### **Trauma and the Science behind SE**

Trauma may begin as acute stress from a perceived life-threat or as the end product of cumulative stress. Both types of stress can seriously impair a person's ability to function with resilience and ease. Trauma may result from a wide variety of stressors such as accidents, invasive medical procedures, sexual or physical assault, emotional abuse, neglect, war, natural disasters, loss, birth trauma, or the corrosive stressors of ongoing fear and conflict. SE teaches that trauma is not caused by the event itself, but rather develops through the failure of the body, psyche, and nervous system to process adverse events.

In his studies, Dr. Levine found that prey animals in the wild are rarely traumatized despite routine threats to their lives. Yet human beings are readily traumatized. Since humans and other animals possess nearly identical brain- and body-based survival mechanisms, Dr. Levine worked to identify what was interfering with the human threat-recovery process, and to develop tools for restoring people's innate capacity to rebound following overwhelming experiences.

All mammals automatically regulate survival responses from the primitive, non-verbal brain, mediated by the autonomic nervous system (ANS). Under threat, massive amounts of energy are mobilized in readiness for self-defense via the fight, flight, and freeze responses. Once safe, animals spontaneously "discharge" this

excess energy through involuntary movements including shaking, trembling, and deep spontaneous breaths. This discharge process resets the ANS, restoring equilibrium.

Although humans are similarly designed to rebound from high-intensity survival states, we also have the problematic ability to neo-cortically override the natural discharge of excess survival energy. Through rationalizations, judgments, shame, enculturation, and fear of our bodily sensations, we may disrupt our innate capacity to self-regulate, functionally "recycling" disabling terror and helplessness. When the nervous system does not reset after an overwhelming experience, sleep, cardiac, digestion, respiration, and immune system function can be seriously disturbed. Unresolved physiological distress can also lead to an array of other physical, cognitive, emotional, and behavioral symptoms.

### **How SE Works**

SE 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.*

SE does not require the traumatized person to re-tell or re-live the traumatic event. Instead, it offers the opportunity to engage, complete and resolve -- in a slow and supported way -- the body's instinctual fight, flight, freeze, and collapse responses. Individuals locked in anxiety or rage then relax into a growing sense of peace and safety. Those stuck in depression gradually find their feelings of hopelessness and numbness transformed into empowerment, triumph, and mastery. SE catalyzes corrective bodily experiences that contradict those of fear and helplessness. This resets the nervous system, restores inner balance, enhances resilience to stress, and increases people's vitality, equanimity, and capacity to actively engage in life.

Gomez Counseling and Consulting Services  
Trauma Healing and Recovery Center  
5959 West Loop South, Ste. 430  
Houston, TX 77401  
713-660-0776  
[www.gomezcounselingconsulting.com](http://www.gomezcounselingconsulting.com)  
[www.healingtraumacenter.net](http://www.healingtraumacenter.net)  
[www.sehoustoncommunity.com](http://www.sehoustoncommunity.com)

Somatic Experiencing International (SEI)  
6685 Gunpark Dr. Ste. 102  
Boulder, CO 80301  
303-652-4035  
[www.traumahealing.org](http://www.traumahealing.org)  
[www.somaticexperincing.com](http://www.somaticexperincing.com)