

Los Angeles CAMFT Somatic Therapies Special Interest Group  
invites you to our next workshop



INTRODUCTION TO  
SOMATIC EXPERIENCING

WITH **BERNS GALLOWAY MED CCC SEP** -  
**WWW.TRAUMAHEALING.COM**

**WHEN: SUNDAY, NOVEMBER 3, 1PM TO 4PM**  
**REGISTRATION AND INFORMAL NETWORKING: 1:00 - 1:30**

**WHERE: WESTSIDE PAVILION COMMUNITY ROOM A.**  
**PICO AND WESTWOOD, WEST LA**

**REGISTER AT [WWW.LACAMFT.ORG](http://WWW.LACAMFT.ORG)**

**Somatic Experiencing® (SE™)** is a gentle and highly effective psycho-biological approach to the prevention and resolution of trauma and stress-related conditions. Developed by **Peter A. Levine, PhD**, bestselling author of *Waking the Tiger: Healing Trauma*, and recipient of the 2010 USABP Lifetime Award, SE is based on the study of how animals in the wild process and recover from stress and life-threatening situations. There is a strong scientific component to the work which includes the latest understanding of neuroscience, affect regulation and the Polyvagal Theory. **Our Training Workshops are designed to help therapists show clients how to recognize shame, work through it and move on. Our next Los Angeles based training\* begins 3/14/2014.**

This **Introduction to Somatic Experiencing** workshop is designed for professionals who work with the effects of trauma including **mental health professionals, body workers, PTs, OTs, RNs, MDs, EMTs, teachers, clergy, and other professionals in the healing arts.** If you currently have a practice that brings you into relationship with people who have symptoms of stress or trauma, or who simply are challenged by the demands of modern life, this workshop will give you a new, refreshing perspective and tangible skills to support your work. And, if you are curious about the extended SE Professional Training\*, attending this event is an ideal way.

**Berns Galloway MED CCC SEP**

SE Trauma Institute faculty member, and Certified Canadian Counselor, Berns Galloway, resides in Victoria, BC and has been practicing psychotherapy since 1994. In 2000, SE came into his life becoming a dominant model in his work and personal life. Berns has facilitated SE trainings in Canada, Asia and across the US. He believes an effective SE practitioner “gets” SE from the inside, from the body, and not just from theory. This involves learning to regulate our own nervous systems so that we can better shepherd our clients’ nervous systems toward “healing”. As a participant in Berns’ trainings, you will be invited to experience SE from this integrative perspective.



**RSVP - LIMITED TO 50 PARTICIPANTS**  
**PRICE: \$25      2 CEUS PROVIDED**