



**The Durham Rape
Crisis Centre is hosting**

FUNDAMENTALS OF SOMATIC EXPERIENCING®: A POLYVAGAL PERSPECTIVE

**Gain an understanding of
trauma and the nervous system**



**May 25th & 26th
9 am - 12:15 pm**

**Please register on Eventbrite
to receive Zoom meeting ID and password
<https://somaticfundamentals.eventbrite.ca>**



**COMMUNITY
FOUNDATIONS
OF CANADA**

**EQUALITY
FUND**

Canada

This project is supported by the Pilot Fund for Gender Equality,
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FACILITATED BY: SARAH SCHLOTE, MA, RP, CCC, SEP

This two day introductory workshop will provide an understanding of trauma and the nervous system from the perspective of Somatic Experiencing® and the polyvagal theory. Students will learn about the activation cycle, incomplete self-protective responses, ways to explore the body's story with clients, the importance of tracking states and titration, and how to begin the process of renegotiating boundaries with clients. The workshop will include a combination of theory and practice, including lecture, group discussions, and hands-on experiential learning. Caveats and ethics around the use of body-oriented activities will also be discussed. This workshop is offered with the license and approval of the Somatic Experiencing® Trauma Institute, but does not count towards the formal process of training in Somatic Experiencing®



This training is offered independently under licensing permission of the Somatic Experiencing Trauma Institute. As such, it does not count towards the certificate hours of the Somatic Experiencing Practitioner training program.