Somatic Experiencing®

Peter Levine

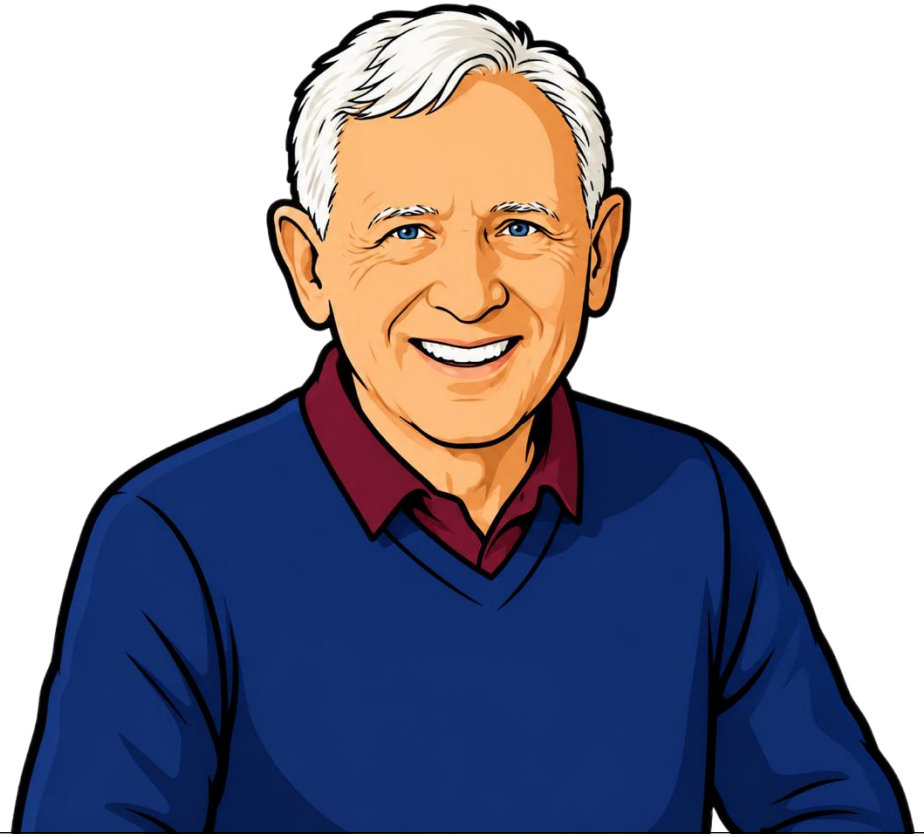
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Peter Levine

Peter Levine (born 1942) is an American biophysicist, psychologist, and trauma therapist.

He developed Somatic Experiencing® (SE).

- SE is a body-oriented approach to working with the effects of trauma.



Applications of SE

SE is used for trauma such as:

- Shock trauma (e.g. accidents, violence, natural disasters)
- Early attachment and developmental trauma
  (e.g. emotional neglect, inconsistent caregivers)

The aim of SE: To restore the nervous system's natural self-regulation.

- To do this, SE works with body memory.

4 Aspects of Renegotiation

In summary

Somatic Experiencing® addresses trauma where it is held: in the body's nervous system.

By **gently tracking bodily sensations**, blocked survival energy is gradually released and **natural self-regulation is restored.**

