

11-13 OCTOBER 2019
GRAND HOTEL VILLA TORRETTA
SESTO SAN GIOVANNI (MI)



National Conference Somatic Experiencing®

Tune in to the child
Integrating wounds

Finally a national conference dedicated to **Somatic Experiencing®**, the revolutionary neurophysiological approach to the resolution of the trauma, conceived by dr. **Peter Levine!** Twenty years after the entrance of the Training and of the SE® practice in our country, Progetto Somamente proposes with this conference to further spread its culture, sharing the most current scientific research, based on **somatic knowledge and instruments with sensory approach, based on on the regulation of the nervous system.**

The Somatic-Experiencing® model

"Trauma is not in the event, but in the nervous system" - Peter Levine

Peter Levine, psychotherapist and biophysicist, in the 1970s devoted himself to the study of the behavior of wild animals. He observed that when faced with a danger when the animal cannot respond with flight or struggle, it reacts with freezing, **leaving unexpressed trauma energies in the body.**

Also our Autonomous Nervous System (sympathetic, parasympathetic and social) manages our survival in a similar way to that of other mammals; **the physiological defensive orientation is autonomous, immediate and unconscious.** If it cannot be completed, the natural defensive strategies of struggle, flight and freezing are blocked and fixed in cellular memories.

Levine has developed **Somatic Experiencing®**, a powerful psychobiological method oriented to the re-negotiation of traumatic energy that has been blocked in the nervous system following "indigestible or overwhelming" experiences and aimed at **reactivating defensive orientation responses** that were not available at the time event.

It is only by accessing the **somatic sensations underlying emotions and feelings** that we have the possibility of directing the unregulated model of adaptive behavior towards regulation.

The conference

What nature teaches to heal trauma

In this first conference we have chosen to explore the original experiences that, since childhood have had an impact on our **sense of security and stability.**

In fact, on these experiences our **resilience** is built and the **ability to express ourselves creatively in life.**

We will address the issue of needs, ours and those of our children, as these can be fully integrated into life, with all our energy and potential.

To this end, **three international professors of the SE® Faculty** will be our guests: Dominique Dégranges, Ale Duarte and Kavi Gemin.

We will also have some **video interventions by other international teachers**, who will update us on the most recent neurophysiological researches. With all of them we will learn how to practice these perspectives directly with children, as well as with adults.

We will learn how this spacious, gentle and gradual approach can facilitate new introceptive corrective experiences, through the renegotiation of experiences of oppression and impotence set in **cellular memories.**

Agenda

FIRST DAY - FRIDAY 11 OCTOBER

- 08.45 - 09.30 **Registration**
- 09.30 - 11.00 **Welcome: video of Peter Levine**
The SE model introduced by the three speakers
- 11.00 - 11.15 **Coffee Break**
- 11.15 - 13.00 **Lecture with Dominique Dégranges part 1**
- 13.00 - 14.30 **Lunch break**
- 14.30 - 16.00 **Lecture with Dominique Dégranges part 2**
- 16.00 - 16.15 **Coffee Break**
- 16.15 - 17.30 **Video intervention by Marianne Bentzen: "The one and the universal"**
- 17.30 - 18.00 **Presentation of SE projects in local territory**

SECOND DAY - SATURDAY 12 OCTOBER

- 09.30 - 11.00 **Welcome**
Video of Peter Levine: SE and the children
Lecture with Ale Duarte - part 1
- 11.00 - 11.15 **Coffee Break**
- 11.15 - 13.00 **Lecture with Ale Duarte - part 2**
- 13.00 - 14.30 **Lunch break**
- 14.30 - 15.30 **Experiences of somatic awareness facilitated by Dominique Dégranges, Ale Duarte and Kavi Gemin**
- 15.30 - 16.15 **Video intervention of Peter Levine - part 1**
- 16.15 - 16.30 **Coffee break**
- 16.30 - 17.00 **Video intervention of Peter Levine - part 2**
- 17.00 - 17.30 **From Doris Rothbauer dedicated text with presentation "Somatic-Experiencing in relation to post-traumatic stress"**
- 17.30 - 18.00 **Presentation of SE projects in local territory**

THIRD DAY - SUNDAY 13 OCTOBER

- 09.30 - 11.00 **Welcome**
Lecture with Kavi Gemin - part 1
- 11.00 - 11.15 **Coffee Break**
- 11.15 - 13.00 **Lecture with Kavi Gemin - part 2**
- 13.00 - 14.30 **Lunch break**
- 14.30 - 17.00 **Round table with moderator Dominique Dégranges, Ale Duarte and Kavi Gemin open to questions from the public**
- Closing**

THEMES



In the prenatal, birth and perinatal period, two very different types of imprinting are detected: **they are existential imprints** and survival imprints and will influence our whole existence.

They will leave traces in our body, in our nervous system and **will play an important role between BEING and BEING HERE.**

According to the SOMATIC EXPERIENCING® approach, these traumatic imprints can create states of **"high intensity global activations"** (GHIA) in our nervous system.



The world is increasingly globalized, complex, digital, accelerated and full of information and requests, and children are increasingly attuned to this reality, but still **not organically ready** to meet this demand.

In this process they often **lose the ability to regulate themselves and connect emotionally** with themselves and with others.

It is therefore necessary to develop a new approach to education to understand this **"new child"**, taking on a new perspective on their desires, their challenges and how they are facing changes and growing complexity.



Adverse experiences of childhood, leave **somatic and emotional imprints** in our nervous system, constituting the basic schema for our **capacity for self-regulation.**

Despite the development of our adult skills and competences, some painful somatic experiences are intolerable.

Being able to tolerate painful emotions enables us **to experience vitality, joy and love** in a richer and more fulfilling way.

In this presentation we will explore how to use the basic SE® principles to **increase resilience and tolerance** and to integrate difficult and painful feelings and emotions.

SPEAKERS



Dominique Dégranges



Ale Duarte



Kavi Gemin

EXPERIENTIAL WORKSHOPS

Friday 11 and Saturday 12, 16.30 - 19.30

In-depth workshops offered by the speakers for the conference participants, subject to availability. As these are limited, each participant can register for only one workshop.



How to approach pre and perinatal imprints in SE®

Dominique Dégranges
Duration: 3h



Tune in to children

Ale Duarte
Duration: 3h



Be present to our feelings

Kavi Gemin
Duration: 3h

PARTICIPATION IN THE CONFERENCE AND WORKSHOP WILL BE CONSIDERED AN UPDATE FOR THE SEP AND ACCREDITED AS AN INTRODUCTORY SEMINAR VALID FOR THE SE® TRAINING.

THE ASSIGNMENT OF 20 ECM CREDITS FOR DIFFERENT PROFESSIONAL CATEGORIES IS PROVIDED FOR THOSE WHO WILL REQUEST IT.

For additional information and know how to participate

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