

## SOMATIC EXPERIENCING – Introductory training with KAVI GEMIN 3 - 4 April 2021

Centre for Inner Development and Joy invites you to the **Introductory Somatic Experiencing (SE) Training**, to be held online using the zoom application on **April 3-4, 2021**. This is an introductory training for anyone interested in learning more about the importance and basic techniques of working with traumatic experiences. Also, this introductory training is one of the prerequisites for anyone interested in attending a three-year SE training (*SE professional training*). The **Somatic Experiencing®** Professional Program is being implemented worldwide and provides professionals from different fields of work with the knowledge and skills needed to successfully treat PTSD as well as developmental and shock traumas. The SE® approach is body-oriented and helps restore the self-regulation ability of the nervous system, thus enhancing the client's capacity to fully enjoy a wide range of human experience.

**Somatic Experiencing® (SE®)** is a natural approach to healing, resolution and prevention of trauma developed by Peter A. Levine *Ph.D.* This revolutionary method, supported by the latest knowledge of neurology and psychology, is based on the idea that trauma is not exclusively a psychological phenomenon, but a complex of psychological and physiological responses to an intense and overwhelming experience: *"Trauma is not in an event, but in our nervous system"*. Our response to traumatic experience is primarily physiological and therefore trauma cannot be resolved solely through our cognitive capacities and skills. At SE, we work to complete the complex physiological response of our nervous system that was initiated but did not end when we were exposed to the danger.

Introductory SE training consists of lectures, discussions, demonstrations and offers significant personal experience through interactive exercises.

The training will be held in English with translation to Serbian.

The participants will receive a two-day introductory training certificate.

**Kavi Gemin, the leader of the training is a teacher and co-director of the International Institute for Craniosacral Balancing® and a member of the Somatic Experiencing® faculty.** Graduated from the Canadian College of Osteopathy, he has extensive training in various psychosomatic disciplines. He practices and Craniosacral Biodynamics since 1995. His studies include various areas of developmental psychology and work with the inner child. He completed the training on prenatal and birth trauma with Ray Castellino and is educated in the principles of System Centered Teachings®, developed by Yvonne Agazarian, for working with Group dynamics and human systems. Fascinated by Somatic Experiencing®, he studied with Peter Levine and is SEP certified since 2001. Since then he has assisted and supervised students in many Somatic Experiencing® trainings, and as a member of the Somatic Experiencing® faculty, Kavi brings his passion and his love for physiology and neurobiology in his lessons with clarity and creativity.

## INFO AND APPLICATIONS



### **Date and time :**

Saturday 03/04/2021

10:00 – 13:00

13:00 – 14:30 Lunch break

14:30 - 17:30

Sunday 04/04/2021

10:00 – 13:00

13:00 – 14:30 Lunch break

14:30 - 17:30

### **Price:**

The price of the training is 120  
EUR.

### **Registration and contact:**

Jelena Marković

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