



## BASIC INFORMATION ABOUT SOMATIC EXPERIENCING® (SE) TRAINING

The Centre for Inner Development and Joy, in collaboration with the European Association for Somatic Experiencing (EASE), is organizing enrolment for the second generation of the three-year Somatic Experiencing® (SE®) practitioner training for the period 2026–2028.

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### THE EDUCATIONAL PROGRAM WITH INTERNATIONAL TEACHERS AND ASSISTANTS INCLUDES:

- **6 modules** (two beginner, two intermediate, and two advanced) – Each module lasts 6 days and includes both theoretical and practical components
- **20 hours of individual therapeutic work** with certified SE® practitioners
- **20 hours of supervision** with SE® faculty and certified SE® practitioners
- **Peer learning/intervision groups** for support and learning

The training is in English with translation into Serbian.

**Upon completion of the training, participants receive a certificate from the European Association for Somatic Experiencing®**

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### BASIC INFORMATION ABOUT THE TRAINING:

**Somatic Experiencing®** is a basic concept of working with trauma developed by **Peter Levine**. **The Somatic Experiencing® educational** program is implemented all over the world and provides professionals of various professions with the knowledge and skills needed to successfully work with various traumas.

**Somatic Experiencing® (SE)®** supports the belief that everyone has the inner capacity to heal, resolve, and prevent trauma, and that our nervous system naturally knows how to return to balance if it receives gentle and safe support. This approach in the work developed by *Peter Levine* is supported by the latest findings in the field of neuroscience and psychology and is based on the idea that trauma is not exclusively a psychological phenomenon, but a complex of psychological and physiological reactions to intense and overwhelming experiences.

*"Trauma is not in the event, but in our nervous system."*

Our response to a traumatic experience is primarily physiological, and therefore trauma cannot be resolved through our cognitive capacities and skills alone. The SE<sup>®</sup> approach is body-oriented and helps to restore the ability of the nervous system to self-regulate, thus strengthening the client's capacity to fully enjoy a wide range of human experience.

**Somatic Experiencing<sup>®</sup> (SE)<sup>®</sup>** is not psychotherapeutic or bodywork therapy – it is a fundamental framework for understanding, preventing and overcoming the consequences of shock and trauma.

- **SE<sup>®</sup> trainings** are designed for professionals in the field of psychotherapy, bodywork, health, education, police, or any field where professionals meet trauma victims who want to enrich their knowledge and capacities for working with trauma.
- **Somatic Experiencing<sup>®</sup> is a legally protected method** and can be applied under this name **only after completing education and obtaining a certificate.**
- SE<sup>®</sup> education **is not a substitute for personal therapy** or personal development, but builds on previous professional and experiential knowledge. **Upon completion of the training, practitioners conduct SE<sup>®</sup> in accordance with their professional field, education, practice and within the framework of the laws of their country.**
- Participants who are still in the process of education have the status of **"in education"** and are obliged to transparently share this information with clients.

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## CONTENT OF EDUCATION BY YEAR

### 1. year – BEGINNING YEAR

- ⇒ The Basics of Somatic Experiencing<sup>®</sup>
- ⇒ Functions and regulation of the nervous system
- ⇒ Survival reactions: fight, flight, freeze
- ⇒ Resource Work and Stabilization
- ⇒ Grounding, boundaries and support
- ⇒ Titration and pendulation (gradual release of trauma energy)
- ⇒ SIBAM model (Sensation, Image, Behaviour, Affect, Meaning)
- ⇒ Coupling dynamics (over/under coupling)
- ⇒ First aid in the prevention of re-traumatization
- ⇒ Resonance (Compliance), Transfer, and Counter transfer
- ⇒ Self-regulation

### 2. year – INTERMEDIATE YEAR

- ⇒ Categories of trauma and specific interventions:

- Early Trauma and High Activation (GHIA)
- Unescapable Attack (Violence, Rape, Abuse)
- Bodily Injuries (Surgeries, Anaesthesia, Burns)
- Severe Impacts (Falls, Accidents, Head Injuries)
- Emotional Trauma (Loss, Neglect, Abandonment)
- Natural Disasters
- Traumatic Horror (War, Torture, Ritual Abuse)
- ⇒ Working with multiple vortices
- ⇒ Feelings of guilt for survival

### 3. year – ADVANCED YEAR

- ⇒ Working with the coherence of the body and nervous system
- ⇒ Polyvagal Theory in the Practice of Somatic Experience®
- ⇒ Work with chronic conditions (fibromyalgia, migraines, asthma...)
- ⇒ Working with the eyes and visual system
- ⇒ Working with Touch in Context®
- ⇒ Working with joints, diaphragm and visceral systems
- ⇒ Integration of knowledge and preparation for SE practice

**Individual sessions and individual and group supervision** are an integral part of the education and are a prerequisite for obtaining the certificate.

1. **Individual SE sessions:** experiential learning through the client's personal experience of the SE® method.
2. **Supervision:** practical application of SE® elements and analysis of work with the client with the support of an experienced and certified supervisor.

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#### TEACHERS:

**The initial and intermediate level of training is led by Kavi Gemin**, teacher and co-director of the International Institute for Craniosacral Balancing® and member of the international SE® Somatic Experiencing® teaching team. Kavi Gemin graduated from the Canadian University of Osteopathy and has many years of experience in the application of various psychosomatic disciplines. He has been practicing and teaching craniosacral biodynamics since 1995. In addition, his studies include work in the field of developmental psychology and work with the inner child. He has completed prenatal and birth trauma training with Ray Castellino, as well as System Centered Teachings® training with Yvonne Agazarian for working with group dynamics and human systems. He is fascinated by the Somatic Experiencing® approach to work and studied SE® from Peter Levine. He has been a certified SE® practitioner since 2001. Since then, he assists and supervises students in many educations, and as a member of the SE teaching team, he brings passion, a unique approach to work, knowledge of psychology and neurobiology, clarity and creativity to his work.

**The advanced level of training is led by Itta Wiedman.** Itta has a master's degree in cultural and social sciences and more than 30 years of experience in work that integrates body and psyche. She is trained in physiotherapy, osteopathy, craniosacral therapy, Feldenkrais method, Hakomi approach, family constellations and SE®. She is the founder of the German SE® Association and the European SE® Association (EASE). As a senior faculty member of the SE® Trauma Institute (SETI), she teaches all levels of education in Germany, Austria, the Czech Republic, Norway, Sweden, the Netherlands, and now Serbia. In Munich, she is the co-founder of the Institute for Neurotracking®. He pays special attention to the development of capacities for interpersonal connection and self-regulation through the body. Her specialties include working with adolescents, adults, people with chronic pain, complex trauma, loss, violence and sexual abuse. Itta conducts education with deep presence, precision and warm support.

**In addition to attending all 6 modules in their entirety, students are required to have a certain number of hours of individual SE sessions as well as individual and group supervision.**

**Basic conditions – Supervision:**

- A minimum of 20 hours (credits) of supervision during the education (distributed in phases – see table below).
- Of these, a minimum of 6 hours (credits) must be with a teacher from the faculty members.

**Basic conditions – Individual sessions:**

1. 20 individual sessions in total (schedule by year – see below).

<b>Individual sessions (minimum)</b>	<b>Supervision (minimum)</b>
1. year – 6 hours	1. year – 6 hours
2. year – 7 hours	2. year – 7 hours
3. year – 7 hours	3. year – 7 hours

**Tabela za izračunavanje sati supervizije:**

<b>Type of supervision</b>	<b>Acknowledged hours</b>
1 hour individual supervision	1 hour recognised (60 min)
1 hour small group (2–4 participants)	$\frac{3}{4}$ hour recognised (45 min)
1 hour group (5–7 participants)	$\frac{1}{2}$ hour recognised (30 min)
3 hour group (more than 8 participants)	1 hour recognised (60 min)

### **Additional recommendations and prices:**

⇒ It is recommended that at least half of the sessions be in-person if the possibilities allow.

Prices are adjusted to the local market.

- Individual sessions: 60 €
- Individual supervisions: 70 €
- Group supervision: The hourly rate is divided by the number of participants. (for example if the class costs €60 and two students attend, each one pays €40.).

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### **Confirmations of sessions and supervision:**

- Sessions and supervisions are required to be taken from accredited assistants and senior assistants.
- It is recommended that you take most of the sessions and supervision from assistants from the SE<sup>®</sup> team (at least 70%), because they monitor your progress through the training and participate with you in lectures and practical work.
- Accredited teachers and assistants confirm the sessions and supervision by signing the official list obtained from the organizer.
- The certificate is issued only if all the conditions are met within 2 years after the last module.
- In some cases, the teacher may request additional hours if he or she judges it to be necessary for the quality of the work or the stability of the participants. If necessary, a temporary interruption of education may be requested for additional support.

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### **PRESENCE AND ABSENCES:**

- Prior to enrolment in the training, it is mandatory to attend one Intro (Introductory Workshop). The centre will organize two intro workshops you can choose from.
  - The training consists of 6 modules lasting 6 days spread over three years (a total of 36 days).
  - Attendance at all 36 days of training is mandatory.
  - In exceptional cases, it is allowed to be absent for a maximum of 2 days in a row, with additional fee paid by the student himself for the supervision and watching training videos:
    - Module Videos and
    - 1 hour of supervision per missed day (extra charge).

- If the absence is longer than 2 days, the missed amount is compensated through participation in the appropriate module of another training with the agreement with the organizer.
  - Transfer to another SE® training is possible in special cases, with the agreement and consent of both teachers and organizers.
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#### **CONDITIONS FOR THE BECOMING SE® PRACTITIONER IF THERE IS AN INTERRUPTION OR DELAY:**

- An interrupted module can be compensated with another organizer with the consent of both the teacher and the organizers.
- If the break lasts longer than 2 years, the modules are repeated (exceptions are decided by the teacher).
- If the conditions (individual sessions, supervision) are not met within 2 years, the Advanced 1/2 modules are repeated.

Prior to this, the student must complete:

- 3 hours of individual supervision and
- Video session with the client or 1 live coaching session with a senior assistant or teacher.

All obligations and documentation must be completed within 6 months of the last repeated module.

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#### **CONFIDENTIALITY:**

- Participants undertake confidentiality – they do not give out details about other participants.
  - Lecturers and the team share information on the progress of participants within supervision, respecting the rules of confidentiality.
  - Students sign an education contract with the organizer that explicitly and clearly emphasizes the **rights and obligations** of the organizer and students when it comes to attending the module and other conditions for obtaining a practitioner certificate, payment terms, as well as data privacy protection in accordance with the law and others.
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#### **VIDEOS:**

- The training will be recorded, and the recordings are used for education purposes only and involve confidentiality.

- The recordings, as well as other learning materials, can be found on the Student Portal to which only students of that generation have access, which is password protected and must not be shared. The recordings are used exclusively for the renewal of the material of that generation and to compensate for absences in accordance with the rules.
  - All participants sign a consent to be recorded, especially if they participate in demo sessions. Students who do not want to be filmed sit in a part of the study room where there is no camera.
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#### **PREGNANCY:**

1. It is recommended that education be paused to avoid unnecessary activation of the foetus.
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#### **ETHICAL GUIDELINES:**

1. The teaching team and all participants undertake to comply with the ethical guidelines of their professional association and the Somatic Experiencing® community, which can be found on the website of the European Association for Somatic Experiencing® (EASE):

[https://somatic-experiencing-europe.org/wp-content/uploads/2018/11/EASE\\_EthicalGuidelines.pdf](https://somatic-experiencing-europe.org/wp-content/uploads/2018/11/EASE_EthicalGuidelines.pdf)

These guidelines will be provided to participants prior to the start of the training.

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#### **AUTORSKA PRAVA:**

- The exclusive rights to the SE® manuals are held by the Somatic Experiencing Trauma Institute (SETI).
  - It is forbidden to reproduce manuals or parts thereof.
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#### **DATES FOR EDUCATION**

##### **Intro workshop - (online)**

- 6–7 December 2025
  - 10–11 December 2026
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## EDUCATION (2026 – 2028)

### Beginning level 1

- 14–19 February 2026

### Beginning level 2

- 1–6 September 2026

### Intermediate level 1

- 19–24 January 2027

### Intermediate level 2

- 6–11 July 2027

We will announce the dates for the third advanced year later.

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## APPLICATIONS AND TERMS AND CONDITIONS

The three-year training program can be attended by professionals of various profiles. **The number of participants/participants is limited.**

**We invite you to express your interest in the educational program by email at the end of this announcement so that we can send you the application form.**

The official application process consists of filling out the questionnaire, sending CVs and motivation letter on the basis of which the selection of participants is **and the final decision will be announced no later than October 10, 2025**. The organizer reserves the right to conduct a short interview with the participants to finally approve the application.

**The condition for attending the three-year education is the completion of an introductory/intro two-day online workshop, which will be organized in two terms during 2025-2026. The price of the intro is 180 euros.**

### **The price of SE education:**

**The price per module is 1390 EUR.** Payments will be made **in full or in 3-5 equal monthly instalments that must be paid 7 days before the start of each module.** Individual and supervisory sessions are paid in addition according to the price list listed above.

**Upon approval of the application, enrolment and a place in the education are guaranteed by paying a non-refundable deposit in the amount of 300 euros.**

The Centre for Development and Joy, as the official organizer of the education, will offer participants who are admitted to the education through a transparent process the

opportunity **to apply for a scholarship** in the amount of 400 euros per module for a total of 4 students.

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**LOCATION:**

The training will be held live in Belgrade. The location of the training will be announced later.

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**CONTACT:**

**For registration and additional information, please write to us at the following email address:**

[seedukacija2@gmail.com](mailto:seedukacija2@gmail.com)