

Understanding Somatic Experiencing (SE)

1. What is Somatic Experiencing (SE)?

Somatic Experiencing (SE) is a body-centered approach to healing trauma and stress. Developed by Dr. Peter Levine, SE helps people gently reconnect with their body's natural ability to regulate and heal. Trauma can leave the nervous system stuck in patterns of fight, flight, or freeze. Through mindful awareness of physical sensations, SE supports the release of stored tension and energy that may be held in the body. This process allows the nervous system to return to balance, helping you feel calmer, safer, and more present. SE is a slow, respectful, and empowering approach that honors your pace and your body's wisdom.

2. What can Somatic Experiencing help with?

Somatic Experiencing can help individuals recover from overwhelming or stressful experiences that have affected the body and mind. It is particularly supportive for those who feel disconnected, anxious, or 'stuck.' SE can help with:

- Trauma and post-traumatic stress
- Anxiety and panic
- Chronic stress or burnout
- Physical tension or pain related to stress
- Emotional numbness or dissociation
- Sleep disturbances
- Grief and loss
- Feeling disconnected from one's body or emotions

By helping the body complete its natural responses to stress, Somatic Experiencing promotes a deep sense of calm, resilience, and reconnection with life.

■ *This information is provided for educational purposes and is inspired by trauma-informed care principles.*

Source: Somatic Experiencing® Trauma Institute (Dr. Peter A. Levine).