# EASE NewsPlatform

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Europe, 2024





EVENT NAME	PAGE	COUNTRY	TIME	PRICE	ORGANISER
Advanced Strategies for Healing Sexual Trauma and Sexuality	Page 6	Netherlands	10.12.2024 - 12.12.2024	€695	Body Mind Opleidingen info@bodymindopleidingen.nl
NeuroAffective Touch Training	Page 7	UK	part 1: 14-19 .07. 2024 part 2: 27.10- 1.11.2024	<b>£</b> 2999	SOS Internationale
NeuroAffective Touch <sup>®</sup> Foundation Training	Page 8	2 UK	part 1: 15- 20 .03.2025 part 2: 19- 24.10. 2025	<b>£</b> 3199.00	SOS Internationale
Trauma, Development and Attachment	Page 9	Belgium	31.10-03.11.2024	-Early bird €680 (up to 30.09.24; after 720)	Trauma Healling Belgium

EVENT NAME	PAGE	COUNTRY	TIME	PRICE	ORGANISER
EmotionAid® Intro	Page 10	Germany	04.02.2025	€30	Somatic Experiencing Deutschland e.V
EmotionAid®	Page 11	Czech Republic	14.10.2024 -4.12.2024	€696	Zlata Kostejnova, Teresa Koryntova
Integrated Somatic Psychology (ISP)-Professional Training (3 mogules) Dr Raja Selvam	Page 12	Romania	24.10.2024 - 27.10.2024	€600 per module	Florentina Niculescu

EVENT NAME	PAGE	COUNTRY	TIME	PRICE	ORGANISER
A GPS for Your Clients Nervous System	Page 13	Germany/online	07.11.2024 – 10.11.2024	€480	Somatic Experiencing Deutschland e.V.
A Screen Masters: A Digital Framework for Professionals Guiding Families in the Digital Age	Page 14	Germany/online	07.01.2025 - 28.01.2025	350€	Somatic Experiencing Deutschland e.V.
Darrell Sanchez – An Introduction to The Tuning Board	Page 15	Germany	29.11.2024 - 01.12.2024	600€ + 140,70€ conference package	Somatic Experiencing Deutschland e.V.
Ariel Giarretto (ongoing supervisions)	Page 16	4 Netherlands	06.09.2024 - 20.12.2024	40€ per supervision	SE Trainer/ Ariel Giarretto
4 Part Certificate Series on Somatic Sexuality	Page 17	Netherlands	28.04.2025- 2.04.2026	€695 per module	Body Mind Opleidingen info@bodymindopleidingen.nl

EmotionAid®Page 18Germany /online04.05 -01.07.2025€825Somatic Experiencing Deutschland e.V.The Energetics of Intimacy, Attachment and SexualityPage 19Germany05-07.09.2025€535Somatic Experiencing Deutschland e.V.	EVENT NAME	PAGE	COUNTRY	TIME	PRICE	ORGANISER
I Page 19 I Germany I 05-07.09.2025 I \$535 I Somatic Experiencing Deutschland e.V	EmotionAid®	Page 18	Germany /online		€825	Somatic Experiencing Deutschland e.V.
		Page 19	Germany	05-07.09.2025	€535	Somatic Experiencing Deutschland e.V

Coffee with SE Page 20	Poland	16.11.2024 (in the cycle of regular meetings)	free	Polish Society for Somatic Experiencing
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# Advanced Strategies for Healing Sexual Trauma and Sexuality



#### DESCRIPTION

- Get comfortable talking about the body and discussing sexuality issues with your clients and intimates.
- Become friends with your body, and inhabit it with new levels of comfort and ease, all parts of it... Develop more awareness, find new levels of pleasure in the embodiment exercises. Maybe even enjoy sex and intimacy more.

More detailed description of the workshop in the link below:

https://www.bodymindopleidingen.nl/training/advanced-strategies-for-healing-sexual-trauma-and-sexuality/



#### WHO CAN JOIN?

- Somatic Experiencing Practitioner or Advanced SE student.
- Integrated Psychotherapy (IP) therapist or IP student in year 4.
- Core Energetica -/ Primal rebirth / Bio dynamic therapist

Preferrably you first joined the training 'Essential Strategies of Healing Sexual Trauma' Teachings are in English.



#### PRICE

Training (3 days) Price: €695,- Plenair room, lunch & coffee/tea for 3-days Price: app<mark>r.</mark> €140,-\* Optional All inclusive (overnight stay, dinner and 3-day arrangement) Private room (on availability): appr. €300,-\*



# NeuroAffective Touch Training



#### DESCRIPTION

The Foundation Training is nuanced, comprehensive, and groundbreaking, going beyond the psychotherapy trainings and bodywork programs available today to offer a truly integrated body-mind approach. The two parts of the training build sequentially, beginning with a deep dive into the psychobiology of touch and how to use touch in a way that allows the body to lead, rather than "doing to" the body.

Throughout the program, you will receive training in body-centred techniques to work bottom-up with implicit procedural behaviour, posture, and movement, as well as top-down with trauma-based thoughts, beliefs, and identifications, fostering multidimensional growth and expansion for the people you work with.

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More detailed description of the workshop in the links below: <u>https://sosinternationale.org/nat-foundation-training</u>



## WHO CAN JOIN?

- Country association members
- Members of other associations
- Non-members

Teachings are in English.





# **NeuroAffective Touch®** Foundation Training



#### DESCRIPTION

The Foundation Training is nuanced, comprehensive, and groundbreaking, going beyond the psychotherapy trainings and bodywork programs available today to offer a truly integrated body-mind approach. Students frequently refer to NeuroAffective Touch as finding the "missing piece" that allows them to weave all their previous trainings into a seamless whole. The two parts of the training build sequentially, beginning with a deep dive into the psychobiology of touch and how to use touch in a way that allows the body to lead, rather than "doing to" the body. This orientation supports the body to tell its story, which is often very different from the mind's narrative.

More detailed description of the workshop in the links below:

https://sosinternationale.org/nat-foundation-training



### WHO CAN JOIN?

- Country association members
- Members of other associations
- Non-members

Teachings are in English.



PRICE

This is a *1-year* course and the currrent cost is £3199.00, if your application is fully completed and approved and you pay before **08 Oct 2024**, the earlybird discounted cost for the year will be £2880



# Trauma, Development and Attachment/ a workshop



#### DESCRIPTION

A in-person workshop with Raja Selvam, PhD about how to work with the effect of trauma on development and attachment with greater efficiency through emotional embodiment and inter-personal resonance. More details about the workshop, curriculum and practical infos you can find on our website:

https://traumahealing.be/en/activiteit/workshop-developmental-trauma Who can benefit from this workshop?

All professionals engaged in treating relationship and attachment difficulties caused by developmental and shock traumas stand to gain much from this workshop. Integral Somatic Psychology (ISP) graduates and trainees will learn advanced knowledge and skills for applying their ISP expertise to the specific areas of trauma, development, and attachment.

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#### WHO CAN JOIN?

- Country association members,
- Members of other associations,
- Non-members Language: English



Early bird €680 if payed before 1st of October 2024; afterwards 720 €

#### **BASIC INFO**



Belgium, De Hoorn, Sluisstraat 79, 3000 Leuven



Trainer: Raja Selvam



31.10-3.11.2024



Organiser: Viktoria Grgurin, **Chris Camp** 



admin@traumahealing.be +32472171729

# EmotionAid<sup>®</sup>/Introduction



Introduction to EmotionAid®: 5 Steps to Self-Regulation The 5-step EmotionAid® technique is based on the latest neurobiological research and the core elements of Somatic Experiencing. This tool and its background are taught in the training with Cathy Lawi.

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WHO CAN JOIN?

Country association members

English with German consecutive translation





## Emotion Aid<sup>®</sup>



#### DESCRIPTION

The training program contains 30 hours (of which 24 hours of training and 6 hours of supervision). After completing the training course, you can follow up with a facilitator course. During the course, which will be translated into Czech, you will also receive the entire battery of materials and a protocol for using Emotionaid in practice. The dates are: 14.10.2024-15.10.2024 9-12 am, 2-5 pm CET (training)

Supervision: 30.10.2024 5-8 pm CET

18.11.2024-19.11.2024 9-12 am, 2-5 pm CET (training)

Supervision: 4.12.2024 5-8 pm CET

https://emotionaid.cz/vycvikovy-kurz/



#### WHO CAN JOIN?

- Country association members
- Members of other associations
- Non-members

Teachings are in English translated to Czech







# Integral Somatic Psychology (ISP) Professional Training Dr. Raja Selvam



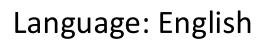
3 Module Training with Dr Raja Selvam

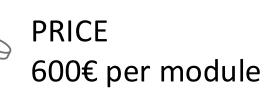
More detailed description of the workshop in the links below: https://somaticpersonaldevelopment.com/evenimente/ispp-professional-training/



WHO CAN JOIN?

• Non-members







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#### **BASIC INFO**

Romania

Trainer: Raja Selvam

24.10.2024 - 27.10.2024

Organiser: Florentina Niculescu

Contact@somaticpersonaldevelopment.com

# A GPS for Your Clients Nervous System/ workshop



DESCRIPTION

You can find more:

https://www.somatic-experiencing.de/events/online-veranstaltung-nr-185-ein-gps-fuer-die-entwicklungslandschaft-deines-kliente/

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Online workshop

WHO CAN JOIN?

Country association members

Language: English/German



480€

#### **BASIC INFO**



Germany/online



Trainer: Marianne Bentzen



07.11-.10.11.2024



Organiser: Somatic Experiencing Deutschland e.V. :



Hanna Mennenoeh- Grimm Seminar@somatic-experiencing.de

# Sreen Masters: a Digital Framework for Professionals Guiding Families in the Digital Age



#### DESCRIPTION

In a world where 3 out of 5 children are using smartphones, there's an increasing demand for professionals who can effectively guide parents through the complexities of digital environments. Are you ready to enhance your toolbox with a practical, universal framework? Join us for Screen Masters, a comprehensive 4-session workshop series designed primarily for professionals working with children and families, with a secondary welcome to interested parents.

You'll Learn: The Four Observable States: A map for differentiating levels of healthy and dysfunctional engagement Reconnecting with the Child: Understanding why and how the tech industry has taken over children's attention Prevent, Contain, Provide: Practical approaches to managing digital interactions The Path to Creation and Construction: Strategies for Providing Meaningful Alternatives Online workshops/ 18:00-21:00



WHO CAN JOIN? Country association members

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Language: English with German consecutive translation



350€



# Darrell Sanchez – An Introduction to the Tuning Board



#### DESCRIPTION

More detailed description of the workshop in the links below:

https://www.somatic-experiencing.de/events/praesenz-veranstaltung-nr-194-darrell-sanchez-einfuehrung-in-das-tuningboard/



WHO CAN JOIN?

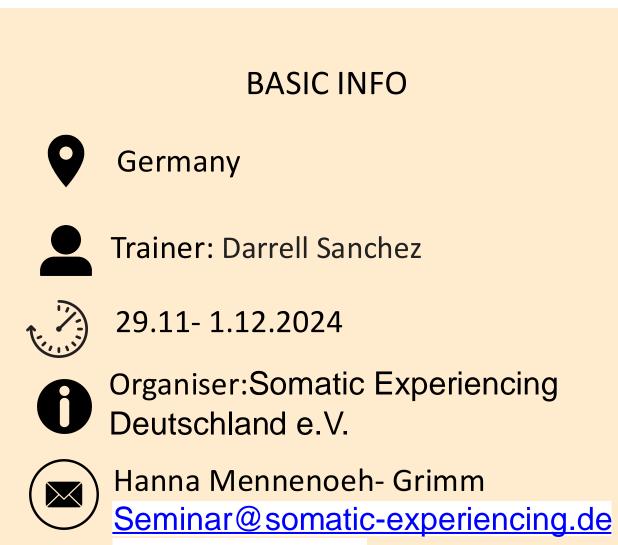
Country association members

Language: English/German





600€ + 140,70€ conference package + food and accomodation



+49 201 248 70 445

# **Ongoing Online Supervisions by Ariel Giarretto**

#### DESCRIPTION

I offer 3 consultation groups each month-=-that target sexual trauma and sexuality.

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The link to the event:

https://go.oncehub.com/GroupConsults



WHO CAN JOIN?

Country association members Members of other associations Non-members

English – no translation



PRICE

40€ per supervision

#### **BASIC INFO**



Netherlands



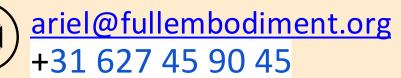
**Ariel Giarretto** 



06.09.2024 - 20.12.2024



Organiser: SE Trainer Ariel Giarretto



# 4 Part Certificate Series on Somatic Sexuality

#### DESCRIPTION



This is a 4 part series that leads to a Somatic Sexuality Healing Certificate. Once completed, graduates can be listed in a practitioner registry indicating a specialty in somatic sexuality. It trains practitioners in being comfortable talking about numerous sexuality issues, with an emphasis on healing sexual trauma and abuse in all genders and identities. It will focus on resolving shame, supporting body-reluctant clients to feel comfortable being in their bodies, and provides many techniques for clients and professionals to inhabit all parts of themselves, increase the capacity to enjoy pleasure, set clear boundaries and repair the many things that are destroyed by sexual trauma. The focus is on developing professional skills while at the same time supporting practitioners in doing their own deep work.

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https://www.bodymindopleidingen.nl/opleiding/somatic-sexuality-healing-practitioner/

if you have specific question ariel@fullembodiment.org



### WHO CAN JOIN?

- Country association members,
- Members of other associations,
- Non-members

Teachings are in English.No translation



PRICE

€695 per module

It meets for 3 days each module, roughly 9:30-17:00 in a beautiful retreat center in eastern Netherlands



# EmotionAid<sup>®</sup>/ 1-3 modules



## DESCRIPTION

In today's world, crises and changes have become the new normal. However, the consequence of this is accumulated stress. EmotionAid® is an effective, simple, and easy-to-use 5-step toolkit for self-regulation and emotional first aid. With EmotionAid®, you will learn how to manage, prevent, and cope with anxiety, stress, and trauma. These tools are the result of the latest developments in neurophysiology and are primarily based on the therapeutic approach of Somatic Experiencing (SE). Just as we can strengthen our physical muscles through movement, we can also strengthen our nervous system (our "emotional muscle") and restore its resilience by practicing the simple five steps of EmotionAid®. EmotionAid® helps to strengthen our resilience and ability to cope with daily challenges, while resolving tensions in times of crisis and heightened stress. This empowers you to regulate stress in all situations—and to help others do the same.



#### WHO CAN JOIN?

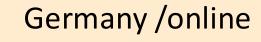
\*\*Prerequisites for participation\*\*: Membership with SE Germany, and prior attendance at an EmotionAid® introduction.

18 Modul 1: 04.-05.05.2025 9-12 and 14-17 Modul 2: 25.-26.05.2025 9-12 and 14-17 Modul 3: 22.-23.06.2025 9-12 and 14-17 Supervisions: 13.5.2025 17-20, 03.6.2025 17-20, 01.07.2025 17-20 English with German consecutive translation



PRICE

#### **BASIC INFO**





Trainer: Cathy Lawi



04.05 - 01.07.2025



Organiser: Somatic Experiencing Deutschland e.V.

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https://docs.google.com/forms/d/e/1FAIpQLSdZsoJPUqFeeyD

1qclvBWZzwhqZ5xptP65rQju5dEJjtIYlyg/viewform

# The Energetics of Intimacy, Attachment and Sexuality

#### DESCRIPTION

Dscovering the subtleties of relating intimately "What happens in myself, my body, and my being in relation to others?" Open to: • Individuals, either coupled or not, and actively sexual or not • Anyone wanting to heal attachment wounds, hoping to learn to receive and give love and pleasure in new and profound ways • Couples wanting to improve their physical and emotional intimacy • People hoping to find satisfying relationships, or for • Therapists who work with any of the above This 3 day workshop focuses on connection to self, the heart and the body, while being in proximity with others. You do not need to be in couple relationship to get great benefit from this program. Nor does your partner need to be present. It helps us experience the subtle and not-so-obvious ways we engage intimately, and how to open to new and yet-to-be explored possibilities of joy and pleasure. We'll combine lectures, videos, the latest research, small group discussions, movement and dance, plus an array of gentle, respectful exercises to make for a rich and varied program. Mindful embodiment, sensation tracking and self-touch explored, and greater freedom to explore your sexy self playfully in new and different ways, without shame.

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Workshops in person.



#### WHO CAN JOIN?

Country association members

English with German consecutive translation





## Coffee with SE



#### DESCRIPTION

The idea of regular meetings for the Members of Polish SEAssociation. We warmly invite PSSE Members to meetings that will take place on Saturday mornings every two to three weeks. The main Guest at each meeting will be a Person who will share their experiences with Somatic Experiencing®. Please note: These meetings are intimate and internal, intended only for Somatic Experiencing® trauma therapists and Members of our Association. We are excited and curious about getting to know each other and spending time together. The first such meeting has already taken place in September and was a response to the need for Somatic Experiencing®work with individuals affected by natural disasters, specifically due to the floods in southern Poland. It primarily focused on working with children using the SE® tools. The topic of the upcoming COFFEE WITH SE® is AB OVI – SE work during pregnancy and with newborns. We will provide the leading topic and brief information about our Guest in advance. The first part will feature the Guest's story, followed by a discussion with us.

Please send us your RSVP and interest in attending the meeting so we know whom to send the ZOOM link to. Further information will be shared soon.

Meetings will last about 75 to 90 minutes. On Saturdays.



#### WHO CAN JOIN?

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### Country association members

PRICE For free

#### **BASIC INFO**



This letter is an initiative founded by two SEPs, Kasia and Damian.

During the EASE GA gathering in Edinburgh the idea of "news letter "was born. Who are we?

Kasia is a SEP, Assistant, psychologist and therapist living and working in Poznan Poland, she is part of Polish SE Association and a member of Ethics Committee of EASE. **Damian** (originally Polish) is an actor, body worker, SEP, Assistant in training, on a board of SEAUK,

We decided to help with connecting and transferring informations about post graduated trainings, events, webinars, circles, inspirations, social gatherings etc, between associations, organisers and trainers and so everyone can have an access to those informations and we would like to support each other to connect and thrive .

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We would like to invite you to join our project.

We would like to ask each Association and Organisers to delegate one person responsible for bringing up information connected to your group.

Also we invite trainers to join us.

Here is our email where you can rich out if you want us to share informations in Info Platform Ease: