

EASE NewsPlatform

Europe, 2024

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EASE
European Association for
Somatic Experiencing



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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
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The Energetics of Intimacy, Attachment and Sexuality	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

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: appr. €140,-* Optional All inclusive (overnight stay, dinner and 3-day arrangement) Private room (on availability): appr. €300,-*

BASIC INFO



Netherlands



Trainer: Ariël Giarretto



10.12.2024 -12.12.2024



Organiser: Body Mind Opleidingen



info@bodymindopleidingen.nl

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.

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

£2999

BASIC INFO



UK. London



Trainer: Dr Aline LaPierre



Part 1: 14-19.09.2024

Part 2: 27.10-01.11.2024



Organiser: SOSInternationale



info@sosinternationale.org

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 current 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**

BASIC INFO



UK. London



Trainer: Dr Aline LaPierre



Part 1: 15-20.03.2025

Part 2: 19-24.10.2025



Organiser: SOSInternationale



info@sosinternationale.org

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.

? WHO CAN JOIN?

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

Language: English



PRICE

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](tel:+32472171729)

EmotionAid®/ Introduction



DESCRIPTION

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.



WHO CAN JOIN?

- Country association members

English with German consecutive translation

10



PRICE
€30

BASIC INFO



Germany



Trainer: Cathy Lawi



04.02.2025 17:00-19:00



Organiser: Somatic Experiencing
Deutschland e.V.



<https://docs.google.com/forms/d/e/1FAIpQLSfh5IFmUomgjBpAdkHLQpRuLrluI8DAHOcaeJ0NwGu7NvL4A/viewform>



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

11



PRICE
€696

BASIC INFO



Czech Republic/ online



Trainer: Cathy Lawi



14.10-4.12.2024



Organiser: Zlata Kostejnova
Teresa Koryntova



kurzemotionaid@gmail.com,
00420777626514

Integral Somatic Psychology (ISP) Professional Training

Dr. Raja Selvam



DESCRIPTION

3 Module Training with Dr Raja Selvam

More detailed description of the workshop in the links below:

<https://somaticpersonaldevelopment.com/eventimente/ispp-professional-training/>



WHO CAN JOIN?

- Non-members

Language: English



PRICE

600€ per module

12

BASIC INFO



Romania



Trainer: Raja Selvam



24.10.2024 -27.10.2024



Organiser: Florentina Niculescu



Contact@[somaticpersonaldevelopment.com](mailto: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/>

Online workshop



WHO CAN JOIN?

Country association members

Language: English/German

13



PRICE

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

Screen 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

14

Language: English with German consecutive translation



PRICE

350€

BASIC INFO



Germany



Trainer: Ale Duarte



07.01,14.01,21.01,28.01.2025



Organiser:Somatic Experiencing
Deutschland e.V.



Hanna Mennenoeh- Grimm

https://docs.google.com/forms/d/e/1FAIpQLScr6A4yorB1HzdlG1PIVBxt3OuugcmIznhAV_I9LRYPE1ZNiQ/viewform

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

15



PRICE

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

BASIC INFO



Germany



Trainer: Darrell Sanchez



29.11- 1.12.2024



Organiser: Somatic Experiencing
Deutschland e.V.



Hanna Mennenoeh- Grimm

Seminar@somatic-experiencing.de

+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.

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

16

BASIC INFO



Netherlands



Ariel Giarretto



06.09.2024 -20.12.2024



Organiser: SE Trainer Ariel Giarretto



ariel@fullembodiment.org
[+31 627 45 90 45](tel:+31627459045)

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.

<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

17

BASIC INFO



Netherlands



Trainer: Ariel Giarretto



28.04.2025 -28.04.2026



Organiser: Body Mind Opleidingen



info@bodymindopleidingen.nl

+31 (0)6 476 931 91



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.

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

18



PRICE
€825

BASIC INFO



Germany /online



Trainer: Cathy Lawi



04.05 – 01.07.2025



Organiser: Somatic Experiencing
Deutschland e.V.



<https://docs.google.com/forms/d/e/1FAIpQLSdZsoJPUqFeeyD1qclvBWZzwhqZ5xptP65rQju5dEJtIYlyg/viewform>

The Energetics of Intimacy, Attachment and Sexuality

DESCRIPTION

Discovering 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 explorations are core practices as we get comfortable with the body as the ultimate “experiencer”. The goal is clearer boundaries, increased pleasure, self-acceptance and self-love, and greater freedom to explore your sexy self playfully in new and different ways, without shame.

Workshops in person.

WHO CAN JOIN?

Country association members

English with German consecutive translation



PRICE
€535

19

BASIC INFO



Germany



Trainer: Ariel Giarretto



05.-07.09. 2025



Organiser: Somatic Experiencing
Deutschland e.V.



<https://forms.gle/QbzRNXx8d3Xnn1CUA>



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?

20

Country association members



PRICE
For free

BASIC INFO



Poland



PSSE members



16.11.2024



Organiser: PSSE



kontakt@psse.net.pl

About us

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:

easenewsplatform@gmail.com