

Bio

Dave Berger, MFT, PT, MA, SEP

Dave has over 44 years of experience as a somatic psychotherapist, physical therapist, bodyworker and movement educator. He is senior international faculty with the Somatic Experiencing® International teaching all levels of the SE training. He is part of Dr. Peter Levine's initial master class faculty authorized by Dr. Levine to teach SE™ master classes. Dave's own Relational Bodywork and Somatic Education™ Training, BASE™, for trauma practitioners, is an integration of his decades of work in behavioral and physical health care. His clinical passion and expertise is helping clients who have complex PTSD, chronic pain and syndromes, and those who have survived near death experiences and other mortal threats. His personal passions are his children, hiking and bike riding.

Assistants:

Alice Allrich

Heather Hruby

Description:

An Introduction to Somatic Experiencing® Trauma Healing

Somatic Experiencing, developed by Peter Levine, PhD, approaches trauma healing from the perspective of neurophysiology, animal behavior, psychology and human development. SE™ addresses the psychobiology of stress and trauma, understanding that the traumatic stress symptoms of PTSD, chronic pain and developmental trauma are often expressions of incomplete or fixated brainstem functions of fight, flight and tonic immobility (freeze). It helps people complete these reactions and responses to restore their inherent self-correcting, self-regulating mechanisms. Integrating lower psychomotor processes with higher brain processes such as cognition and affect creates a more flexible neurological system and enhances a person's capacity to thrive and enjoy a wide spectrum of human experiences.

This workshop will include lecture and experiential components as well as a demo session with a conference attendee.