

# Outline

## Child Development: The Signs of Trauma in Each Developmental Period

- Pre-Natal
  - Hormonal interactions between mother and child
  - Birth Stress
- Year One
  - Safety, affection and containment
  - Proprioceptive development
- The Dopamine System
  - The space to explore one's effect on the world
  - The formation of a self that is different from Mom and Dad
  - Testing boundaries
- Age 3-5
  - The Biology and balance of shame
  - The importance of shame in society
  - The signs of overshaming
  - The signs of undershaming
- The initial forays into sexuality
  - The importance of flirting
  - How these same stages replay themselves out in later life

## The Naturalistic Mechanisms of Trauma

- Understanding our primary survival tactics and how they play out in the body: Flight, fight, freeze and collapse
- 500 million years of evolution: Our Polyvagal underpinnings
  - How the Dorsal Vagal System is related to shutdown and collapse
  - Fight or flight: Sympathetic/adrenal System mobilization, Returning to the our Mammalian birthright: The Ventral vagal system and social engagement
- How we get "stuck"
  - Tonic immobility - The fallback to freeze
  - Freeze couples with Fear
    - Dissociation
    - Bracing and terror
    - Euphoric dissociation
  - Collapse

"...Peter Levine has captured the essence of trauma as residing in the 'unspoken voice' of our bodies."  
— **Bessel van der Kolk, MD**, Bestselling Author of *The Body Keeps the Score*

- Somatic and emotional - syndromes and complexes
  - Emotional – anxiety, depression
  - Somatic – chronic pain, fibromyalgia
  - Autonomic – migraines, irritable bowel

## Resolving Traumatic Reactions

- The importance of "Bottom-Up" processing
  - The Paul MacLean's Triune Brain-  
*In an Unspoken Voice*
- Somatic Experiencing®
  - *Renegotiation* vs. Reliving.
    - Restoration of self-regulation
    - Somatic experience of trauma
    - Developing internal awareness
- The basic stages of trauma treatment
  - Containment of strong sensation and emotion
  - Pendulation – The dual opposites of sensation
  - Titration – going gradually
  - Completion
    - Renegotiation of active for passive responses
  - Allow things to settle: Self-Paced termination
- Simple exercises that you can use in your practice

## Spirituality and Trauma

- Incorporate client's spirituality into trauma work
- Help reinforce trust and acceptance in clients
- The importance for clients to maintain balance in life

## Limitations of Research and Potential Risks

# Your Presenter

**Peter A. Levine, Ph.D.**, holds doctorates in both medical biophysics and psychology. The developer of Somatic Experiencing®, a body-awareness approach to healing trauma, and founder of the Somatic Experiencing Trauma Institute, which conducts trainings in this work throughout the world and in various indigenous cultures, with 26 faculty members and over five thousand students. Dr. Levine was a stress consultant for NASA on the development of the space shuttle project and was a member of the Institute of World Affairs Task Force of Psychologists for Social Responsibility in developing responses to large-scale disasters and ethno-political warfare. Levine's international best seller, *Waking the Tiger: Healing Trauma*, has been translated into 22 languages. His recent interests include the prevention of trauma in children, and he has co-written two books, with Maggie Kline, in this area: *Trauma Through a Child's Eyes* and *Trauma-Proofing Your Kids*. His most recent book: *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*, was recently released to rave reviews. Levine's original contribution to the field of Body-Psychotherapy was honored in 2010 when he received the Life Time Achievement award from the United States Association for Body Psychotherapy (USABP).

Speaker Disclosure:  
Financial: Peter Levine is the Developer of Somatic Experiencing®. He is the founder and Senior Advisor to the Foundation for Human Enrichment; and Senior Advisor to The Meadows Addiction Treatment Center. Dr. Levine receives a speaking honorarium from PESI, Inc.  
Non-financial: Peter Levine is a member of the American Psychological Association; Humanistic Psychological Association; and International Society for Traumatic Stress Studies.



# Objectives

1. Articulate the four major developmental stages that increase vulnerability to trauma and how to recognize them in your clients.
2. Determine the naturalistic mechanics of trauma and survival responses of flight, fight, freeze and collapse as it relates to clinical treatment.
3. Discover the evolutionary underpinnings of trauma and the Polyvagal theory and their clinical implications.
4. Demonstrate the importance of "Bottom-Up" processing versus "Top-Down" processing to improve treatment outcomes.
5. Analyze the effects of stress on somatic and emotional syndromes in clients.
6. Incorporate Dr. Levine's simple containment tools in order to more effectively engage your client in trauma therapy.

"Memory has many layers, and Peter Levine has contributed his own unique and powerful way of thinking about how we can understand these systems and optimize their unfolding after trauma."

—of **Daniel J. Siegel, MD**,  
Bestselling Author of *Mindsight*,  
*The Mindful Therapist*, and *Pocket Guide to Interpersonal Neurobiology*


## Seminar & Webcast Schedule

Times Listed in Pacific

**9:30** Registration/Morning Coffee & Tea  
**10:00** Program begins  
**1:00-2:00** Lunch (*on your own*)  
**5:00** Program ends

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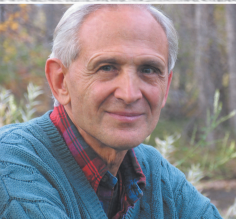
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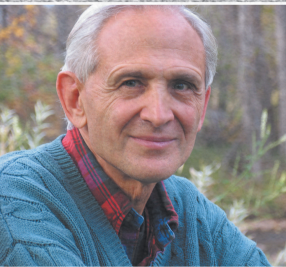
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Peter Levine, Ph.D., on Trauma

How the Body Releases Trauma and Restores Goodness

Join international trauma expert and author, Peter A. Levine, Ph.D. to learn how sensation-based treatment (as opposed to emotional or rational-based treatment) can be effective for trauma treatment. He will discuss the important principles in successful trauma treatment, and use his own successful renegotiation of a personal traumatic event as an example.

Representing the full scope of his life’s work, Dr. Levine will discuss the evolutionary underpinnings of trauma. The day will include an in-depth review of how trauma is related to the ethnological concept of tonic immobility, as well as the roadmap of the Polyvagal system – a fascinating neurophysiological model for understanding how we shift between the states of fight-or-flight, shutdown, and social engagement. Dr. Levine will also provide simple containment tools to help you develop your awareness of these state changes in order to more effectively engage your client in trauma therapy.

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BRAIN AND BODY IN A SEARCH FOR THE LIVING PAST  
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**B** **In An Unspoken Voice**  
How the Body Releases Trauma and Restores Goodness  
By Peter Levine, Ph.D.

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**F** **Trauma-Proofing Your Kids: A Parent's Guide for Instilling Confidence, Joy and Resilience**  
By Peter Levine, Ph.D. & Maggie Kline, MFT

**G** **Freedom From Pain: Discover Your Body's Power to Overcome Physical Pain**  
By Peter Levine, Ph.D. & Maggie Phillips, Ph.D.

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