

SOMATIC EXPERIENCING®
6 MODULES PROFESSIONAL TRAINING
BUDAPEST – HUNGARY



"Trauma is a fact of life.
It does not, however, have to be a life sentence."

Dr Peter Levine

In this summary you will find:

- ✧ what is included in the Somatic Experiencing® Professional Training Budapest;
 - ✧ what it's for;
 - ✧ to whom we recommend;
- ✧ which are the requirements to apply for the Training in Budapest;
 - ✧ how long the training is;
 - ✧ how much it costs;
 - ✧ when the next cohort will start;
- ✧ plus, a little recommended reading and watching.

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SCHEDULE AND STRUCTURE

The Somatic Experiencing® Professional Training offers a comprehensive, in-depth knowledge and "road map" to the neurophysiology of trauma theory and the principles of trauma processing.

SE® focuses on the body's and nervous system's reactions to treat symptoms caused by trauma and stress. The basic principle is that traumatic experiences leave traces not only in the mind but also in the body, for example in the form of muscle tension, rapid heartbeat or breathing difficulties. The aim of SE® is to help clients to release the survival energies trapped in the body and to complete the natural self-defence reactions that were interrupted during the traumatic event.

The intensive, 6-module training takes 2.5-3 years and consists of 2 modules of 6 days per academic year (for a total of 36 days of classroom learning). This timeframe gives participants the opportunity to practice and safely master newly acquired skills in both personal and professional settings.

The training will be held in English, with Hungarian simultaneous interpretation, using special interpreting techniques (the trainer will speak continuously). The training will be held in Budapest, and the participation will be exclusively personal.

During the modules, teaching days usually last from 10am – 6pm. During each day, students will receive a wealth of theoretical knowledge, so-called demos, i.e. practical demonstrations, and exercises in small groups of 3-4 people.

During this time, students will have the opportunity to get to know each other better and to form study groups in which they can practise between the two modules.

The trainer is supported by a large team of experienced assistants, including both Hungarian and foreign professionals.

During the exercises, each small group is joined by a trained, experienced assistant to support safe and enjoyable learning.

The members of the Assistant Team may also be asked to support trainee groups between modules.

WHAT DO WE LEARN DURING THE 6 MODULES?

Beginner year (Module 1-2)

Basic knowledge and skill development for trauma processing in the SE® biophysiological model.

- ✓ **The physiology of traumatic stress and its effects on the autonomic nervous system.**
- ✓ One of the basic principles of the SE® methodology is to practice tracking body sensations to access the responses of the autonomic nervous system.
- ✓ Learning the so-called **titration** and building continuity through the "felt sense".
- ✓ **Aspects of the neurophysiology of the threat response:** defensive orientation/fight/flight/freeze, deactivation and termination, and exploratory orientation.
- ✓ Through the so-called body tracking work used in the SE® methodology, we develop the skills to support the completion and full running of the "threat response cycle" and "incomplete survival responses".
- ✓ We will learn to titrate the **SE® trauma re-negotiation process** to ensure healthy integration of the experience.
- ✓ Through Stephen Porges' polyvagal theory, we begin to understand the autonomic nervous system in more depth.
- ✓ Understanding and relevance of the SE® model of **SIBAM** (Sensation, Image, Behaviour, Affect, Meaning) in trauma.
- ✓ Understanding **the coupling dynamics:** over- and under-coupling of SIBAM elements, elements of the physiological response in traumatic stressful situations.
- ✓ **Self-regulation** - being able to identify, normalise and stabilise traumatic reactions. Gain skills to avoid the trap of re-traumatisation.
- ✓ Helping clients to restore and maintain healthy boundaries.
- ✓ Learning effective intervention tools that offer long-term solutions to acute and chronic trauma symptoms.
- ✓ How we can integrate SE® into our existing professional practice.
- ✓ The appropriate use of touch in the context of SE®.

Intermediate year (Module 3-4)

We learn about the different categories of trauma discussed in the SE® model.

We will learn the basic features and characteristics of the categories and specific approaches and interventions to work effectively with them.

This knowledge can be applied to many other work situations involving traumatic or high-stress events. You will also learn about the physiology of traumatic stress and its effects on the autonomic nervous system.

- ✓ **Global (whole body) Intense Activation:** prenatal and perinatal trauma, early trauma, anaesthesia, strangulation, suffocation, drowning.
- ✓ **Intense impact/physical protection failure:** falls, high impact accidents, head injuries, motorcycle accidents and other high impact accidents.
- ✓ **Inescapable attack:** assault/attack, animal attack, sexual assault, prevented escape.
- ✓ **Physical injuries:** injuries caused by surgery, anaesthesia, burns, poisoning, accident or assault.
- ✓ **Natural and man-made disasters:** earthquake, fire, tornado, landslide, war, terrorism.
- ✓ **Horror:** witnessing an accident, violence or abuse.
- ✓ **Torture and ritual abuse:** wartime torture, concentration camps.
- ✓ **Emotional trauma:** severe neglect, abandonment and loss, ongoing abuse.

Advanced year (Module 5-6)

Further deepening and integrating the theory and practice of SE®, while developing our ability to tune in to the client. We will learn to work with complex trauma and symptoms (IBS, fibromyalgia, chronic fatigue), further deepen our understanding of the use of touch in the SE® methodology.

- ✓ We learn about the importance of stabilisation when working with complex trauma.
- ✓ We will learn about **the "concept of coherence" in working with complex trauma in SE®.**
- ✓ **We refine touch skills** to support "containment and coherence".
- ✓ We will learn about the interactions between autonomic nervous system dysregulation and **SE® model symptom complexes** (lack of interaction between the sympathetic and parasympathetic nervous systems).
- ✓ We will further deepen our understanding of polyvagal theory in working with symptom complexes.
- ✓ We refine the necessary SE® skills - titration and pendulation - to work with hypersensitive and symptomatic clients.
- ✓ We will learn about the **SE® model for working with eyes.**
- ✓ We will learn the touch-based techniques of SE® in order to work with different categories of trauma.
- ✓ We will learn how the SE® uses **joints, body joints and viscera** to access autonomic nervous system responses, supporting the completion of incomplete survival responses.
- ✓ We will explore the issues and possibilities of integrating SE® and SE® touch into an existing practice.

TEACHERS AND ASSISTANTS

Each module is delivered by a member of the Somatic Experiencing® International (SEI) training team (SEI Faculty Member).

Each year we work with a different teacher, each with their own unique character and experience, which helps to enrich the learning and experience.

[You can find here](#) the teachers of the current Training.

The next Somatic Experiencing® Professional Training in Budapest will start on 1 June 2027.

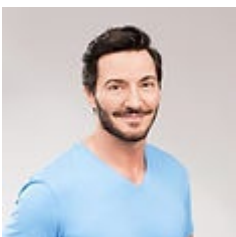
The trainers will be:

Beginner year - [Doris Rothbauer](#) - psychotherapist, SEP Trainer



Doris Rothbauer is a qualified psychotherapist who has been working as a teacher and trainer in various countries around the world and in her own practice in Munich for over 25 years. Originally trained in communication and cognitive psychology, she is also a certified trainer in Neuro-Linguistic Programming, NLP (Dr. Christina Hall) and a supervisor in NARM (Dr. Lawrence Heller) and Neuroaffective Developmental Psychology (Dr. Susan Hart and Marianne Bentzen).

Intermediate year - [Kavi Gemin](#) - CO, MT, RCST, BCST, SEP Training



An osteopath and craniosacral trainer, Kavi is a teacher and co-director of the International Institute for Craniosacral Balancing® and a member of the Somatic Experiencing® training team (Faculty). As a teacher of SE® methodology, Kavi shares his knowledge and passion for anatomy, physiology and neurobiology with his groups - with clarity, passion and creativity.

Advanced year - under organisation

The trainer and students are supported by a large team of assistants. Click here to meet them:



APPLICATION PREREQUISITES

Who is the Training for?

Somatic Experiencing® Professional Training is a training programme designed to develop the skills of professionals working with traumatised or distressed individuals. When applying for the Training, it is important that the applicant is a professional with an active practice, in order to be able to immediately apply and practice the techniques learned during the Training.

Graduate students on work placements may be exempted from this.

Applications will be assessed on an individual basis.

In the first instance, we are looking for applicants in the following areas:

- ✓ Mental health professionals: psychologists, psychiatrists, psychoanalysts, psychotherapists, social workers, counsellors, marriage and family therapists, art therapists, etc.
- ✓ Medical and alternative medicine professionals: doctors, nurses, physiotherapists, occupational therapists, chiropractors, ambulance workers, surgeons, midwives, acupuncturists, naturopaths, etc.
- ✓ Bodywork practitioners: massage therapists, Rolfing therapists, craniosacral therapists, Feldenkrais practitioners, yoga therapists, etc.
- ✓ Others: first aid providers, crisis centre staff, trainers, mediators, pastors, teachers, etc.

According to our former students, their self-awareness has improved a lot during the Training, with many of them reporting that they have become "better people, better helping professionals". Self-awareness development is a beneficial effect of the Training, but we think it is important to emphasize that **SE® Training is first and foremost a professional training and not a self-awareness process!**

Recommended

Before the start of the Training, we recommend you to attend 1-3 SE® sessions as a personal experience, which will give you a personalised practical insight into the SE® methodology and help you to learn the basics of self-regulation.

Introductory Workshop

All participants of the SE® Training must attend a so-called Introductory Workshop before the start of the Training.

During this weekend Workshop, we will offer skills and tools that participants can immediately apply - both personally and professionally - to support self-regulation and alleviate symptoms of the dysregulated nervous system.

We build skills through experiential exercises, demonstrations and theory to provide a safe toolkit for developing self-regulation.

The Workshop will be held online and will be structured in a similar way to the Training module days. The programme will run from 10am to 5:30pm on both days, held in English with simultaneous interpretation in Hungarian using Zoom's separated interpretation channel. Again, the trainer and participants are supported by a team of assistants.

If you are interested in SE® or Professional Training but are not sure if this is your path, after the 2-day Introduction you will be able to decide with full confidence whether you would like to be trained in this method or whether you would prefer to participate in an individual process with the support of a SE® professional (SEP).

[Find here](#) details of the next Workshop.

How to apply for the Training

All applicants must complete the application form and attach the following documents:

- professional curriculum vitae
- cover letter (a brief description of why you are interested in working with trauma)
- 2 professional recommendations
- document certifying membership of a professional organisation (optional)
- self-portrait
- Introductory Workshop certificate of attendance

[You can read here](#) more about the prerequisites for the Training.

TRAINING REQUIREMENTS

Presence

If you miss a part of a module, you can make up for it by taking one supervision hour for each day you miss, in addition to the supervision hours included in the requirements.

If for some exceptional reason a whole module is missed, it can be made up by special agreement by viewing the theoretical video material and completing a minimum of 2 supervision hours to learn the experiential exercises.

Consultation requirements

If you would like to become a SE® Practitioner (SEP), you have to take with a Session Provider SEP:

- 15 credits of personal experience (always individual) and
- 18 credits of supervision-focused consultation hours (can be individual or group)

For more details on the consultation requirements and prices [click here](#).

TUITION FEES

Tuition fees are paid separately per academic year and include the following:

- Two 6-day modules with an SEI (Somatic Experiencing® International) accredited trainer (SEI Faculty Member)
- A large team of assistants to support your learning (one assistant for every 3-4 participants)
- Simultaneous interpretation
- Student Portal access - this is where you can access recordings of the theoretical material of the training, slides used by the trainer and other information and resources - in both English and Hungarian.

The prices for the Beginner Year (Module 1-2) of the current training are as follows:

- for a lump sum payment 1.800 EUR + 27% VAT or 736.000 HUF + 27% VAT
- 2.000 EUR + 27% VAT or 820.000 HUF + 27% VAT in case of instalment payment

Payment schedule: you can pay the training fee in monthly instalments of 400 EUR + 27% VAT (or 164.000 HUF + 27% VAT) starting from the date of acceptance of your application, with at least 2 instalments until the start of Module 1 and the last instalment until the start of Module 2.

[You can find here](#) more information on tuition fees.

We conclude a separate Student Adult Education Contract with our students each academic year, as required by the relevant legislation, and we issue a VAT invoice for the tuition fees in each case.

USEFUL SE® INFO

If you would like to learn more about the methodology of SE®, here is a taste.

Books

- Peter A. Levine: Healing Trauma - A Pioneering Program for Restoring the Wisdom of Your Body
- Peter A. Levine: Awakening the Tiger - Healing trauma
- Maggie Kline and Peter A. Levine: Trauma-Proofing your kids
- Deb Dana: Anchored - How to befriend your nervous system using polyvagal theory

Articles, videos:

[Experiencing a sense of security – 2 exercises with Peter Levine](#)

[An introduction to Somatic Experiencing - Ray's story](#)

[Healing your earliest attachment wounds - with Peter Levine](#)

[Immobility and Fear: Peter Levine](#)

[Some SE® exercises](#)