

# ***What is Somatic Experiencing?***



## ***An introduction to Somatic Experiencing with Judy Young Melanson***

**When:** Thursday September 14, 2023, 7-8 pm (Atlantic Time)

**Where:** via Zoom

**Investment:** Your presence

A free information session that will introduce the history and process of Somatic Experiencing work. Examples of how SE aims to directly but gently shift the nervous system from fight/flight/freeze will be given, along with some resources to increase our capacity for gentle healing in support of a more connected engagement with life.

"SE is a body-oriented therapeutic model that helps heal trauma and other stress disorders. Developed by Peter Levine, Ph.D., it is the result of the multidisciplinary study of stress physiology, psychology, ethology, biology, neuroscience, indigenous healing practices, and medical biophysics, with more than 45 years of successful clinical application."

**"Trauma is a fact of life but it doesn't have to be a life sentence."**

[See more at www.traumahealing.org](http://www.traumahealing.org)

Zoom link will be sent upon registration.

Email: [judemelanson@gmail.com](mailto:judemelanson@gmail.com) to register

**Phone: (506) 866-3346 for more information**

**Facilitator: Judy Young Melanson, SEP** is based in Atlantic Canada. She offers Somatic Experiencing individually as well as systemic constellation work in groups, privately in person, by phone or online.