

Somatic Experiencing® Professional Training Beginning 1 and 2

I was fortunate to receive funding towards undertaking the Beginning 1 and 2 Somatic Experiencing® (SE) training, the experience has been truly life-changing! I have begun to integrate SE principles into my work, helping children and families begin to discharge trauma energy, regulate their nervous systems, and find safety in their bodies. This approach has strengthened my ability to respond to complex trauma and continue to use a trauma-informed approach to care.

I work within a specialist team that supports children at risk of entering care, as well as their families. My role also involves supporting caregivers and providing consultations to colleagues. SE has offered me something unique, grounded in trauma-informed practice, and understanding trauma as something stored in the body, focusing on calming the nervous system by noticing physical sensations. This approach uses insights from neuroscience, biology, psychology, animal behaviour, and traditional healing to “help people gently release stuck survival energy and recover without causing further harm”.

One example of SE in practice was when I worked with a young person who had experienced significant family disruption and showed signs of anxiety and emotional withdrawal. After creating a sense of safety, I introduced gentle Somatic Experiencing (SE) techniques, focusing on resourcing, body awareness, and grounding exercises. Over time, the young person became more able to notice their body’s signals and use these strategies to manage overwhelming feelings. Caregivers later shared that the child appeared calmer and more connected during family interactions. This experience reinforced how SE can support regulation and resilience in the context of trauma.

Over a 6 six months period from January, I will lead a pilot project within my team to provide Systemic and Family Therapy work alongside SE principles. This combined approach aims to release trauma and address generational patterns of harm and create new patterns of healing. Both Systemic and Somatic approaches honour relational and embodied experiences, creating possibilities to integrated pathways for healing.

I plan to go on to completing the full SE training as I am of the view it will significantly enhance my ability to engage families, repair fractured relationships, and address trauma at its root. By strengthening these connections, as a team, we aim to break cycles of repeat referrals and improve long-term outcomes for children, helping them feel safe, secure, and supported within their family units. Ultimately, our goal is to reduce the number of children entering care and enable them to remain safely with their families or extended networks.

I am deeply grateful for the support I have received, thank you.