



Dr. Peter Levine: In An Unspoken Voice



Dr. Peter A. Levine received his PhD in medical biophysics from the University of California in Berkeley and also holds a doctorate in psychology from International University. He has worked in the field of stress and trauma for over 40 years and is the developer of the Somatic Experiencing® method. Dr. Peter Levine will discuss the nuances of trauma and somatic healing, and how to heal from it.

**TOP EMBODIMENT TIP:** I see trauma as a journey towards greater and greater embodiment.

What is Trauma?

- **Trauma is primarily something that happens in the body; it is about being overwhelmed.**
- When we feel threatened, our bodies go through reactions such as tightness of shoulders, constriction of throat and an inability to breathe fully.
- **Healing trauma requires providing the body a new experience that specifically contradicts those of overwhelming helplessness.**
  - **Dissociation:** a main effect of trauma in which we lose contact with the body.
- When trauma is resolved, it can lead to transformative experiences which are rooted in the body.
- Rather than trying to erase a person's thoughts of trauma or solely medicating, coming home to the body is the most essential thing we can do.

The Social Engagement System:

- The Social Engagement System is about **having our bodies online**, being present and connected with ourselves and others.

Video Notes:

- We become frightened and energy gets locked in the body.
- We refuse to release that energy all at once, due to fear of being overwhelmed by it.
- Trauma is **a breach in the protective barrier against overstimulation, leading to feelings of overwhelming helplessness.**

The Key to Somatic Healing/Enhancing Embodiment:

- **The key is to release this energy one small amount at a time.**
- Dr. Levine highlights the Japanese concept of Wabi-sabi:
  - **Wabi-sabi:** a worldview centered on the acceptance of transience and imperfection.

Resources

- ❖ **Books:** [Waking the Tiger: Healing Trauma](#), [Healing Trauma: A Pioneering Program for Restoring Wisdom of Your Body](#)
- ❖ **Website:** [www.traumahealing.org](http://www.traumahealing.org)
- ❖ **Social:** Facebook: [Somatic Experiencing Institute](#)
- ❖ **References:** Paul Linden, Gabor Mate, Mark Walsh



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

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