

THE WHITE ELEPHANT  
**SPRINKLES  
OF WISDOM**



**SOMATIC  
EXPERIENCING®**  
INTERNATIONAL

Upskilling through



# Somatic Experiencing®

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A THREE-YEAR INTERNATIONALLY RECOGNIZED  
PRACTITIONER TRAINING IN RISHIKESH

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# The Power of Somatic Experiencing®

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## What Exactly is Somatic Experiencing®

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Somatic Experiencing® is a trauma-focused therapeutic approach developed by Dr. Peter A. Levine, a renowned psychologist and biologist. It draws from his study of how animals recover from trauma without lasting symptoms and applies this understanding to humans.

Dr. Levine's method recognizes that trauma can become physically trapped in the body, leading to various symptoms. Somatic Experiencing® aims to release and resolve these sensations, promoting a sense of safety and empowerment by tapping into the body's natural healing abilities. This approach emphasizes the interconnectedness of body and mind to help individuals restore balance and well-being.

DISCOVER SOMATIC EXPERIENCING®



## “The Somatic Experiencing Training®”

Discover a therapeutic healing of Trauma.

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We invite you to embark on a profound exploration of Somatic Experiencing® with 'The White Elephant-Sprinkles of Wisdom' team in collaboration with Somatic Experiencing® International. This three-year program, nestled in the spiritual haven of Rishikesh, allows you to understand the mind-body's potential to heal itself naturally using unique techniques and processes involving Somatic Experiencing®. Explore this scientific process involving the Nervous system through this program held in the beautiful yoga capital of the world, Rishikesh, and become a certified SE™ Practitioner.

# Highlights

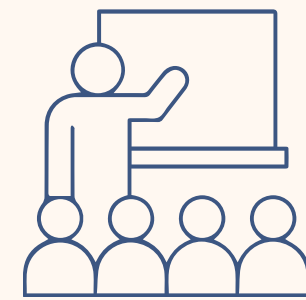
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Delve into the art of understanding the mind-body connection.

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Learn from renowned Somatic Experiencing® experts.



Acquire tools to address trauma stored in the body.

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Gain certification and Upgrade your professional skills



Explore the Scenic beauty of Rishikesh

# A Three-Year Practitioner Training On Somatic Experiencing Program Highlights

## Beginner's Level

- ❖ Develop foundational skills in the SE™ bio-physiological model for the resolution of trauma. Typically consists of three 4-day live training modules spaced 2 to 4 months apart.
- ❖ Analyze the physiology of traumatic stress and its effect on the autonomic nervous system (ANS).
- ❖ Practice the fundamental SE™ method of tracking sensation to access responses in the ANS.
- ❖ Assess the neurophysiology of each aspect of the threat response: defensive orientation, fight/flight/freeze, deactivation and completion, and exploratory orienting.
- ❖ Develop skill in working with the SE™ model of tracking sensation to support completion of the threat-response cycle and incomplete survival responses.
- ❖ Demonstrate how to “titrate” (modulate) the SE™ trauma renegotiation process to ensure healthy integration of experience.
- ❖ Begin to integrate Porges' Polyvagal Theory of ANS function.
- ❖ Explain the SE™ model of SIBAM (Sensation, Image, Behavior, Affect, Meaning) and its significance in trauma.
- ❖ Explore coupling dynamics—the over- and under-association of the elements of SIBAM and elements of physiological responses to traumatically-stressing experience.
- ❖ Support clients in re-establishing and maintaining healthy boundaries.
- ❖ Identify, normalize, and stabilize traumatic reactions.
- ❖ Acquire brief intervention skills that provide long-term solutions to acute and chronic symptoms of trauma.
- ❖ Explore the integration of SE™ into ongoing professional practice.
- ❖ Explore the appropriate use of touch in the context of SE™.

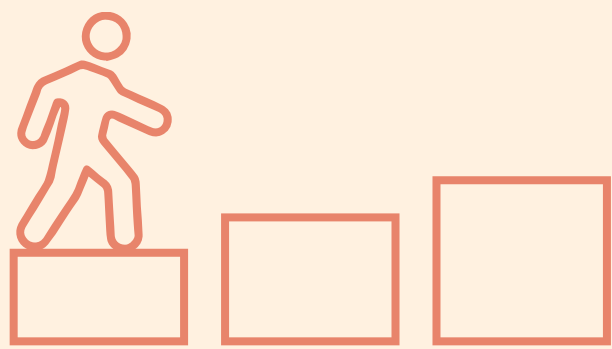
## Intermediate Level

- ❖ Global High-Intensity Activation (GHIA): pre- and peri-natal trauma, early trauma, anesthesia, suffocation, choking, drowning.
- ❖ High Impact/Failure of Physical Defense: falls, traumatic brain injury, motor vehicle accidents, and other high-impact accidents.
- ❖ Inescapable Attack: assault, animal attack, rape or sexual abuse, inhibited escape.
- ❖ Physical Injury: surgery, poison, burns, physical injury due to accident.
- ❖ Natural and Man-Made Disasters, Horror: natural disasters (e.g. earthquake, fires, etc.), war, terrorism, torture, ritual abuse, horror (e.g. witnessing abuse, causing harm to another).
- ❖ Emotional Trauma: severe neglect, severe loss, ongoing abuse.

## Advanced Level

- ❖ Explain the importance of stabilization when working with complex trauma.  
Explore the SE™ concept of “coherence” in working with complex trauma.
- ❖ Refine touch skills for supporting containment and coherence.
- ❖ Explain the interrelationship between dysregulation of the ANS and the SE™ model of syndromes (non-reciprocal relationship between the sympathetic and parasympathetic nervous systems).
- ❖ Analyze the Polyvagal Theory as it relates to working with syndromes.
- ❖ Refine the necessary SE™ skills of “titration” and “pendulation” when working with highly sensitive and syndromal clients.
- ❖ Apply the SE™ model for working with the eyes.
- ❖ Develop SE™ touch-based skills for working with different categories of trauma.
- ❖ Explain how SE™ uses joints, body diaphragms, and the viscera to access ANS responses and to support the completion of incomplete survival responses.
- ❖ Explore scope-of-practice issues relating to the integration of SE™ and SE™ touch into professional practice.

# Training Structure

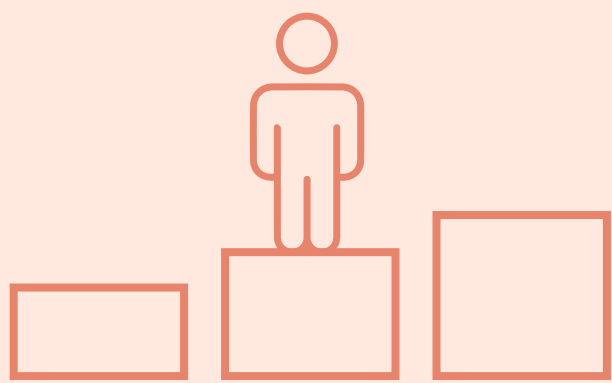


**Beginner 1**

6 days workshop

**Beginner 2**

6 days workshop



**Intermediate 1**

6 days workshop

**Intermediate 2**

6 days workshop



**Advanced 1**

6 days workshop

**Advanced 2**

6 days workshop

Please reach out to the organiser for the dates of the cohort you are interested in.



# Stay Connected and Enhance Your Learning



- ❖ Regular online sessions shall also be conducted for doubts, clarification, and supervision.
- ❖ These sessions are an integrated approach towards learning to help you stay connected with the training material and updated with the lessons between the seminars.
- ❖ Engage in discussions, share experiences, and enhance your understanding.
- ❖ Opportunity for discussions on case studies and practical experiences.

Note: The seminars will exclusively take place in a physical, in-person format. Online supervision sessions with the teacher and group discussions among students will be reserved to keep everyone up-to-date with the curriculum already covered. This approach enables participants to stay actively engaged with the training.

# Eligible Applicants for the Program

Chiropractors, Osteopath, Doctors (Gynecologist, Pediatricians), Nurses, Psychologist, Psychiatrist, Massage therapists, Movement therapists, Craniosacral therapists, Physiotherapists, Human Resource Professionals, Life Coaches, Business Coaches, Yoga Teachers, Motivational Speakers, Social workers, Counselors, Speech Therapist, Children Workers, Personal trainers, Primary Care Givers, Doula, Midwives.

**'The White Elephant - Sprinkles of Wisdom' Team shall be reviewing the applications to ensure the program is a good fit for you.**

# Joining the Journey

## Registration Process

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- ✓ Fill out the registration form present on the website or reach out to us at

[pooja@thewhiteelephant.in](mailto:pooja@thewhiteelephant.in)

- ✓ Fill out the Google form to seek our approval
- ✓ Sign a consent form to ensure you understand the guidelines and requirements of the training
- ✓ Once your form is approved, you shall be notified.  
Secure your spot by completing your payment

## Certification Requirements

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- ❖ Completion of all 216 hours of in-person training.
- ❖ Engage in 18 hours of supervision.
- ❖ Participate in 12 personal sessions.
- ❖ Submission of requirements to Somatic Experiencing International (SEI).
- ❖ Successful completion leads to your SEP Practitioner Certificate.

Please note that all training sessions are conducted in person at the designated venue in Rishikesh. Regular online sessions are primarily reserved for revisions and discussions, allowing you to stay connected with the curriculum previously covered.

# Cancellation and Non Refund Policy

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**In case you missed your previous training dates due to an emergency, we can accommodate you in the next training session.**

The above payments are subject to a strict no-refund policy. One must be mindful before choosing to make payments to confirm their seat at the training. One will receive a receipt via email once the payment is completed. It is important for a student to complete their payments only after their application is approved.

**For Refund and Cancellation Policy please refer to this link**

[thewhiteelephant.in/refund-and-cancellation-policy](http://thewhiteelephant.in/refund-and-cancellation-policy)

# For International Student Visa Policy

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International participants are advised by the Indian Embassy to obtain an ENTRY VISA for attendance at this training. We will assist by providing an invitation letter.

Please note that The White Elephant- Sprinkles of Wisdom bears no responsibility for any visa-related issues beyond this assistance.

# Scholarship from SE



[traumahealing.org/tuition-and-support/](https://traumahealing.org/tuition-and-support/)

# Your Stay in Rishikesh



## Why Rishikesh is the Ideal Setting for Your Journey

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Our training will take place amidst the tranquil and spiritually rich environment of Aurovalley Ashram close to Rishikesh.

Surrounded by the majestic Himalayas and the sacred Ganga River, this setting will provide the perfect backdrop for self-discovery and emotional growth.

You are welcome to make your own accommodation arrangements as well. During the training, we shall be providing lunch and two teas.

If you plan to stay at the Ashram, kindly contact us for additional information and to make a booking.

Note: Accommodation is not included in the program fees. A separate fee needs to be paid for the stay

# Ashram Stay Rules and Regulations.



The Aurovalley ashram, nestled near the Rajaji National Park, is a serene retreat frequented by deer, birds, elephants, and peacocks during the peaceful early mornings and evenings.

In seminars like this, we explore the vital concept of adult responsibility, both theoretically and practically.

Given its ashram setting, facilities are limited, offering simple satvic food and cozy single-sharing rooms suitable for workshop participants. While mattresses may not match those at home or in hotels, we suggest bringing items to enhance your comfort during your stay. For guests requiring hot water, we have requested the installation of common hot geysers on each floor.

## Dress code

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The ashram follows a modest dress code, requiring attire that covers the body adequately and avoids excessive exposure of skin. Open or transparent clothing is not encouraged. We kindly request guests to wear loose and comfortable clothing that maintains modesty without being overly revealing.



# Food/Dining Timing at the Ashram

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Meals at the ashram adhere to strict timings

Breakfast	08:00 am - 08:30 am
Tea break	11:00 am - 11:30 am
Lunch	01:00 pm - 01:30 pm
Tea break	04:15 pm - 04:45 pm
Dinner	07:00 pm - 07:30 pm

For those with gluten or lactose intolerances, we recommend bringing supplements or alternative foods, as providing substitutes is challenging in an ashram environment. Additionally, please ensure you have an adequate supply of medications and any necessary items for your safety and comfort.

Each building within the ashram is equipped with a communal pantry featuring an electric kettle for access to hot water for drinking.

As organizers, we will endeavor to make you feel comfortable and well-cared for, but your own efforts in self-care will also contribute to our collective well-being.

# Gallery



CONTACT & INQUIRY

## Connect with Us

+91 9731819703

[www.thewhiteelephant.in](http://www.thewhiteelephant.in)

[pooja@thewhiteelephant.in](mailto:pooja@thewhiteelephant.in)

### Inquiry Process

Reach out for more information or payment inquiries.  
Our dedicated team is here to assist you.

## Learn & Upskill

[REGISTER NOW](#)