

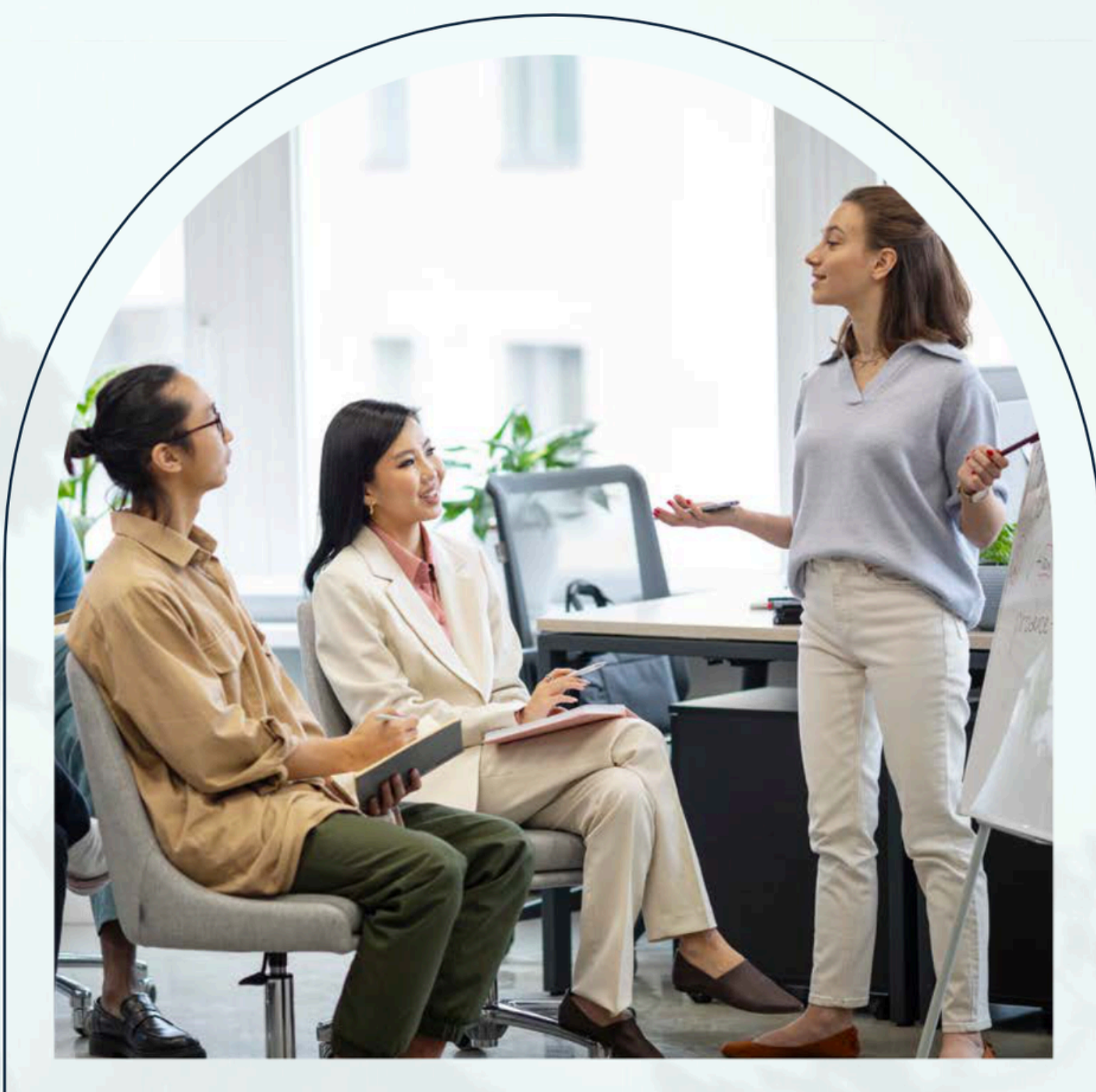


THE WHITE ELEPHANT
**SPRINKLES
OF WISDOM**



**SOMATIC
EXPERIENCING®**
INTERNATIONAL

Upskilling through



Somatic Experiencing®

A THREE-YEAR INTERNATIONALLY RECOGNIZED
PRACTITIONER TRAINING IN RISHIKESH

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The Power of Somatic Experiencing®



What Exactly is Somatic Experiencing®

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.

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 heaven 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.

Trainer Information



Sonia Gomes

Sonia Gomes, Ph.D., SEP™ is a Senior International Faculty Member for Somatic Experiencing® (SE™), Clinical Psychologist, Structural Rolfer®, Rolfing® Movement Practitioner, and the creator of SOMA Embodiment®. With more than 35 years of experience in clinical psychology, body-oriented psychotherapy, and trauma healing, she is internationally recognized for her depth of knowledge, compassionate presence, and transformative teaching.

Sonia specializes in the treatment of developmental trauma, attachment trauma, and shock trauma through an integrative approach that combines Somatic Experiencing®, therapeutic touch, movement, and embodiment. She has been teaching the Somatic Experiencing® Professional Training across Europe, North and South America, Asia, and South Africa, while also mentoring and training future SE faculty members. As the creator of SOMA Embodiment®, she has developed an advanced approach that integrates touch and movement to support emotional regulation and trauma resolution.

Known for her inspiring demonstrations, clinical excellence, and deeply experiential teaching style, Sonia empowers practitioners to cultivate embodied presence and advanced therapeutic skills in working with trauma.

A Supportive Team for Your Learning

Meet Your Main Tutor and Assistants

Efu Nyaki, your main tutor,
will guide you through Years One, Two and three through her expertise in
Somatic Experiencing®.

1 YEAR ONE
BEGINNER

Taught by **Efu Nyaki**

2 YEAR ONE
INTERMEDIATE

Taught by **Efu Nyaki**

3 YEAR THREE
ADVANCE

Taught by, **Sonia Gomes**

Team Of Assistants

Our team includes **18+ dedicated assistants**, with every
assistant guiding and supporting 3 students each.

Together, our team is committed to your mastery of Somatic Experiencing and
provides you with constant support, and encouragement to upskill you with
essential teachings and practical exposure.

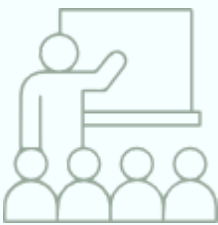
The role of the assistant also involves creating a nurturing and empathetic
environment to ensure that students feel at ease, emotionally anchored, and
secure as they delve into the challenging subject matter, which may
occasionally stir up traumatic experiences.

Highlights



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

Learn from renowned Somatic Experiencing® experts.



Acquire tools to address trauma stored in the body.

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™.

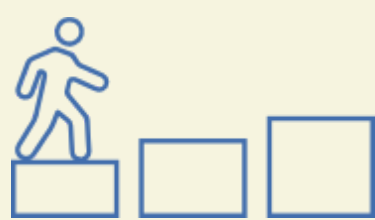
Intermediate Level

- ❖ 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.

Dates for Different Levels



BEGINNER 1

29th Oct 2024 - 3rd Nov 2024

BEGINNER 2

21st Mar 2025 - 26th Mar 2025



INTERMEDIATE 1

5th Nov 2025 - 10th Nov 2025

INTERMEDIATE 2

12th Mar 2026 - 17th Mar 2026



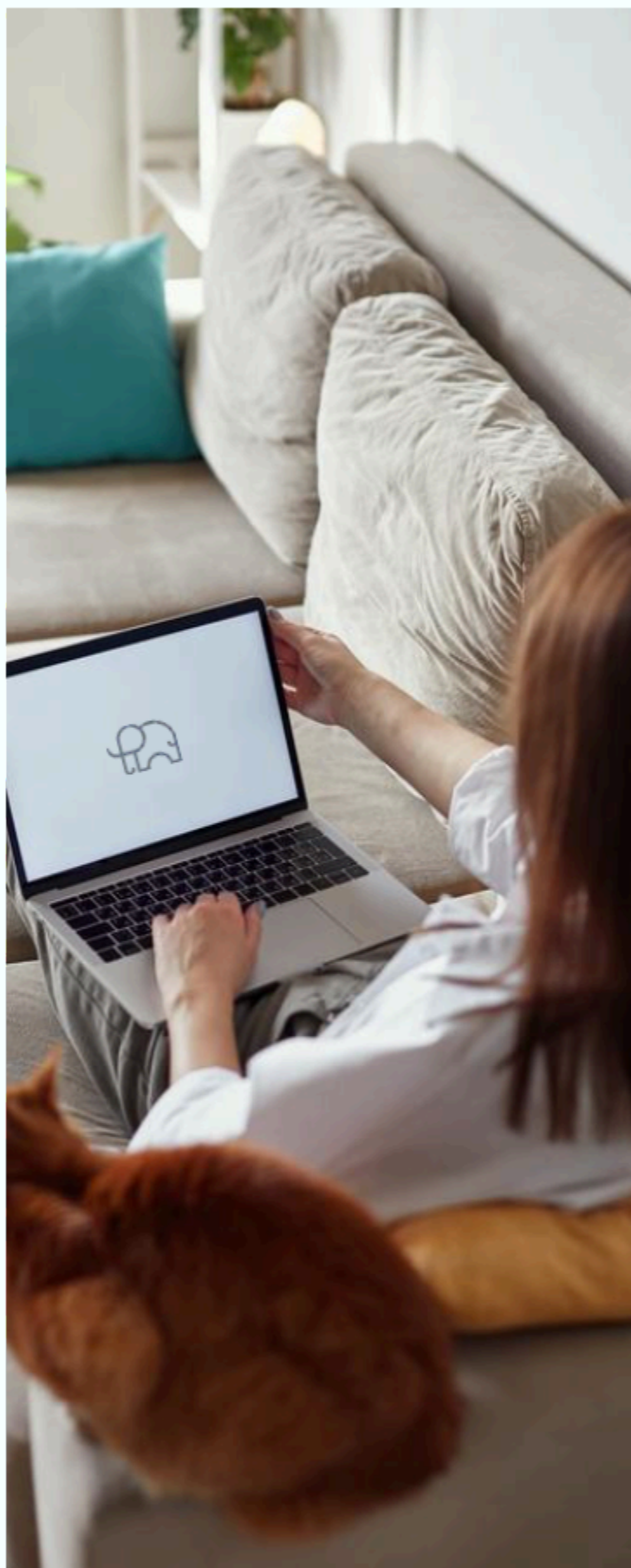
ADVANCED 1

30th Nov 2026 - 5th Dec 2026

ADVANCED 2

2nd Mar 2027 - 7th Mar 2027

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

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

pooja@thewhiteelephant.in

- ✓ Fill out the registration Form

REGISTER NOW

- ✓ Sign a consent form to ensure you understand the guidelines and requirements of the training
 - ✓ Fill out the registration process.
- Secure your spot by completing your payment

Certification Requirements

- ❖ 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

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

For International Participants

Visa Policy



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.

Payment Details

Payment Option 1 – Pay Per Seminar

Beginners	
MODULE 1 60,000 INR + 18% GST	MODULE 2 60,000 INR + 18% GST
Intermediate	
MODULE 1 78,000 INR + 18% GST	MODULE 2 78,000 INR + 18% GST
Advance	
MODULE 1 96,000 INR + 18% GST	MODULE 2 96,000 INR + 18% GST

Payment Option 2 – Pay Per Year

Beginners
1,10,000 INR + 18% GST
Intermediate
1,48,000 INR + 18% GST
Advance
1,80,000 INR + 18% GST

Important Note:

- For the last date of payment, please contact us.
- Accommodation is not included in the program fees. A separate fee needs to be paid for the stay
- To avail additional discounts, please stay updated on our website and other social media channels, or feel free to get in touch with us via email or phone call.

Your Stay in Rishikesh



Why Rishikesh is the Ideal Setting for Your Journey

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

Your Stay in Rishikesh

The White Elephant organises its trainings at the Aurovalley Ashram in Rishikesh. Please note that **accommodation is not included** as a part of the training program. The ashram does offer rooms and stay facilities, which participants may choose based on their own preference and comfort. As the ashram is located on the outskirts of a national park, the environment is natural and peaceful, but it also means the area can be more susceptible to insects, bugs, and other elements of nature.

The accommodation at the ashram is very **basic and simple**, and should not be compared to a hotel experience. Rooms usually include attached washrooms, but there is **no room service** or hotel-style hospitality. Wi-Fi connectivity at the ashram can also be limited or inconsistent at times. The food served at the ashram is generally simple and bland. While some participants enjoy the simplicity of the meals, others may prefer exploring food options outside. There are cafés and restaurants available within a short driving/rickshaw distance.

The White Elephant neither specifically recommends staying at the ashram nor advises against it. The choice of accommodation is entirely an individual decision based on one's comfort, preferences, and personal requirements.

For participants who prefer alternate stay options, we have attached below a few nearby hotels located approximately 20–30 minutes away from the ashram, along with some Airbnb options available within a 10–15 minute distance.

We kindly request participants to note that **The White Elephant is responsible only for organising and facilitating the training program itself, and NOT for the accommodation arrangements of participants.**

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

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

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.

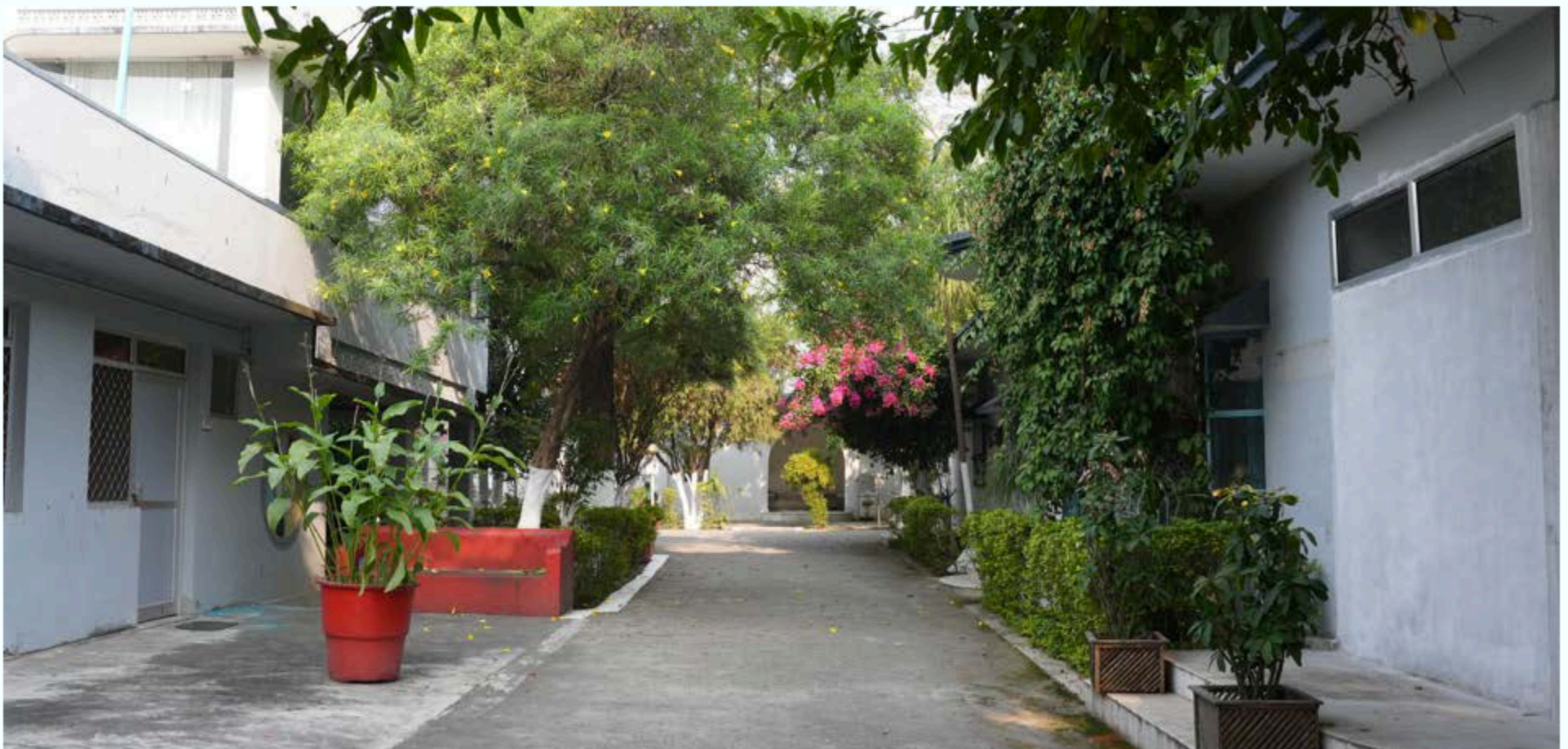
Gallery

About workshop



Gallery

About Ashram



Gallery

About Stay



CONTACT & INQUIRY

Connect with Us

+91 9731819703

www.thewhiteelephant.in

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