



Amy Blitzer  
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To Whom it may concern,

The **Somatic Experiencing® Professional Trainings** are a four-day experiential learning experience for levels 1-6 and levels 7 and 8 are six-day experiential learning experiences. It is a three-year training that enhances graduate level learning for psychologists in the assessment and treatment of clients with trauma. Psychologists, social workers, medical and mental health professionals who complete this training develop clinical tools for assessing the biopsychosocial responses to trauma; clinical tools to reduce symptoms of trauma; psychoeducational strategies; and benchmarks for clinical change.

The Somatic Experiencing treatment modality has strong emerging clinical evidence for treating post-traumatic stress disorder and its core principles are based in well-established clinical neuroscience. Currently there are ten quantitative and six qualitative studies on the SE model published in peer reviewed journals. At this time, there are two systematic reviews of clinical evidence. One review found preliminary evidence that somatic experiencing significantly reduced PTSD symptoms, and some early indications for improvement of somatic symptoms and overall wellbeing/quality of life. This review noted that the current data were of mixed quality. Psychologists who complete this training develop clinical tools for assessing the biopsychosocial responses to trauma, clinical tools to reduce symptoms of trauma, psychoeducational strategies, and benchmarks for clinical change. A second review by ISSTS, one of the leading journals in the field of traumatology, found that the SE model was an emergent treatment with solid initial evidence.

The mornings are filled with diversified lecture material. The afternoons have a demonstration of the morning's lecture material, by the instructor, then participants will break into small practice groups with three participants in each group. Participants work with an assistant, taking one of three roles: Practitioner, Client, or Observer. There are three rounds of practice, so that each participant has experience being in each of the roles. After each practice round there will be a debrief with review of the work and material, with time for questions and answers for optimum learning opportunities.

Amy Blitzer attended and completed the requirements for these modules:

- Los Angeles, CA - Beginning I - March 18-21, 2016 24 contact hours
- Los Angeles, CA - Beginning II - June 24-27, 2016 24 contact hours
- Los Angeles, CA - Beginning III - August 5-8, 2016 24 contact hours
- Petaluma, CA - Intermediate I - September 9-12, 2016 24 contact hours
- Petaluma, CA - Intermediate II - December 9-12, 2016 24 contact hours
- Petaluma, CA - Intermediate III & Group Case Consult - February 17-20, 2017 24 contact hours
- Burlingame, CA - Advanced I - April 6-11, 2017 36 contact hours
- Burlingame, CA - Advanced II - October 5-10, 2017 36 contact hours

If you have any questions regarding these courses, please feel free to contact us.

**Sandra Ackley**

Continuing Education Manager

Somatic Experiencing International

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