

The New Mexico Somatic Experiencing® Community would like to invite you to be a part of a growing community here in our state dedicated to healing trauma. Come join us for the 1.5 hour presentation and learn more about Somatic Experiencing®

Somatic Experiencing® (SE)™ A Body-Mind Approach to Healing Trauma & Increasing Resiliency



**Presenter: Jeanna Gomez, LCSW, LADAC, CPC, SEP, BASE-P
Somatic Experiencing® International Faculty**

This workshop will focus on sharing information on the use of Dr. Peter Levine's Somatic Experiencing® in the healing of traumatic stress. As therapists and healers, we become engaged in helping our clients lessen their pain that we often forget the importance of working on our own well-being. This workshop will introduce attendees to this powerful therapeutic method that is designed to heal traumatic stress not only in clients but also in our lives as the healer. Come join us for this educational and experiential workshop.

Workshop Objectives include the following:

- Provide a basic overview of the physiological-focused approach of Somatic Experiencing®.
- Explain how SE helps restore the natural self-correcting, self-regulating mechanisms of the human nervous system.
- Experiment with SE tools that are important in this model.

When: Thursday, 4/24/2025, 4:30 – 6:00 pm. No cost, but you must register to hold your spot.

Where: Santa Fe Southside Public Library, Southside Cafe Room, 6599 Jaguar Dr., Santa Fe, NM 87507

[Click here to register](#)

Questions about this presentation and/or the upcoming SE Professional Training in Santa Fe
Contact:

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Sponsors for this event:



A special thank you to our local SE training assistants Jeanne Du Rivage, Annette Mirabal and Kara Andresen for their help in bringing these presentations to life.