

EASE NewsPlatform

Europe, 2025

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EASE
European Association for
Somatic Experiencing



**2026**
**PRESENCE,
PREVENTION
AND PROSPECTS**

11-13
JUNE 2026
PRAGUE, CR

**RESOLVING TRAUMA &
RESTORING GOODNESS
IN THE WORLD**



SECONFERENCE2026@SOMATIC-EXPERIENCING.DE



SOMATIC
EXPERIENCING (SE)®
DEUTSCHLAND



EASE
European Association for
Somatic Experiencing

**3rd European
Conference on Somatic
Experiencing (SE)®**

**Presence, Prevention
and Prospects:**

**Resolving Trauma &
Restoring Goodness in
the World**

Presence, Prevention and Prospects: Resolving Trauma & Restoring Goodness in the World

DESCRIPTION

The theme of the 3rd European Conference on Somatic Experiencing (SE)® is
“Presence, Prevention and Prospects – Resolving Trauma & Restoring Goodness in The World”

The Conference offers to work in the following themes areas of interest include, but are not limited to, the following topics:

SE supporting the next-generation

SE building Resilience

SE in Conflict Zones

SE beyond trauma

SE and neuroscience

SE and research

SE and AI

SE nowadays and the future

This Call for Contributions invites proposals from SE-Practitioners (SEPs), SE-Students and people working in the therapeutical field as well as interested colleagues from connected fields on topics relevant to the Conference. Particularly, contributions that are relevant to the working title will be considered.

For more details look into:

https://drive.google.com/file/d/1GKGJz8ozUlf3ifnpCAT59o9hhvt_sC45/view?usp=sharing

Please, if you have any ideas or any questions, please, contact:

seconference2026@somatic-experiencing.de

COFFEE WITH SE®



DESCRIPTION

The idea of regular meetings for the Members of Polish SEAssociation.

We warmly invite PSSE Members to meetings that will take place on Saturday mornings every month. The main Guest at each meeting will be a Person who will share their experiences with Somatic Experiencing®.

Please note: These meetings are intimate and internal, intended only for Somatic Experiencing® trauma therapists and Members of our Association. We are excited and curious about getting to know each other and spending time together.

The topic of the upcoming COFFEE WITH SE® is *"Across cultures with SE® - insights from my international practice and assisting"* with Dorota Mrozek.

We will provide the leading topic and brief information about our Guest in advance. The first part will feature the Guest's story, followed by a discussion with us.

Please send us your RSVP and interest in attending the meeting so we know whom to send the ZOOM link to. Further information will be shared soon.

Meetings will last about 75 to 90 minutes. On Saturdays.



WHO CAN JOIN?
Country association members



PRICE
For free

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BASIC INFO



Poland/ online; zoom platform



Dorota Mrozek / PSSE Member



31.05.2025



Organiser: Polish Society for SE (PSSE)



kontakt@psse.net.pl

Physical Injury and Medical Trauma



DESCRIPTION

This workshop is to:

- ✓ Prevent or minimize traumatization during medical procedures
- ✓ Apply Somatic Experiencing (SE) strategies safely
- ✓ Develop effective protective measures in the healthcare field

Theory + demonstrations + practices

<https://lianepintodh.com/cursos/workshop-lesao-fisica-e-trauma-medico-uma-abordagem-humanizada-com-se/>



WHO CAN JOIN?

- Members of country associations,
- Members of various other associations

English + Portuguese

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PRICE

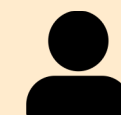
€ 220

Scholarships available

BASIC INFO



Rest of the world/ online



Trainer: Liane Pinto



17.05-18.05.2025



Organiser: Liane Pinto (SE Trainer)



lianepsicologa@gmail.com
+5571991255155(whatsapp)

Death Café for PSSE Members



DESCRIPTION

The Death Cafe format, created in 2011 by Jon Underwood and his mother Sue Barsky Reid and initiated within PSSE by PSSE Member, Sylwia Wójcik, is designed as a horizontal space for the free exchange of thoughts, intuitions, and emotions related to the themes of the end of life, dying, funerals, farewells, and grief.

It is a space for reaching into personal experiences, feelings, and emotions—and for sharing them in open, present-moment connection with another human being, also in the spirit of Somatic Experiencing.



WHO CAN JOIN?

Country association members

Language: Polish



PRICE

For free, upon prior registration (max. 15 pers.)

BASIC INFO



Poland/ online; zoom platform



Sylwia Wójcik / PSSE Member



22.05. 2025, 26.06. 2025, 18:30 (1,5h)



Organiser: Polish Society for SE (PSSE)



kontakt@psse.net.pl

NeuroAffective Touch® Foundation Training



DESCRIPTION

The Foundation Training is nuanced, comprehensive, and groundbreaking, going beyond the psychotherapy trainings and bodywork programs available today to offer a truly integrated body-mind approach. Students frequently refer to NeuroAffective Touch as finding the “missing piece” that allows them to weave all their previous trainings into a seamless whole.

The two parts of the training build sequentially, beginning with a deep dive into the psychobiology of touch and how to use touch in a way that allows the body to lead, rather than “doing to” the body. This orientation supports the body to tell its story, which is often very different from the mind’s narrative.

More detailed description of the workshop in the links below:

<https://sosinternationale.org/nat-foundation-training>



WHO CAN JOIN?

- Country association members
- Members of other associations
- Non-members

Teachings are in English.



PRICE

This is a **1-year** course and the current cost is £3199.00, if your application is fully completed and approved and you pay before **08 Oct 2024**, the earlybird discounted cost **for the year** will be **£2880**

BASIC INFO



UK. London



Trainer: Dr Aline LaPierre



Part 1: 15-20.03.2025

Part 2: 19-24.10.2025



Organiser: SOSInternationale



info@sosinternationale.org

Somatic Ego State Therapy training - SEST



DESCRIPTION

4x3 days. This the First Full English speaking SEST training

The special approach of SOMATIC EXPERIENCING® (SE) to precisely address the nervous system and thus enable changes on the neurophysiological, somatic, energetic and psychological level, represents an additional and deeper possibility of perception and processing. The specific focus on personality traits (Ego States) and their embodiment opens up exciting possibilities for how difficult and complex problems can be holistically changed and solved. Participants will learn how to resolve inner struggles among “self states” which often block progress in therapy and maintain persistent symptoms for extensive periods of time.

<https://se-instituttet.com/sest-somatic-ego-state-therapy>



WHO CAN JOIN?

Country association members,
Members of other associations,
Non-members

English



PRICE

Members of SE-Asossiation : € 3085 / NOk: 36000

BASIC INFO



Norway



Trainers: S.Zanotta Phd.
R.Sangkasaad



21.03 – 07.06.2025



Organiser: Barbro Andersen/
Sissel Tjelmeland



seinstituttet@gmail.com
+4793048240

4 Part Certificate Series on Somatic Sexuality

DESCRIPTION



This is a 4 part series that leads to a Somatic Sexuality Healing Certificate. Once completed, graduates can be listed in a practitioner registry indicating a specialty in somatic sexuality. It trains practitioners in being comfortable talking about numerous sexuality issues, with an emphasis on healing sexual trauma and abuse in all genders and identities. It will focus on resolving shame, supporting body-reluctant clients to feel comfortable being in their bodies, and provides many techniques for clients and professionals to inhabit all parts of themselves, increase the capacity to enjoy pleasure, set clear boundaries and repair the many things that are destroyed by sexual trauma. The focus is on developing professional skills while at the same time supporting practitioners in doing their own deep work.

<https://www.bodymindopleidingen.nl/opleiding/somatic-sexuality-healing-practitioner/>

if you have specific question ariel@fullembodiment.org



WHO CAN JOIN?

- Country association members,
- Members of other associations,
- Non-members

Teachings are in English.No translation



PRICE

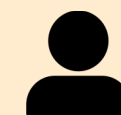
€695 per module

It meets for 3 days each module, roughly 9:30-17:00 in a beautiful retreat center in eastern Netherlands

BASIC INFO



Netherlands



Trainer: Ariel Giarretto



28.04.2025 -28.04.2026



Organiser: Body Mind Opleidingen



info@bodymindopleidingen.nl

+31 (0)6 476 931 91

GET IN TOUCH: SE Post-Advanced Workshop-Working with Touch & Eyes



DESCRIPTION

The SE Post-Advanced Workshop “Get in Touch: Working with Touch & Eyes”, led by Itta Wiedenmann (SE Faculty), is a four-day in-person training in Zagreb (May 28–31, 2025) for SE practitioners looking to refine their touch-based interventions and eye work. Participants will explore SE-specific touch techniques to release stored survival energy, enhance their ability to work with developmental trauma and injuries, and integrate somatic communication, attachment patterns, and self-regulation through touch and eye-focused methods. This workshop is open to SE practitioners who have completed all SE training modules (certification not required).

<https://www.somaticexperiencing.hr/event-details/itta-brigitte-wiedenmann-touch-work-uzivo>



WHO CAN JOIN?

- Country association members
- Members of other associations
- Non-members

English, with Croatian translation

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PRICE

Early full payment by March 28, 2025: €420 (SEHR members) | €450 (others)

Full payment after March 28, 2025: €450 (SEHR members) | €480 (others)

Limited spots available, with priority for SEHR members!

Your registration is valid with a non-refundable deposit of €50.

Full payment deadline: May 2, 2025

Refund policy: Full refund for cancellations before May 2, 2025. No refunds after this date.

BASIC INFO



Croatia/ in person



Trainer: Itta Wiedenmann



28-31.05.2025



Organiser: Somatic Experiencing Hrvatska



somatic.experiencing.hr@gmail.com
+385989152678

Emotion Aid® Module 1-3 with Cathy Lawi

DESCRIPTION



Online via Zoom

In today’s world, crises and changes are the new normal. But the consequences of this are accumulated stress. EmotionAid® is an effective, simple and easy-to-use 5-steptoolkit for self-regulation and emotional first aid. With EmotionAid® you will learn how to manage and prevent fear, stress and trauma.

<https://docs.google.com/forms/d/e/1FAIpQLSdZsoJPUqFeeyD1qclvBWZzwhqZ5xptP65rQju5dEJtIYlyg/viewform>

Time of the event:

Module 1: 04.-05.05.2025 9-12 and 14-17

Module 2: 25-26.05.2025 9-12 and 14-17

Module 3: 22-23.06.2025 9-12 and 14-17

Supervisions:

13.05.2025 5-8 pm

3.06.2025 5-8 pm

1.07.2025 5-



WHO CAN JOIN?

Country association members

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Language: English with German consecutive translation



PRICE

€ 825

BASIC INFO



Germany



Trainer: Cathy Lawi



04.05– 23.06.2025



Organiser: Somatic Experiencing
Deutschland e.V.



Hanna Mennenoeh- Grimm

Seminar@somatic-experiencing.de

+49 201 248 70 445

Working with coupling dynamics as a way to resolve early learned unconscious automatisms with Doris Rothbauer



DESCRIPTION

In this webinar we will focus on:

- exploring clients' automated adaptation strategies (coupling dynamics)
- the original intention of these strategies and their effects in the here and now
- the therapist's adaptation strategy(s) that stand in the way of a calm exploration of the process
- Solutions to support sustainable change

06.06.2025 4:00-7:00 PM; 07.06.2025 10:00 AM – 1:00 PM

https://docs.google.com/forms/d/e/1FAIpQLSfA_D3K_CHNabEW9SKQVcbSHJ0lTeltHi8kt45V6QDRGcVyQ/viewform



WHO CAN JOIN?

Country association members

Language: German



PRICE

€ 120

BASIC INFO



Germany/ online



Trainer: Doris Rothbauer



06.06.- 07.06.2025



Organiser: Somatic Experiencing
Deutschland e.V.



Hanna Mennenoeh- Grimm

Seminar@somatic-experiencing.de

+49 201 248 70 445

Dream workshop with Dr. Abi Blakeslee



DESCRIPTION

In this workshop, we will explore a leading-edge approach to working with dreams. Accessing non-conscious memories and processes involving movement, conscious awareness of sensation, and embodied emotion unlocks the barriers between unconscious and conscious knowing.

Dreams and even nightmares are gifts that are our inherent drive toward self-regulation. In this workshop, we will practice applied techniques from neuroscience, the field of psychophysiology, and Jungian psychology how to mine dreams for the gems of meaning and healing.

We will explore: Embodied Archetypes, Active Imagination, Shadow, Collective Unconscious

<https://sosinternationale.org/se-2/dream-workshop-2025>



WHO CAN JOIN?

The workshop is open to everyone
Teachings are in English.

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PRICE

The cost of the three-day workshop is £540. (£450 if booked and paid before 28th February 2025) . To book click on the button below. Places are limited and if the workshop is full you will be able to be added to the waiting list.

BASIC INFO



UK. London



Trainer: Dr Abi Blakeslee



29.06 – 1.07.20025



Organiser: SOSInternationale
info@sosinternationale.org



<https://sosinternationale.net/admin/coursesHumans/registerInvoice/2/320>

Group Supervision for all Levels with Peter Levine



DESCRIPTION

Dr. Levine will conduct three live demo sessions with participants' clients and will be available to provide advice and support to the respective therapists.

In person event.

12.07.2025 11-12:30 and 14:30-17:30

<https://docs.google.com/forms/d/e/1FAIpQLSemdHTRQ9oO-YkbZel6hvZEKqmlaXp1KwMWR7lmdzGR9lqdbg/viewform>



WHO CAN JOIN?

Country association members

Event in English with live translation to German

14



PRICE

230 € plus conference fee (74€) and overnight stay if necessary (booking soon via link)

BASIC INFO



Germany



Trainer: dr Peter Levine



12.07.2025



Organiser: Somatic Experiencing
Deutschland e.V.



Hanna Mennenoeh- Grimm

Seminar@somatic-experiencing.de

+49 201 248 70 445

Imagination, Dreams and SE

with Dr. Peter Levine and Ursula Funke-Kaiser



DESCRIPTION

There are countless theories about dreams. In this seminar, participants and the course leader will explore the possibility that dreams exist for their own purpose. It is not primarily about understanding a dream, but about how we can bring dreams into life - through our imagination, which is tangible in the waking state. From the course leader's point of view, we are drawing on a source of collective wisdom.

In-person event July 13-16, 2025 10:00-13:00 and 15:00-18:00 (on the second evening there will be an evening session after dinner in which a demo will be discussed)



WHO CAN JOIN?

Country association members

English with translation to German

15



PRICE

885 € plus conference fee (366 €) and overnight stay if necessary (booking soon via link)

BASIC INFO



Germany



Trainer: dr P.Levine, U.Funke-Kaiser



13-16.07.2025



Organiser: Somatic Experiencing
Deutschland e.V.



Hanna Mennenoeh- Grimm

Seminar@somatic-experiencing.de

+49 201 248 70 445

The Energetics of Intimacy, Attachment and Sexuality

DESCRIPTION

Discovering the subtleties of relating intimately “What happens in myself, my body, and my being in relation to others?” Open to: • Individuals, either coupled or not, and actively sexual or not • Anyone wanting to heal attachment wounds, hoping to learn to receive and give love and pleasure in new and profound ways • Couples wanting to improve their physical and emotional intimacy • People hoping to find satisfying relationships, or for • Therapists who work with any of the above This 3 day workshop focuses on connection to self, the heart and the body, while being in proximity with others. You do not need to be in couple relationship to get great benefit from this program. Nor does your partner need to be present. It helps us experience the subtle and not-so-obvious ways we engage intimately, and how to open to new and yet-to-be explored possibilities of joy and pleasure. We’ll combine lectures, videos, the latest research, small group discussions, movement and dance, plus an array of gentle, respectful exercises to make for a rich and varied program. Mindful embodiment, sensation tracking and self-touch explorations are core practices as we get comfortable with the body as the ultimate “experiencer”. The goal is clearer boundaries, increased pleasure, self-acceptance and self-love, and greater freedom to explore your sexy self playfully in new and different ways, without shame.

Workshops in person. Seminar times: 09:30-13 and 15-18:30 (on the last day 09:30-14)

<https://forms.gle/QbzRNXx8d3Xnn1CUA>

? WHO CAN JOIN?

16

Country association members

English with German consecutive translation



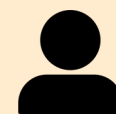
PRICE

€535

BASIC INFO



Germany/Evangelische Akademie Bad Boll



Trainer: Ariel Giarretto



05.-07.09. 2025



Organiser: Somatic Experiencing Deutschland e.V.



Hanna Mennenoeh- Grimm

Seminar@somatic-experiencing.de

+49 201 248 70 445

„The Red Thread - Treatment Planning in Process Work” with Szilvia Meggyesy



DESCRIPTION

We will develop a “matrix” that will make it easier for us to assess orientation and, if necessary, make a diagnosis and plan the next treatment steps - through small group work, exchange of experiences and lecture units. In a final part, we will “test” the developed “matrix” on your supervision cases.

<https://docs.google.com/forms/d/e/1FAIpQLSeDmn2JSXlE6p95Xn8S9MUAzOxKHptPvOinqGT42Bq5txTgw/viewform>

26-28 September 2025 and a refresher day on 08 November 2025 9:30/9-18h



WHO CAN JOIN?

Country association members

Language: German



PRICE

€ 395

BASIC INFO



Germany /online



Trainer: S.Meggyesy



26-28.09.2025; 08.11.25



Organiser: Somatic Experiencing
Deutschland e.V.



Hanna Mennenoeh- Grimm

Seminar@somatic-experiencing.de

+49 201 248 70 445

SOMA Advanced with Sonia Gomes

DESCRIPTION



The SOMA Advanced is a 5 day follow-up of the SOMA training. Teacher Sonia Gomes.

Through gravity - which we come into contact with immediately after birth - an initial fundamental orientation takes place in embodying our self in relation to the world around us. Trauma disrupts the natural rhythmic flow of our organism. SOMA-Embodiment offers tools to set this flow in motion again, to give space to the self-healing capacity and thus to heal trauma.

Topics (among others): Birthtrauma: umbilical cord - Developmental trauma: neglect and abandonment; deep helplessness; shame - Sexual Abuse - Transgenerational Trauma – Syndroms: Fibromyalgia

The focus is on how to support traumatized people in gaining more access to others and their environment.

<https://www.bodymindopleidingen.nl/training/soma-advanced>

? WHO CAN JOIN?

- Country association members,
- Members of other associations,
- Non-members

Teachings in English (practice groups are either dutch or english speaking)



PRICE

€1095 for the training

€350,- for lunch etc.

Overnight and dinner €139 per night

BASIC INFO



Netherlands



Trainer: Sonia Gomes



24.09.2025 -28.09.2025



Organiser: Body Mind Opleidingen



info@bodymindopleidingen.nl

About us

This letter is an initiative founded by two SEPs, Kasia and Damian.

During the EASE GA gathering in Edinburgh the idea of “news letter “was born.

Who are we?

Kasia is a SEP, Assistant, psychologist and therapist living and working in Poznan Poland , she is part of Polish SE Association and a member of Ethics Committee of EASE.

Damian (originally Polish) is an actor, body worker, SEP, Assistant in training, on a board of SEAUK,

We decided to help with connecting and transferring informations about post graduated trainings , events, webinars , circles ,inspirations, social gatherings etc, between associations, organisers and trainers and so everyone can have an access to those informations and we would like to support each other to connect and thrive .

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We would like to invite you to join our project .

We would like to ask each Association and Organisers to delegate one person responsible for bringing up information connected to your group .

Also we invite trainers to join us .

Here is our email where you can rich out if you want us to share informations in Info Platform Ease:

easeneplatform@gmail.com