

## **Somatic Experiencing: Beginning Year**

(November 2017 and April 2018)

I am an Occupational Therapist working in a small school for children with specific learning difficulties and associated difficulties. The young people often come to the school following negative school experiences and present with a great deal of anxiety.

I am very grateful for the funding to attend the beginning year of Somatic Experiencing. The training consisted of two lots of 6 days, one in November and one in April.

Before attending the course, I was working predominantly from a Sensory Integration approach, with some understanding of the nervous system and trauma. After attending the first year of the Somatic Experiencing course I now have a deeper understanding of the elements of trauma, how trauma manifests in the nervous system, the polyvagal theory and the neuroscience behind the fight, flight and freeze responses. This new-found knowledge has developed my practise, observational skills and approaches used to support the young people and their parents/carers.

The training was very experiential, which was both challenging and powerful. Lael Keen, the course trainer, provided demonstrations throughout the 12 days and used her own experiences of working to give some context to the theory being taught. The training allowed us to break into triads and practise the new approaches demonstrated, with experienced SE practitioners to support each triad.

I am now starting to integrate a Somatic Experiencing approach into my sessions with young people and am keen to incorporate this approach more fully into my practice with supervision and ongoing training.

I found the training to be extremely beneficial and would recommend it to anyone working in the area. I am extremely grateful for the funding provided by FPSA as without the funding I would not have been able to attend the training and develop my practice.

Clare Lanman

Occupational Therapist