



Working with Trauma

HEROIC ENERGY

USING SOMATIC EXPERIENCING (SE) & MINDFULNESS

January 21 2017

The Practice Rooms.

15/16 Castle St. Exeter EX4 3PT

10.00 - 4.00.

Cost: £60

WITH SARAH CLEVELY

This workshop is designed as an introduction to the SE work of Peter Levine. It is for anyone seeking to increase their understanding of their own personal trauma and the process of recovery. We will be using both S.E. and Mindfulness skills as practical 'Resources' to help integrate traumatic events.

“In transforming and releasing ourselves from trauma, we must face.... an uncertain world. It is a world stripped of the illusion of safety, and it obliges us to learn an entirely new way of being. We discover... our Heroic Energies. And they can be harnessed! They are the wellspring of our creative, artistic, and poetic sensibilities, and the wholeness of our intelligence”

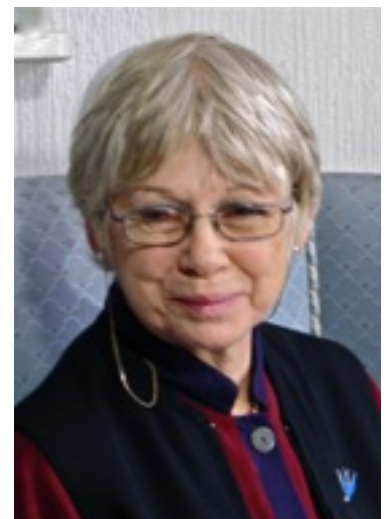
P.Levine 'Healing Trauma'.

Sarah Clevely Is a UKCP registered Psychotherapist with 25 years experience. She teaches Mindfulness in Exeter both privately and for the Sharpham Trust, and is an approved Supervisor for students on the Exeter University Mindfulness program. She trained on the the first UK Trauma (Somatic Experiencing) program in London and has assisted on subsequent training for nine years. She works in Exeter and Malvern.

For further information please contact

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BOOKING FORM

‘Heroic Energy’

**WORKING WITH TRAUMA -
SATURDAY WORKSHOP - JANUARY 21st 2017**

VENUE: The Practice Rooms. EXETER EX4 3PT

TIME: 10 am - 4.00pm

DATE: Saturday January 21

COST: £60

WITH SARAH CLEVELY

Name:

Address:

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Post code:

Telephone:

E-mail:

Occupation:

I enclose a non refundable deposit of £20. Cheques payable to Sarah Clevly. HSBC Sort: 40 - 20 - 30. Acc 71016903

Please return this form to:

**Sarah Clevly. Flat 15 Trews Weir Mill - Old Mill Close -
Exeter EX2 4DD. Telephone: 01392 432952 07779470746**

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