



# Somatic Experiencing Trauma Healing: Introduction to Principles and Practices

*Series: Trauma Treatment*

**April 7, 2026, 9 AM – 12 PM**

**Trainer: Beth Robins-Roth, APRN, SEP**

- On-site
- 3 CECs
- \$75

Scan the code or register at  
**womensconsortium.org**



CECs are approved by NASW CT with reciprocity from CCB-CT. CECs are valid in CT, MA, RI, and VT.

This workshop is an introduction to Somatic Experiencing® Trauma Healing as developed by Peter Levine, PhD, and taught and practiced in the U.S. and around the world. An overview of Somatic Experiencing will be presented, emphasizing the neurobiology of this multi-disciplinary approach to understanding and treating individual, group, community, intergenerational, and world trauma. A variety of experiential practices that bring regulation, resilience, and healing to the mind-body system will be taught. Medical, nursing, mental health, and social service providers can readily share these practices with clients, patients, and students.

 The Connecticut  
Women's Consortium

2321 Whitney Avenue  
Hamden, CT 06518  
203-909-6888 ex. 2