

# About Somatic Experiencing®

Trauma is a fact of life. It does not, however, have to be a life sentence. That is a guiding principle of Somatic Experiencing® International (SEI). We exist to bring *education and training* to those who can help heal people with trauma, *hope* to those living with trauma, and *awareness* of trauma to related professional communities and the general public. SEI is dedicated to comprehensive public awareness of Somatic Experiencing® and how it can help heal trauma. We “help the helpers”—those directly involved with people experiencing trauma—by training them in the practice of Somatic Experiencing (SE™).

SE is a body-oriented therapeutic model applied in multiple professions and professional settings—psychotherapy, medicine, coaching, teaching, and physical therapy. Trauma impacts physical health, mental health, learning, education, and multiple aspects of an individual’s life. Rates of trauma exposure can be as high as 60% in the general population.

We also help those in related professions recognize and understand secondary trauma, an umbrella term for the trauma that results from repeated compassionate engagement with traumatized populations. It is a very real and very serious issue. It is a natural consequence of working to help those who have been traumatized and is not just “normal” work-related stress. It is an occupational hazard that can affect professionals in various settings and occupations. Our decades-long experience in helping people heal from trauma can help institutions and communities of professionals who may experience secondary trauma.

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