

**INTRODUCTION TO SOMATIC EXPERIENCING:
UNDERSTANDING NERVOUS SYSTEM THREAT
RESPONSES AND REGULATION**

May 6, 2026

12:30 pm - 3:45 pm

Sharp-Prebys Innovation and Education Center

8695 Spectrum Center Blvd.

San Diego, CA 92123

There will be one 15 minute scheduled break.

Registration & Refreshments: 12:00 pm - 12:30 pm



**TARGET AUDIENCE:
THIS COURSE IS DESIGNED FOR MENTAL
HEALTH PROFESSIONALS IN BOTH PRIVATE
AND GROUP PRACTICE.**

COURSE DESCRIPTION & EDUCATIONAL GOALS:

This introductory workshop provides an overview of Somatic Experiencing® (SE™), a body-oriented approach to understanding and working with stress and trauma developed by Peter A. Levine. Participants will explore how the autonomic nervous system responds to threat through patterns of fight, flight, freeze, and collapse. The workshop will introduce key principles of nervous system regulation, including orienting, tracking body sensations, and supporting pendulation between activation and regulation. Participants will learn practical tools for recognizing nervous system states and supporting regulation in themselves and their clients.

Educational Goals

This workshop aims to deepen clinicians' understanding of how the autonomic nervous system organizes responses to threat and safety. Participants will gain foundational knowledge of Somatic Experiencing principles and learn practical ways to recognize nervous system states in themselves and their clients. The training supports the development of greater clinical sensitivity to physiological processes underlying stress, trauma, and resilience.

LEARNING OBJECTIVES:

- At the end of this workshop, participants will be able to:
- Identify four autonomic nervous system survival responses: social engagement, fight, flight, and freeze.
- Distinguish between sympathetic activation and parasympathetic responses in the autonomic nervous system.
- Identify three physiological indicators of nervous system dysregulation following overwhelming experiences.
- Explain the role of body awareness in supporting nervous system regulation.
- Apply three Somatic Experiencing skills used to support regulation: orienting, sensation tracking, and resourcing.

INSTRUCTOR INFORMATION:

Mahshid Hager, LMFT, SEP, is a licensed marriage and family therapist and Somatic Experiencing Practitioner and educator who teaches nationally and internationally. Her work focuses on nervous system regulation, trauma healing, and integrating somatic awareness into clinical practice.

COST:

This workshop is offered free of charge to PFCS staff. \$50 for other professionals.

TO REGISTER:

Follow this [LINK](#) to register. For more information contact ebotz@pfcs.agency. *if you are unable to attend after registering, please contact ebotz@pfcs.agency 24 hours prior.*

ACCOMMODATIONS:

To request accommodations for special needs, please email ebotz@pfcs.agency.

GRIEVANCES:

To obtain the grievance policy or to report a grievance please email cduvall@pfcs.agency or call 760.741.2660

CERTIFICATES:

Course completion certificates will be awarded at the end of the course in exchange for a completed evaluation form.

Course meets the qualifications for 3 hours of continuing education credit for LMFT's, LCSW's, LPCC's and LEP's as required by the California Board of Behavioral Sciences.