**SOMATIC RESOURCES**

**INFORMATION ON THE FACILITATOR**

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Susan Ackerman Joseph, SEP, PNE, PHP/SRT, MFT is a somatic practitioner, dreamworker and multi-media artist. She believes in our inherent capacity for resilience, growth and healing, and she trusts the body’s innate wisdom. She holds space for individuals and groups on their journey toward embodied healing and wholeness, supporting clients working through complex trauma, negotiating relationships, decision making, developing creativity, and connecting with their inner guidance. She also offers somatic dreamwork with individuals and in workshop settings. She provides sessions on-line and in person in her studio. Her education and training includes Somatic Experiencing certification (2023), training with Kathy Kain (Coupling Dynamics 2024; Touch Skills Training (online) (2022)), Psychoneuroenergetics certification (2019), Point Holding Process/Somatic Release Techniques Certification (2019), MFT (1996).

Anyone is welcome to reach out for more information, referrals, or to schedule a session.

**VIDEOS**

**Voo with Peter Levine**

[**https://www.instagram.com/reel/C6y5MsTOeE1/?igsh=MzRlODBiNWFlZA==**](https://www.instagram.com/reel/C6y5MsTOeE1/?igsh=MzRlODBiNWFlZA==)

[**https://www.youtube.com/watch?v=n1bPdbBF1Ck**](https://www.youtube.com/watch?v=n1bPdbBF1Ck) **(Exercise starts at around 3:00)**

**Self-Holds/Contact for Containment and Sense of Boundary**

[**https://www.youtube.com/watch?v=G7zAseaIyFA&t=6s**](https://www.youtube.com/watch?v=G7zAseaIyFA&t=6s)

[**Stanley Rosenberg’s Salamandar Exercise**](https://youtu.be/XmlR6zIB3M4?si=3iKf-Siy1esnOaUB)

**BOOKS**

[**Peter Levine, *Waking the Tiger***](https://www.goodreads.com/book/show/384924.Waking_the_Tiger) **a popular introduction to Somatic Experiencing**

[**Peter Levine, *In an Unspoken Voice***](https://www.goodreads.com/book/show/8582180-in-an-unspoken-voice) **an in-depth description of Somatic Experiencing, the components of the model, and the neuroscience behind how it works**

[**Stanley Rosenberg, *The Healing Power of the Vagus Nerve***](https://www.goodreads.com/book/show/8582180-in-an-unspoken-voice)

This books includes a number of somatic release and regulation techniques.

[**Catalina Ureta *Somatic Healing in the Age of Trauma***](https://www.amazon.com/Somatic-Healing-Age-Trauma-ProcessTM/dp/9564165172)

The English version of this book is a translation, and it includes a number of somatic release and regulation techniques.

**TO LEARN MORE ABOUT SOMATIC EXPERIENCING**

[traumahealing.org](http://traumahealing.org) to learn more about Somatic Experiencing

[SCOPE infographic](https://traumahealing.org/scope/)

[Find a Somatic Experiencing practitioner](https://directory.traumahealing.org/)

There is also a Facebook Group called *Somatic Experiencing Community Care* which is a resource for finding a low fee or pro-bono Somatic Experiencing practitioner.