

25. July 2024

Welcome to my Website!

In the following paragraphs I have summarized the most important aspects about my work. I hope it will help you figure out if us working together could be interesting for you. Please do not hesitate to reach out at 23-23@tutanota.com if you have any questions.

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1 about Somatic Experiencing

compared to talk therapy, Somatic Experiencing (SE) tries to

- ///
not only give space to our cognitive thinking
but also *pay attention to [body sensations, emotions](#)*
as well as the connection between the two
- ///
include your [body language](#): we want to see what can emerge
when we allow the more subconscious impulses of your body to direct
where we are going in the session
- ///
allow your body to join the conversation, so sessions are less about
'understanding' something, and more about '[experiencing](#)' [your self](#)
more fully
- ///
provide a somatic counterbalance to many modes of being in the
western world, where only our brains take center stage in our
decision and sense making
- ///
welcome a topic you want to explore, while also [giving space to see](#)
[what emerges when we are just 'here' together](#)
- ///
explore mostly through conversation. movement and touch can be
included, if you like.
- ///
expand the [capacity of your autonomous nervous system](#) to activate,
down-regulate, as well as contain activation when it emerges

If you want a more in depth description of SE, you can go to

www.somaticexperiencing.com, www.traumahealing.org, or scroll down to the [end](#) of this document, where SE founder Dr. Peter Levine talks about his approach.

2 individual sessions

in individual sessions we can explore

/// expanding the **foundational body awareness** that supports further, deeper explorations

/// *what it means to be 'here'*, and what keeps you from being 'here'

/// *what it means to 'rest'*, and what keeps you from resting

/// mapping **the 'now'**

somatically mapping all that is currently moving you and bringing what you might already 'know' into the lived experience, to allow the nervous system to settle.

/// exploring **boundaries**

/// *your relationship with your emotions:*

are there emotions that are too domineering?

are there emotions that are difficult to access?

/// *processing past or present difficult situations* that are still affecting you by creating new lived experiences that can act as counterbalance.

especially in the face of oppression, when things are never 'fine', but ongoing, we can at least stabilize our nervous systems by temporarily finding just a little bit more ease, providing more space, agency and wider vision.

Please note that, contrary to general believe, more subtle/'surface' explorations can be as impactful as 'deeper' explorations. A lot of this work is about rewiring your autonomous nervous system, and this can often happen more easily when you are not at the edge of what your nervous system can 'hold'.

3 group sessions

i decided to start offering group sessions because

- /// i noticed that some of the things that my clients explored in individual sessions were **structural**, e.g. the impacts of structural oppression, covid, war, climate change, tech+social media, capitalism, etc
- /// i believe that group work provides the space that allows people to see that they are not alone in many of the struggles they are facing
- /// i believe that the layers of collective stress and trauma are not supposed to be approached in individual sessions, or held by you and me individually, in the first place. **We do not have to do it alone.**
- /// i believe by gathering in a group, we are not just centering our own personal wellbeing, but also **the wellbeing of the collective bodies** we belong and return to, after the session
- /// i believe we contribute to collective healing by creating **new collective lived experiences** that had been missing, or that were/are too difficult to access elsewhere
- /// i believe we can come out of these sessions to face today's complexities, not just by 'applying knowledge', but by automatically **embodying new ways of being**, providing more space and ease for us as we move into the future
- /// i believe a group setting can provide a more playful way for people to **learn about somatics** and the nervous system. Compared to individual sessions, people will have a greater spectrum of participation they can choose from, e.g. engage more versus leaning back, taking up space versus witnessing other people, etc
- /// i believe this work can provide **somatic orientation**:
 - (a) where do we came from and what came before us?
 - (b) where are we today, and what is happening right now?
 - (c) what might lie ahead and where do we want to move toward?

The **content** of our group explorations is shaped by

- /// the principles of SE
- /// a series of prompts i put together that we can use as starting points, based on my own observations of various 'collective bodies'.
- /// the people who are present in the group:
 - you can make wishes, and we also see what emerges when we come together; quite often it is what is emerging in the space that will be most useful for the group process

The first group sessions will contain experiential teachings that help us develop a language we can use to talk about what is happening in our bodies. Having this language is essential to do any further explorations.

4 availability and fees

/// i am available for individual [online sessions](#) via zoom.

- i do this work under the coaching umbrella,
i.e. i cannot treat anything directly related to mental health issues,
but i can support you in getting to know your body+nervous system
- the general fee is 200eur/h
the reduced rate is 100eur/h, subject to availability

/// i am available for individual [in-person sessions](#) in Berlin, Germany

- my practice space is near U-Rathaus Neukölln
- if i have capacity, it would be tuesdays (2.30pm-8pm)
and fridays (8am-2pm)
- i do this work as a therapist,
so i am allowed to treat mild to moderate mental health issues.
- the general fee is 150eur/h
the reduced rate is 80eur/h, subject to availability

/// for information related to [group work](#),
please get in touch via e-mail.

5 my qualifications

Education

- 2024 [Reclaiming the Sacred](#), Dra. Rocio Rosales Meza, international
- 2024 [The Eye Of The Needle](#), further SE education, Weggis, Switzerland
- 2024 [Heilpraktiker für Psychotherapy](#), Berlin, Germany
- 2023 [Certificate Training in Somatic Experiencing](#) with SEI, international
- 2021 [Embodied Social Justice Certificate Program](#), The Embodilab, USA
- 2020 [Certificate in Sexological Bodywork](#), Sea School of Embodiment, UK
- 2018 [BA Fine Art](#), Chelsea College of Art, London, UK
- 2016 [Exchange Program](#), The New School, NYC, USA
- 2015 [Foundation Diploma in Art](#), LCC, London, UK

Relevant Work Experience

- 2024- [Training Assistant](#) for Somatic Experiencing International
- 2022- [Somatic Practitioner + Workshop Facilitator](#) at Casa Kua, Berlin, DE
- 2021- [Workshop facilitator](#) at Village, Berlin, DE

6 my scope of practice

with my current German 'Heilpraktiker for Psychotherapy' license I **cannot**
/// prescribe and recommend medication,
/// provide medical treatments that go beyond the realm of mental health:
e.g. I cannot directly work with muscles, organs, etc

I also **cannot** work with
/// severe psychiatric disorders (schizophrenia, bipolar disorder, etc)
/// current mental health crisis
/// suicidal ideation
/// moderate/severe depression
/// substance use disorders
/// eating disorders
/// severe personality disorders
/// patients with complex medical conditions
/// violent or aggressive behavior posing safety risks

with my current license I **can** work with the following
/// ptsd
/// fears, anxieties + panic attacks
/// compulsions
/// mild depressions
/// mild sleep disorders
/// any more severe struggles, if your main psychiatrist/therapist
recommends additional support through a Somatic Experiencing
practitioner

7 my background

The lived experiences i bring to my work
were shaped by my own attempts in trying to navigate

/// power
/// oppression
/// liberation
/// community

in the realms of
/// gender
/// sexuality
/// whiteness/german dominant culture
/// neurotypicality
/// generational trauma and
/// developmental trauma

8 Peter Levine on Somatic Experiencing

Excerpt From 'An Autobiography of Trauma: A Healing Journey' by Peter A. Levine, 2024

'The Somatic Experiencing method is a naturalistic and neurobiological body-oriented approach to healing trauma and other stress disorders. The SE approach releases traumatic shock and restores connection, which is key to transforming PTSD and the wounds of emotional and early developmental attachment trauma. It offers a framework to assess where a person is "stuck" in the fight, flight, or freeze responses and provides clinical tools to resolve these fixated physiological states to restore the authentic self with self-regulation, relaxation, wholeness, and aliveness.

Human beings have an innate ability to overcome the effects of diverse traumas. The SE approach facilitates the completion of self-protective motoric responses and the release of thwarted survival energy bound in the body and nervous system, thus addressing the root cause of trauma symptoms. This is approached by gently guiding clients to develop increasing tolerance for difficult bodily sensations and suppressed emotions, building their capacity for containment and resilience.

Dr. Levine believes that the traumatic event isn't what causes long-lasting trauma, it is the overwhelming trapped response to the perceived life-threat that is causing an imbalanced nervous system. Somatic Experiencing's aim is to help one access the body memory (procedural memory) of the event, not the story. It is not necessary to share the details of your trauma history to do SE. The objective is to diffuse the power of the narrative and remap the body memory to regain aliveness and flow. In 'In an Unspoken Voice', he wrote that trauma is not just what happened to us, but rather what we hold inside in the absence of a present and empathetic other.

Like other somatic psychology approaches, Somatic Experiencing is a body first approach to dealing with the problematic (and oftentimes physical) symptoms of trauma. It helps individuals create new experiences in their bodies; ones that contradict those of tension and overwhelming helplessness. This means that healing isn't about reclaiming memories or changing our thoughts and beliefs about how we feel, it's about exploring the sensations that lie underneath our feelings and beliefs, as well as our habitual behavior patterns.

Somatic Experiencing training programs are designed to be accessible to psychologists, psychotherapists, psychoanalysts, psychiatrists, social workers, counselors, addiction treatment specialists, body workers, osteopaths, occupational therapists, physical therapists, medical doctors, nurses, acupuncturists, dentists, yoga teachers, meditation teachers, art therapists, equine therapists, life coaches, first responders, corrections officers, educators, clergy, spiritual advisors, and support providers for children and those with special needs.

Somatic Experiencing Practitioners (SEP) are devoted to bottom-up somatic-based processing as they begin their client's healing journey. They have backgrounds in a variety of different modalities/psychotherapies so you can find one that specializes in other treatments of interest, like CBT, psychiatry, craniosacral, bodywork, or equine therapy to name a few. SEPs who've taken our training integrate SE work into their other practices to create a well-rounded healing experience. To take the training you must be approved by presenting what other healing modalities you use in your practice.

Remember, no two SE Practitioners are the same, and our nervous systems are not all the same. We recommend that you experience a few and see whom you resonate with the best.'