



SOUTHWEST PSYCHOANALYTIC SOCIETY

SAVE THE DATE

Somatic Experiencing: Expanding the Psychodynamic Dialogue



David Levit, PhD, ABPP

Saturday, April 25, 2015, 9:00 am–4:00 pm

Registration from 8:30 am to 9:00 am
at Hacienda del Sol Guest Ranch Resort, Tucson, AZ

Somatic Experiencing (SE) is a model originally developed by Peter Levine for understanding and treating Post Traumatic Stress Disorder. It has been expanded to treat psychic/somatic/nervous system dysregulation more generally. SE provides perspectives and approaches that are especially helpful in our work with patients who are prone to either states of intense over-activation (anxiety, panic, terror, agitation, rage, mortification, etc.) or under-activation (freeze, numbness, emptiness, deadness, etc.). A central aim of SE is to facilitate the restoration and enhancement of the patient's intrinsic regulatory capacities, with the larger goal of bringing a more highly resourced self to the task of processing life's ongoing experiences (including experiences in the treatment context). SE has particular relevance for people who are vulnerable to the triggering of dissociative states related to trauma.

Dr. Levit recently completed the three-year training program in SE. He will discuss his efforts to integrate this approach into psychodynamic psychotherapy. On the theoretical level, he will discuss and contextualize central principals and techniques of SE in terms of psychoanalytic paradigms. On the clinical level, he will present psychotherapy process material to illustrate his attempts to interweave this non-psychoanalytic approach into psychodynamic treatment. He will also discuss ways in which the weave is not seamless.

About the Presenters:

David Levit, PhD, ABPP is a Diplomate in Psychoanalysis and in Clinical Psychology and is a Fellow at the American Board and Academy of Psychoanalysis. He is also an SEP (Somatic Experiencing Practitioner). His office is in Amherst, MA where he has been in private practice since 1989. He provides individual therapy and psychoanalysis for adults and consultation for colleagues. His current faculty positions are: Faculty and Supervising Analyst, Massachusetts Institute for Psychoanalysis (MIP); Co-founder, Co-chair, and Faculty, MIP Postgraduate Fellowship Program-West; Associate Clinical Professor of Psychiatry, Tufts Medical School; Adjunct Associate Professor, Smith College School for Social Work. Dr. Levit was on the staff at Baystate Medical Center from 1989 until 1996. He co-authored, with Dr. Steven Cooper, a chapter entitled "Old and New Objects in Fairbairnian and American Relational Theory," in *Relational Psychoanalysis, Volume II*, published by the Analytic Press. This chapter was based on a paper published previously in *Psychoanalytic Dialogues*.

Questions? Call Helene Barab, Ph.D. at 520-290-3606 or email hbarab@mindspring.com.

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