
Waking The Tiger Healing Trauma

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SOMATIC EXPERIENCING HANDOUT

WAKING THE TIGER HEALING TRAUMA by PETER LEVINE In Somatic Experiencing what we do is work to resolve the incomplete motor plans and to facilitate a resilient moving of the ANS from state to state, rather than becoming fixated in one SOMATIC EXPERIENCING HANDOUT

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Peter Levine: Somatic Experiencing

Peter wrote: "Waking the Tiger," "Healing Trauma, A Pioneering Program for Restoring the Wisdom the trauma but that our container has shrunk in relationship to it and one of the things we do in somatic experiencing is we really work with the person to widen that container and again that's--