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Somatic Experiencing is a form of therapy aimed at relieving in Peter Levine's 1997 book Waking the Tiger. insight into the biological healing

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This article is excerpted from the book Waking the Tiger: Healing Trauma. Peter A. Levine, PhD, Clinical Consultant for The Meadows, Melody House,

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Trauma, somatic experiencing and peter a. levine

Aug 16, 2009 Peter uses his famous "Slinky" presentation to demonstrate the effects of trauma on the nervous system, and his philosophy of treating trauma; which

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Peter Levine in "Waking the Tiger," postulates that trauma exists not in the event or in the story of the event, but is stored within the nervous system.

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