

# Self. Other. Group.

"We are all born to participate in each other's nervous systems."  
— Daniel Stern

## A new context for discovering the personal and interpersonal truth of Somatic Experiencing®.



SE-informed training groups are offered as ongoing monthly training groups, weekend workshops, and one- or two-day workshops at conferences or professional meetings.

### The group co-leaders:

Roger Saint-Laurent and Peter Taylor are clinical psychologists, Certified Group Psychotherapists, and Somatic Experiencing® Practitioners in private practice in New York City and Westchester County, NY. They have studied with eight of the SETI faculty; they are graduates of Kathy Kain's Touch Training for Psychotherapists; and they have assisted together at SE™ trainings in New York, Chicago, Miami, California, Connecticut, Montreal, and Victoria, BC. They are both long-time members of the American Group Psychotherapy Association and the Eastern Group Psychotherapy Society, of which Peter is a past-president. Over the last nine years, Peter and Roger have offered workshops on the intersection of SE and group psychotherapy, Introductions to SE, and SE study groups in a variety of professional settings.

For more information, contact us at:  
[EmbodyingSE@optonline.net](mailto:EmbodyingSE@optonline.net)

- *Expand your understanding of the principles of SE through facilitated, relational SE process.*
- *Participate in a group field of healing that builds and deepens over a period of time.*
- *Experience the felt reality of interpersonal neurobiology.*
- *Learn how to utilize SE in group settings.*
- *Learn about group leadership and co-leadership with experienced group psychotherapists working in real time.*

### What to expect:

Ongoing trainings meet as experiential process groups, concluding each session with discussion of the process and the principles (of both SE and group process) that we saw unfold in our experiential work together. Time-limited workshops begin with an orientation to the principles of SE and of group therapy, move to one or more experiential sessions, and conclude with discussion of the learning. Group members are invited to notice and learn about their own experiences, others' experiences, and the dynamics of the group as a whole. As co-leaders, we attend to intrapsychic, interpersonal, and group-as-a-whole dynamics as we apply the principles of SE to the group experience, suggest additional opportunities for exploration, and—to deepen the opportunity for learning—comment on our own leadership process from time to time.