



Trauma Solutions
DR. DIANE POOLE HELLER

Hosted by Dr. Diane Poole Heller...

Shame and Grief: How Trauma Lives in the Body

LIVE Expert Spotlight Training with Q&A

Featuring Peter A. Levine, PhD



ERGOS INSTITUTE™
of SOMATIC EDUCATION
PETER A LEVINE, PhD



Welcome

- ▶ This meeting is being recorded—and the replay will be sent out within 24 hours. Watch your inbox for a link.
- ▶ Once we start, all audience members will be muted, and cameras will be turned off.
- ▶ Once we start, chat will be disabled.
- ▶ There will be Q&A at the end, where Peter and Diane will answer as many of your questions as possible. *If you have questions or comments, please type them in the “Q&A Box” at the bottom of your screen.*
- ▶ If you’re having technical problems, please reach out to help@dianepooleheller.com for assistance.



Peter A. Levine, PhD

- The developer of Somatic Experiencing®, a naturalistic and neurobiological approach to healing trauma, which he has developed over the past 50 years.
- Founder of **Somatic Experiencing International** and the Founder/President of the **Ergos Institute of Somatic Education™**.
- He holds doctorates in both Biophysics and Psychology and is the author of several best-selling books on trauma, including ***Waking the Tiger***, which is published in over 29 languages.
- His work has been taught to over 50,000 practitioners in over 45 countries.



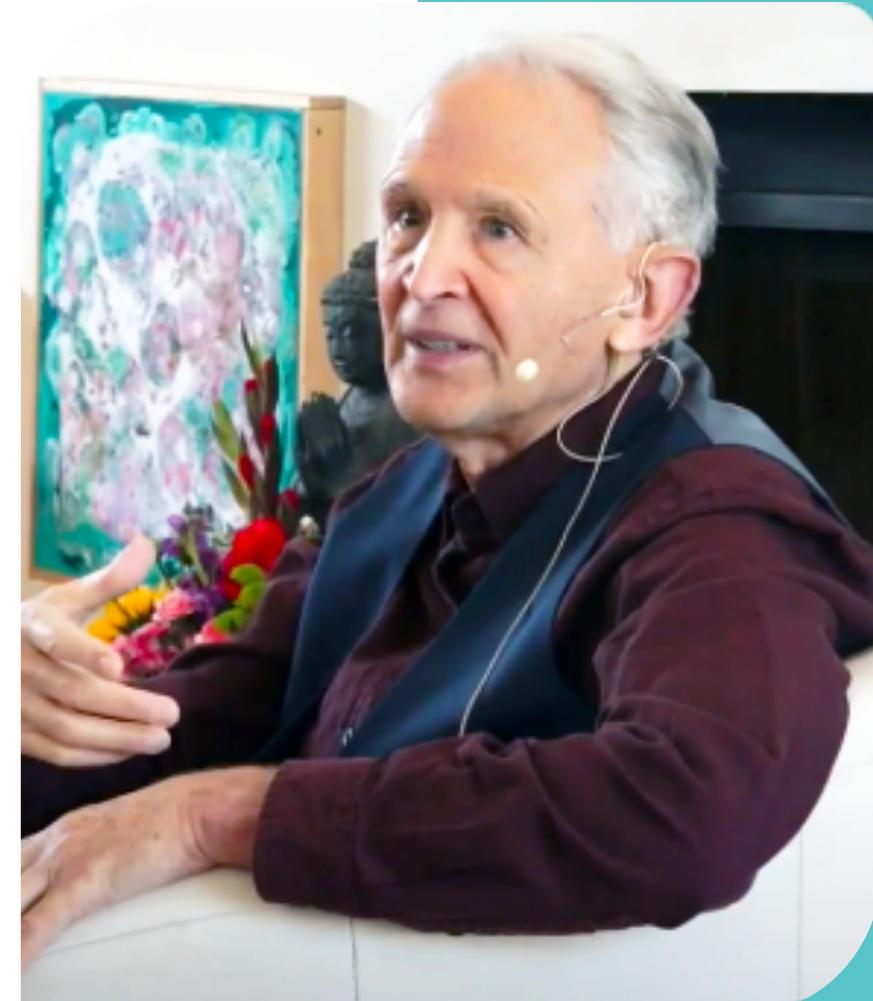
Diane Poole Heller, PhD

- Internationally recognized speaker, author and teaching expert in the field of adult attachment theory and trauma resolution.
- Author of *The Power of Attachment: How to Create Deep and Lasting Relationships*—“[We are all born with an amazing capacity to heal.](#)”
- Signature approach—**DARe**—provides therapists and individuals with relevant skills and practical exercises that facilitate healing from attachment and trauma wounds.
- Decades of experience supporting therapists in crisis situations—including 9/11, Columbine, and Sandy Hook—helping professionals respond with trauma-informed care.

Overview

In this 90-minute **LIVE** Training, we'll cover...

- How **shame and grief** become embodied in the nervous system
- **Somatic patterns of protection** that limit access to joy and presence
- Techniques for **repair and regulation**, and the return to authentic self



PEANUTS

THIS IS MY
"DEPRESSED
STANCE"



WHEN YOU'RE DEPRESSED, IT
MAKES A LOT OF DIFFERENCE
HOW YOU STAND...



THE WORST THING YOU CAN DO
IS STRAIGHTEN UP AND HOLD
YOUR HEAD HIGH BECAUSE THEN
YOU'LL START TO FEEL BETTER...



IF YOU'RE GOING TO GET ANY
JOY OUT OF BEING DEPRESSED,
YOU'VE GOT TO STAND LIKE THIS.



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Shame and Grief

Two Universal Human Experiences

- ▶ Shame and grief are among the most universal human emotional states
- ▶ Both arise in response to loss, rupture, and threat to connection
- ▶ Both are deeply embodied and shaped by the nervous system



Trauma, Loss, and the Nervous System



- ▶ Trauma disrupts our capacity to process loss and restore connection
- ▶ Grief may become frozen, avoided, or overwhelmed
- ▶ Shame often emerges as the nervous system's attempt to manage rupture
- ▶ When repair does not take place in a timely fashion shame becomes chronic
- ▶ This can lead to a shame-based personality

How Shame and Grief Intertwine

- ▶ Unmet grief frequently transforms into shame, blame, or collapse
- ▶ Shame constricts expression, posture, and vitality
- ▶ Together, shame and grief can shape identity, self-worth, and belonging





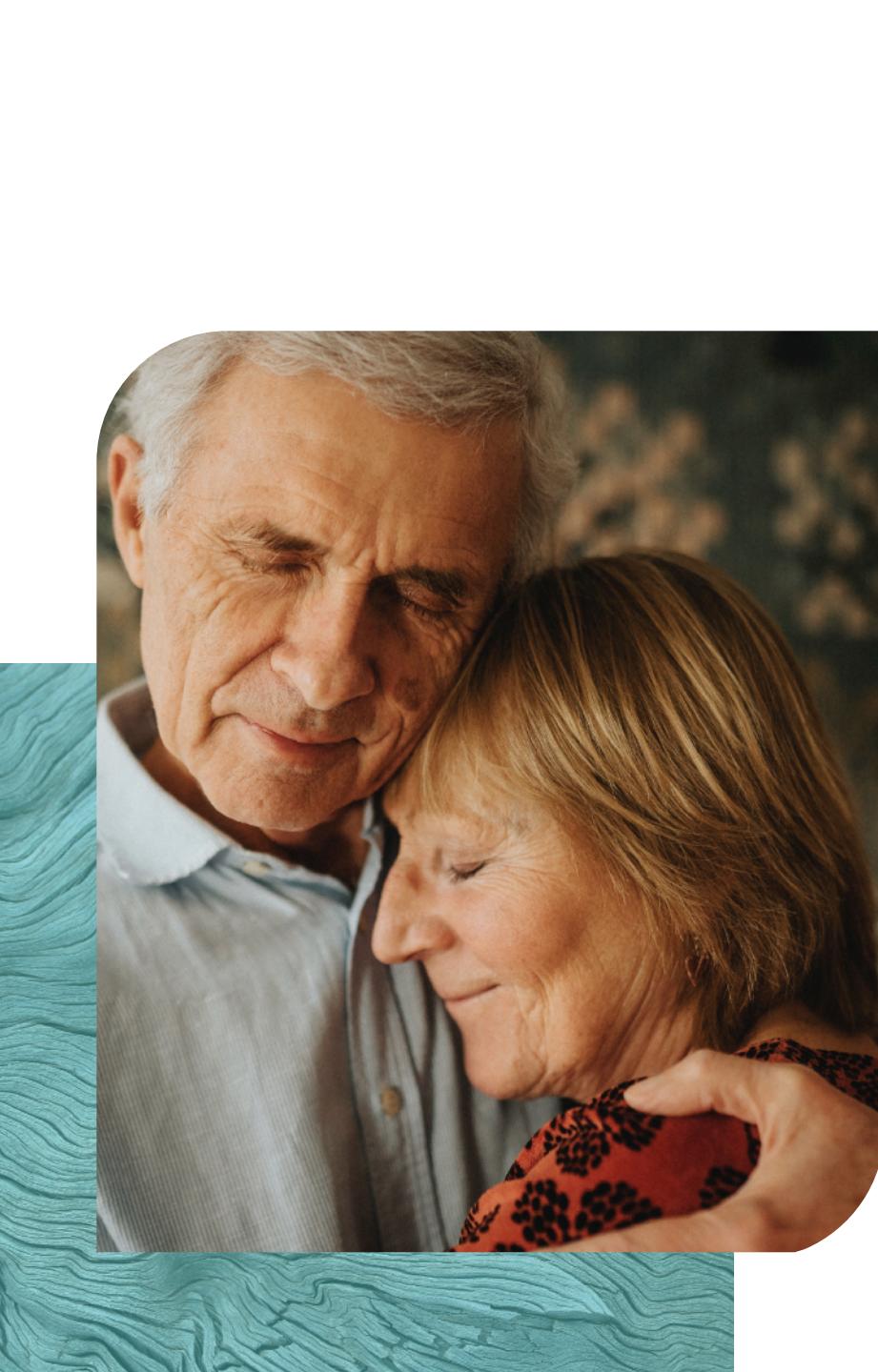
Somatic Patterns of Protection

- ▶ Both emotions organize specific autonomic and postural patterns
- ▶ Shutdown, withdrawal, and hyperarousal limit access to joy and presence
- ▶ These patterns are adaptive responses—not pathologies

Pathways to Repair and Regulation

- ▶ Through somatic tracking and relational attunement, frozen states can soften
- ▶ Grief moves in waves when supported safely
- ▶ Embodied dignity, pride, and connection interrupt shame-based patterns





Returning to Authentic Presence

- ▶ When shame and grief are met somatically, vitality can return
- ▶ The nervous system regains flexibility and capacity for joy
- ▶ Integration restores an authentic sense of Self, relationship, and meaning



The only way to heal relationship is to take full responsibility for one's own individuation and that means healing the “shame body.”

Up Next...

- ▶ A first look at...

Witnessing the Body's Wisdom:
A Somatic Journey Through Shame and
Grief, Returning to Authentic Joy

Dr. Levine's new 5-part course of live demonstration and expert review

- ▶ Q&A

All-New Training is NOW OPEN!

Witnessing the Body's Wisdom

A Somatic Journey Through Shame and Grief, Returning to Authentic Joy

Watch Dr. Levine apply somatic principles in LIVE demonstration, with in-depth debrief and Q&A.



PETER A. LEVINE, PhD



DR. DIANE POOLE HELLER

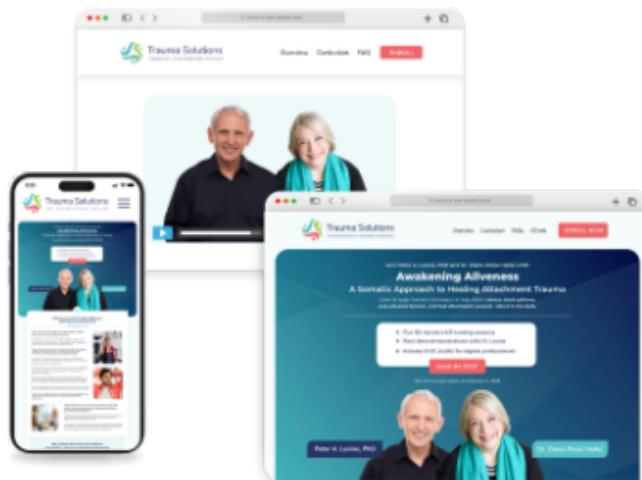
- Five 90-minute LIVE training sessions
- Real-time participant demonstrations with Dr. Levine
- Includes 6 CE credits for eligible professionals

www.TraumaHealingExperts.com

Here's everything you get in...

Witnessing the Body's Wisdom

A Somatic Journey Through Shame and Grief, Returning to Authentic Joy



Over 7 hours of **LIVE** training +
6 CE Credits! Now just **\$267!**

- + **5 live, interactive training sessions** with Peter Levine and Diane Poole Heller, where we'll combine live demonstrations, guided debriefs, and embodied reflection to deepen our work with shame and grief.
- + **Live, unscripted Somatic Experiencing® demonstrations** with volunteers from the group—so you can see how Peter tracks the nervous system and responds, in real-time
- + **Downloads, Audio, Transcripts, Demos & Additional Resources** with *lifetime* access to a *private learning portal*, so you can continue learning and revisit the course material whenever you like.

Brand New Format for 2026!



This course uses a new learning format for 2026—live demonstration from Dr. Peter Levine, followed by dedicated sessions for guided review and group processing. You'll see the work in real-time, and then understand how and why it unfolds.

PLUS, you'll also get these special COURSE BONUSES!

+ BONUS #1: Basic Principles of Somatic Experiencing® Video Workshop

a 2.5 hr video training that gives you a comprehensive overview of the Somatic Experiencing® model.



+ BONUS #2: Trauma Symptoms + Resilience Checklists

Use these checklists in tandem to identify common responses and symptoms of trauma and assess progress.

**This is the ONLY time this course will be offered LIVE.
Be sure to save your spot today...**



Session 1: February 4, 2026

Somatic Patterns of Shame:
Identification and Intervention

Session 2: February 10, 2026

Shame Review: From Collapse to
Dignity

Session 3: February 12, 2026

Somatic Patterns of Grief: Recognition
and Resolution

Session 4: February 16, 2026

Grief Review: Restoring Flow and
Authenticity

Session 5: February 19, 2026

Integration and Practitioner Reflection:
Applying Somatic Insights

****6 CE credits are included with
purchase for eligible professionals who
attend the live sessions.**

All 5 LIVE sessions meet online for 90 minutes from 12 pm - 1:30 pm MT and will be recorded.

Save your spot!

Choose Your Payment Option

Best Value

ONE PAYMENT

\$267

Includes 6 CE credits!

JOIN NOW

Most Flexible

3 MONTHLY PAYMENTS

\$99/ EACH

Includes 6 CE credits!

CHOOSE

Can't attend live? All training is recorded

Our first session begins on February 4, 2026

All-New Training is NOW OPEN!

Witnessing the Body's Wisdom

A Somatic Journey Through Shame and Grief, Returning to Authentic Joy

Watch Dr. Levine apply somatic principles in LIVE demonstration, with in-depth debrief and Q&A.

- Five 90-minute LIVE training sessions
- Real-time participant demonstrations with Dr. Levine
- Includes 6 CE credits for eligible professionals



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ENROLL NOW



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