

PETER A LEVINE, PhD

February 19, 1942

EDUCATION

B.S. University of Michigan, 1964: Physics Engineering; and Minors in Mathematics and Psychology

P.h.D. University of California, Berkeley, 1977: Department of Medical and Biological Physics: Group in Biophysics (Interdisciplinary Program in Physical Biology; Life Science, Neurophysiology, and Physiological Psychology)

P.h.D. International University, Los Angeles, 1978; Independent Directed Tutorial, Psychology

EXPERIENCE

1985 - Current

Founder and President of the Ergos Institute of Somatic Education

1994 - Current

Founder and Senior Advisor for the Foundation for Human Enrichment, Lyons, Colorado. A.K.A Somatic Experiencing® Trauma Institute.

2007 - Current

Senior Clinical Fellow and Advisor to The Meadows Addiction Treatment Center in Wickenburg, Arizona

2003 - Current

President and Editorial Director of Ergos Institute Press (An Imprint co-publish with North Atlantic Press), Encinitas, California

2001 - 2007

Guest teacher for CIIS - California Institute of Integral Studies, San Francisco, California

2001 - 2007

Distinguished Faculty, Santa Barbara Graduate Institute, Santa Barbara, California

1994 - 2006

President and Director of the Foundation for Human Enrichment, Lyons, Colorado

2004 - 2005

Advisory Board: Trauma and Resiliency Resources - Treatment program for Emergency workers, firemen, and police involved in WTC/911

1999

Member of Task Force, Institute of World Affairs, Psychologists for Social Responsibility and Presidential Initiative on Ethnopolitical Warfare and Large Scale Disasters, World Forum, Twin Lakes, Connecticut. Development of post graduate level curriculum and training for response to large scale disaster and ethnopolitical conflict.

1995

Consultant Colorado Center for Bio-behavioral Health, Colorado

1994 - 1997

Consultant, Pain and Rehabilitation Clinic, Mapleton Center and Community Hospital, Boulder, Colorado

1988 - 1989

Guest Teacher OASIS: International treatment program for refugees and torture victims, Copenhagen, Denmark

1987 - 1990

Guest teacher for the Danish Psychiatric hospitals at Nykøping & Viborg, Denmark

1987 - 1989

Guest Teacher at the Bodydynamic Institute, Copenhagen, Denmark

1986 - 1990

Consultant at the Hopi Guidance Center; clinical training for native therapists.

1986 - 1989

Guest teacher for CIIS - California Institute of Integral Studies, San Francisco, California

1985 - 1989

Co-teacher with Richard Olney M.A., Hypnosis and Body Experience, a series of

professional residential training programs, Arizona

1980 - 1990

Program director and primary teacher in the Somatic Experiencing training program for Body Oriented Therapy, Berkeley, California

1985 - 1987

Community Affairs co-director for Ergos Institute, Flagstaff, Arizona

1985 - 1986

Stress Consultant for Sheriffs Department of Coconino County, Arizona

1984

Faculty, Somatic Psychology at Antioch College, San Francisco, California

1983

Teacher in Residence and Director of the Extended Study Program, Esalen Institute, Big Sur, California

1981 - 1982

Visiting Faculty at the University of New England, College of Osteopathic Medicine in the Department of Clinical Principles and Practice & Continuing Medical Education

1981 - 1982

Consultant at the Blueberry Treatment Centers for Autistic Children in Brooklyn, New York, with Dr. Mira Rothenberg

1980 - 1981

Consultant at the Stress and Pain Center, Victoria, British Columbia, Canada

1978 - 1979

Consultant to NASA Ames: Stress Factors in Space Shuttle Flight (Project Director; UC Consortium with NASA)

1978 - 1979

Instructor at Antioch College, San Francisco, California

1977 - 1979

Lecturer at the Department of Health and Medical Sciences, University of California, Berkeley, California

1976 - 1977

Field Facility Advisor for Humanistic Psychology Institute Saybrook University, San Francisco, California

1970 - 1971

Lecturer in Contemporary Natural Sciences Program at the Department of Physics and Zoology at the University of California, Berkeley, California

1969 - 1970

Instructor (acting): Zoology, University of California, Berkeley, California

1969 - 1970

Instructor: Life Sciences, Mills College, Oakland, California

1962 - 1964

Research Assistant; Electronic Defense Group and Department of Psychology, University of Michigan with Professor Wilson P. Tanner on electronic prosthetic devices for the blind.

1961

Technical Assistant, Bell Telephone Laboratories, Murrayhill, New Jersey with Leon D. Harmon in Neuro-cybernetics on the "Artificial Neuron" Project.

1961

Research Assistant Department of Psychology with Professor P.M. Fitts, Stimulus Response compatibility studies in Human Engineering.

PUBLISHED WORKS

2017

How People Change: Relationships and Neuroplasticity in Psychotherapy. Edited by Marion Solomon and Daniel J. Siegel. Emotion, the Body, and Change by Levine, P. New York, N.Y.: W.W. Norton & Company Ltd.

2017

Joseph P Riordan SEP, MAPS, Abi Blakeslee SEP, CMT, MFT, PhD, Peter A. Levine, PhD (2017). Toddler Trauma: Somatic Experiencing®, Attachment and the Neurophysiology of Dyadic Completion, *International Journal Of Neuropsychotherapy* (Issue 5, Vol 1)

2015

Levine, P., MacNaughton, I., & Marlock, G. (2015). The Role of the Breath in Mind-Body Psychotherapy. In H. Weiss, C. Young, & M. Soth (Eds.), *The Handbook of Body Psychotherapy and Somatic Psychology*. Berkeley: North Atlantic Books

2015

Trauma and Memory: Brain and Body in a Search for the Living Past - A Practical Guide for Understanding and Working with Traumatic Memory. Berkeley: North Atlantic Books

2015

Somatic Experiencing: using Interoception and Proprioception as Core Elements of Trauma Therapy, authors: Peter Payne, Mardi A Crayne-Godreau, Peter A Levine, PhD <http://journal.frontiersin.org/article/10.3389/fpsyg.2015.00423/full>

2015

Levine, P. Somatic experiencing. In E. Neukrug (Ed.), *The SAGE Encyclopedia of Theory in Counseling and Psychotherapy*. (Vol 2. pp. 951-954). Thousand Oaks, CA: SAGE Publications, Inc.

2011

Freedom from Pain: Discover Your Body's Power to Overcome Pain with Maggie Phillips, PhD. Boulder, Colo.: Sounds True

2010

In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness. Berkeley, CA: North Atlantic Books

2008

Trauma-Proofing your Kids; a Parent's Guide for Instilling Confidence, Joy and Resilience. Berkeley, CA: North Atlantic Books

2008

Trauma and Spirituality. In D. Goleman (Ed.), *Measuring the immeasurable: The scientific case for spirituality* (pp. 85-100). Boulder, Colo.: Sounds True

2007

Trauma through a Child's Eyes: Awakening the Ordinary Miracle of Healing with Maggie Kline Berkeley, CA: North Atlantic Books

2005

Healing Trauma: A Pioneering Program for Restoring the Wisdom of the Body Book/CD, Boulder, Colo.: Sounds True

2003

Panic, Biology, and Reason: Giving the Body Its Due, in Panic, Incites and Origins- Berkeley, CA: North Atlantic Books

2002

Sexual Trauma; Healing the Sacred Wound, Audiobook. Boulder, CO: Sounds True

2001

It Won't Hurt Forever, Guiding Your Child through Trauma, Audiobook. Boulder, CO: Sounds True

1999

Healing Trauma-Restoring the Wisdom of the Body, Audiobook Sounds True, CO

1998

Trauma Therapy for Survivors of Torture- Jorgensen and Mathiasen eds. Bogen publishers, Copenhagen Denmark

1997

Memory, Trauma, and Healing- article appeared in Spring, 1997 of AHP Journal Perspective. Also in the Journal of Bio-Synthesis.

1996

Waking the Tiger-Healing Trauma, Berkeley, CA: North Atlantic Books (Published in 25+ languages)

1991

Revisioning Anxiety and Trauma, in *Giving the Body Its Due* (ed. Maxine Sheets Johnstone) S.U.N.Y. Press, 1991

1986

Chapter on Stress in *Psychophysiology: Systems, Processes, and Application; A Handbook*, eds. Coles, M., Donchin, E., and Porges, S., Guilford Press, 1986

1983

Chronic Perinatal Stress as a Predisposing Factor in Autism and Childhood Psychosis;

a Neurodevelopmental model suggesting strategies in treatment and prophylaxis. In: Symposium on Autism co-sponsored by University du Quebec a Montreal and San Francisco State University

1978

Stress and Vegetotherapy, Journal of Energy and Character -Dorsett England (Fall)

1978

Intra-Uterine Environment, Stress and Neurological Development, Journal of Behavioral Neuropsychiatry

1977

Accumulated Stress Reserve Capacity and Disease, (Ph.D. thesis UC Berkeley, Dept of medical biophysics University Microfilm 77-15-760, Ann Arbor, Michigan

1977

A Rhythm to Growing: A Comment on the Body Approaches of Reich and Rolf and the Process of Adaptive Growth, Life and Works of Wilhelm Reich, Viking-Penguin

1964

A Model for Flicker Fusion. Bell Telephone Company, Technical Memoranda.

CONFERENCE PRESENTATIONS

- 2020 Psychotherapy Networker - Keynote. Received Lifetime Achievement Award
- 2017 Erickson Evolution of Psychotherapy, Anaheim, CA
- 2017 Congress on Attachment & Trauma: The Neurobiology of Healing, New York, NY
- 2017 ATTACH 29th Annual Conference on Trauma and Attachment - Keynote and Lifetime Achievement Award
- 2016 Foundations Recovery Network, Coronado, CA - Keynote
- 2015 Jungian Society of Austin, Texas
- 2015 University of Texas at Austin School of Social Work - Keynote
- 2014 Psychotherapy Networker Conference - Keynote
- 2013 Breath of Life Conference - Keynote
- 2013 Milton Erickson Brief Therapy Conference - Expert Panel
- 2013 Hochrat Pain Clinic - Keynote
- 2013 Frankfurt University - Keynote
- 2013 UCLA and Betty Ford Center - Women's Symposium - Keynote
- 2013 UCLA Attachment and Interpersonal Psychology - Keynote

2012 Milton Erickson Brief Therapy Conference - Expert Panel

2012 Breath of Life Conference - Keynote

2011 International Association of Eating Disorder Professionals, Phoenix, AZ - Keynote

2011 National Institute for Applications in Behavior Medicine (NICABM) - Keynote

2011 Life Time Achievement Award for work in Infant and Child Psychiatry, Reis Davis Chair, Psychoanalytic Institute, Los Angeles, California

2010 Lifetime Achievement Award, United States Association for Body Psychotherapy, JFK University, Pleasantville, California - Keynote and Master Class

2008 Sex Therapy, Education and Medicine (STEM), Alvarado hospital, San Diego, CA

2008 Frontiers in Brief Therapy, Milton Erickson Foundation, San Diego, California

2007 Life Energy and the Emergent Therapeutic Paradigm - Keynote

2004 Two years: Meadows Psychotherapy Conference Series

2004 Infant Development Association—presenter

2004 National Institute for Applications in Behavioral Medicine (NICABM) - Keynote and Master Class

2004 Frontiers of Trauma Based Psychotherapy; Cutting Edge Series. University of California, San Diego School of Medicine, Department of Psychiatry

2003 Spirituality and Trauma - UCLA Extension

2003 Southwestern College, 22nd Annual Transformation and Healing Conference, Santa Fe, New Mexico - Keynote

2003 EMDR International Conference - Denver, Colorado - Keynote

2003 Family Systems: Passion and Responsibility, Wurzburg, Germany - Keynote

1998 Six years: Guest Lecturer, C.J. Jung Societies in Denver, Colorado; San Francisco & Los Angeles, California; and Kusnacht (Zurich), Switzerland

2001 Two years: Cape Cod Summer Institute, Albert Einstein School of Medicine - with Bessel van der Kolk MD

2002 San Diego Center for the Treatment of Torture Victims; Workshop presenter

2002 Neurons to Neighborhood - The Effects of Emotional Trauma on the Way we Learn, Feel and Act-Mount St. Mary's College with Daniel Segal, and Diane Fosha

2002 Responding to Terror and Trauma in Turbulent Times - Keynote, The Association of Traumatic Stress Specialists 10th annual conference

2002 Grand Rounds, Beth Israel hospital, NYC, Music therapy program for the treatment of 911 survivors

2001 Infant Mental Health - Keynote and Grand Rounds with Alan Schore, Cedar Sinai Hospital Los Angeles, California

2001 "Neuroscience and the Somatic Treatment of Traumatic Stress: Integrating Scientific and Therapeutic Models", Boulder, Colorado - Keynote

2001 "Body Experience and the Expression of the Soul" - Zurich - Keynote

2001 "Post Traumatic Stress as a Reality in the Health Care System"- CME conference, Longmont Hospital; with Robert Scaer MD

2000 Two years: Keynote presenter at Boston Medical School: "Trauma and Attachment" Symposium with Bessel van der Kolk

2001 Presenter: "Family Therapy Networker" conference in Washington, DC

2000 Co-presenter "How to deal with Trauma in Society, in School, and in the Media," Simon Wiesenthal Center Museum of Tolerance, Los Angeles, California

2000 Co-presenter: Open Society Institute, Croatia East/East Program: Systems in Transition, Preventing Violence in Dubrovnik, Croatia

2000 Peace Building in the 21st Century; Co-sponsor "Pathways to Peace" and the "Noetic Society," Dubrovnik, Croatia - Keynote

1999 Three years: Speaker, National Institute for the Clinical Application of Behavioral Medicine, Palm Springs, California and Hilton Head NC

1999 Responses to Overwhelming Threat; Theory and Treatment Jerusalem Israel

1999 Guest Teacher, Gaza Mental Health, Gaza City

1996 Four years: American Polarity Therapy Association - Keynote

1999 Speaker: "The Biology of Emotion" with Candice Perts; Naropa Institute, Boulder, Colorado - Keynote

1997 Trauma Conference, Naropa Institute - Keynote

1997 Oasis Tenth Anniversary, International Conference, Copenhagen, Denmark - Keynote

1997 International Polarity Conference - Keynote

1996 AHP (Assoc. of Humanistic Psychology) International Conference - Keynote

1995 The International Somatics Congress - Congress International de Somatotherapy - Keynote

1995 "Unifying the Elusive Symptoms of Post-Traumatic Stress and Closed Head Injury; New Models for Treatment" - Rehabilitation in-service, Mapleton Center at the Boulder Community Hospital, Colorado

1991 "Somatic Contributions to the Healing of Sexual Abuse" University of California Extension School of Public Health

1991 "What Is The Child's Reality? The Child in the Hospital," Washoe Medical Center, Reno, Nevada

1989 Three years: National Guild for Structural Integration - Keynote

1989 "The Ordinary Miracle of Healing" at Washoe Medical Center, Reno, Nevada. 1989 - "An Integrative Approach to Anxiety and Post-Traumatic Stress". The Second Nordic Psychophysiology Conference, Lynkooping, Sweden

1988 National AMTA - "Body Feeling and Self" - Keynote

1987 Two years: Grand Rounds, Nevada - Mental Health Institute and the Department of Psychiatry and Behavioral Sciences, School of Medicine, University of

Nevada, Reno: "What Constitutes Therapeutic Milieu in a Hospitalized Setting?" (A panel discussion); "Body/Mind Relationships; A Synthesis of Developmental and Psycho-physiological approaches in the Non-drug, Somatic (body-oriented) Treatment of Psychopathologies"; "The Substitute Tiger; Shock as a Critical and Neglected Factor in Treating Phobic States and Other Psychopathologies." Reno, Nevada

1987 "The Body in Health Care." YWCA, Reno, Nevada

1984 "Beyond the Relaxation Response: Self-regulation and Healing for Clinicians." U.C.L.A. School of Medicine

1983 "Towards a Biology of Body Work." Keynote Speaker. New Visions in Psychotherapy JFK University

1982 Grand Rounds, Pacific Medical Center UCSF (Department of Psychiatry): "Another Look at Carbon Dioxide Inhalation in the Treatment of Stress Underlying Various Psychopathologies."

1982 "The Body and the Person: Towards a Somatic Model of Health" (U.C. Extension School of Public Health), Consultant, Coordinator and Participant

1981 "The Perinatal Period: Interface of Biology and Behavior" (with S. Porges). Esalen Institute, Coordinator and Participant

1980 "Conceptualizing Energy Medicine." - presenter and co-organizer - (U.C. Extension School of Public Health)

1979 "Biology of the Affectional Bond." University of California, Berkeley, Health and Medical Sciences; Stanford Research Institute International: Ergos Institute, and Esalen Institute; Coordinator and Participant

PROFESSIONAL SOCIETIES

American Psychological Association

Humanistic Psychological Association

Guild for Structural Integration - inactive

International Society for Traumatic Stress Studies

CERTIFICATIONS

American Board of Medical Psychotherapists, Fellow and Diplomat

American Board of Stress Practitioners

The American Institute of Stress, Fellow and Diplomat

ISSSEEM - International Society for the Study of Subtle Energies & Energy Medicine