<table>
<thead>
<tr>
<th>Date</th>
<th>Workshop</th>
<th>Facilitator</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 2012</td>
<td>Ongoing Body Psychotherapy Group (Pub)</td>
<td>Chris Osborne</td>
<td>17</td>
</tr>
<tr>
<td>Sat 6 Oct 2012</td>
<td>The Therapeutic Relationship (Pub)</td>
<td>Mont Heizler</td>
<td>18</td>
</tr>
<tr>
<td>Sat-Sun 6/7 Oct 2012</td>
<td>Moakur: The Hidden Challenges in Coping With Stress (Gen)</td>
<td>Marite Horn-Brantberg</td>
<td>7</td>
</tr>
<tr>
<td>Fri 12 Oct 2012</td>
<td>Clinical Forum (Gen)</td>
<td>Robert Downes</td>
<td>21</td>
</tr>
<tr>
<td>Sun 4 Nov 2012</td>
<td>Working with Disability as Psychotherapists (Gen)</td>
<td>Anne-Marie Kaary</td>
<td>8</td>
</tr>
<tr>
<td>Sat 10 Nov 2012</td>
<td>Belly Dance Therapy (Pub)</td>
<td>Ruth Cowan</td>
<td>19</td>
</tr>
<tr>
<td>Sat-Sun 24/25 Nov 2012</td>
<td>Touch for Therapists and Counsellors (Gen)</td>
<td>Nick Tobin</td>
<td>9</td>
</tr>
<tr>
<td>Sun 2 Dec 2012</td>
<td>Neurodynamic for Psychotherapists (Sem)</td>
<td>Katherin Stauffer</td>
<td>22</td>
</tr>
<tr>
<td>Sat 8 Dec 2012</td>
<td>The Therapeutic Relationship (Pub)</td>
<td>Mont Heizler</td>
<td>18</td>
</tr>
<tr>
<td>Sat 12 Jan 2013</td>
<td>Working with Physical Symptoms (Gen)</td>
<td>Katherin Stauffer</td>
<td>10</td>
</tr>
<tr>
<td>Sun 27 Jan 2013</td>
<td>Management of Desire (Adv)</td>
<td>John Waterston</td>
<td>4</td>
</tr>
<tr>
<td>Sat-Sun 29/30 Jan 2013</td>
<td>Family Constellations (Pub)</td>
<td>Alan Reynolds</td>
<td>20</td>
</tr>
<tr>
<td>Sat 2 Mar 2013</td>
<td>Belly Dance Therapy (Pub)</td>
<td>Ruth Cowan</td>
<td>19</td>
</tr>
<tr>
<td>Sun 3 Mar 2013</td>
<td>Neuroscience for Psychotherapists (Sem)</td>
<td>Katherin Stauffer</td>
<td>22</td>
</tr>
<tr>
<td>Sat 9 Mar 2013</td>
<td>Two Chair Work: A Creative Experiential Day (Gen)</td>
<td>Michael SOTH</td>
<td>11</td>
</tr>
<tr>
<td>Fri 15 Mar 2013, Sat-Sun 15/17 Mar 2013</td>
<td>Moakur: Muscular Intelligence - Coping and Resonance (Gen)</td>
<td>Marite Horn-Brantberg</td>
<td>12</td>
</tr>
<tr>
<td>Sat 16 Mar 2013</td>
<td>The Therapeutic Relationship (Pub)</td>
<td>Mont Heizler</td>
<td>16</td>
</tr>
<tr>
<td>Sat-Sun 23/24 Mar 2013</td>
<td>Working with the Body: Assessing Unconscious Potential (Gen)</td>
<td>Claudius Kokoti</td>
<td>13</td>
</tr>
<tr>
<td>Sat 13 Apr 2013</td>
<td>Money, Fire and Dangerous Things I (Gen)</td>
<td>Andrew Sharrock</td>
<td>14</td>
</tr>
<tr>
<td>Sat 27 Apr 2013</td>
<td>Money, Fire and Dangerous Things II (Gen)</td>
<td>Andrew Sharrock</td>
<td>14</td>
</tr>
<tr>
<td>Sat-Sun 11/12 May 2013</td>
<td>Working with DID in Body Psychotherapy I (Adv)</td>
<td>Lydia Eversen</td>
<td>5</td>
</tr>
<tr>
<td>Sat 1 Jun 2013</td>
<td>The Therapeutic Relationship (Pub)</td>
<td>Mont Heizler</td>
<td>18</td>
</tr>
<tr>
<td>Sat 9 Jun 2013</td>
<td>Belly Dance Therapy (Pub)</td>
<td>Ruth Cowan</td>
<td>19</td>
</tr>
<tr>
<td>Sat-Sun 9/10 June 2013</td>
<td>Working with DID in Body Psychotherapy II (Adv)</td>
<td>Lydia Eversen</td>
<td>5</td>
</tr>
<tr>
<td>Sun 16 Jun 2013</td>
<td>Neuroscience for Psychotherapists (Sem)</td>
<td>Katherin Stauffer</td>
<td>22</td>
</tr>
<tr>
<td>Sat 16 and Sat Jul 23/2013</td>
<td>Conversations with the Body (Gen)</td>
<td>Margaret Landale</td>
<td>15</td>
</tr>
<tr>
<td>Fri-Sun 6/7/8 Sep 2013</td>
<td>The Inner Attitude: A Form of Bodywork in the Framework of Transpersonal Psychotherapy (Adv)</td>
<td>Rainer Pervöltz</td>
<td>0</td>
</tr>
<tr>
<td>Sat-Sun 21/22 Sep 2013</td>
<td>Moakur: Attachment and Trauma (Gen)</td>
<td>Marite Horn-Brantberg</td>
<td>10</td>
</tr>
</tbody>
</table>
We offer a programme of courses and events which aims to reflect the ongoing developments in body psychotherapy as well as in the wider field. Whether you are reading this as a psychotherapist, counsellor, psychologist, coach, other health practitioner or an interested member of the public, we hope you will be inspired to visit our website at www.body-psychotherapy.org.uk and to participate in one of the events listed in this programme. We run a different programme each term and look forward to seeing you at one of our events.

It is clear to many practitioners from across the wide spectrum of modalities that focussing exclusively on verbal communication imposes serious limitations on our work. What is less clear is how we get beyond these limitations. This is the work we are engaged in, and we invite you to be a part of it, whatever your orientation or modality of training.

That is why we run events which are suitable for:

- body psychotherapists specifically to help support and develop your work
- non-body psychotherapists who are interested in developing their awareness/skills for including the body in their work
- interested members of the general public

Chiron Association for Body Psychotherapists

Since the early 1980s the Chiron Centre for Body Psychotherapy has been a leader in the field of Body Psychotherapy, its development, and its integration with other modalities. Although we are drawing eclectically from a wide variety of humanistic and psychoanalytic theories and techniques beyond traditional Body Psychotherapy, we think of our work now as integrative, in the sense that we are not just integrating contradictory theories, but working with the forces of integration and dis-integration in the therapeutic relationship, as paralleled on all levels of the body/mind in client and therapist.

With the closure of the Chiron Centre following the retirement of its founders, CABP have founded a new centre for our work in Ealing, West London, and our work continues to expand in new and exciting ways. We are continuing to develop and learn and whilst we are excited about sharing this ‘work-in-progress’ with you, through the courses offered in this programme, we also invite you to participate in this collective process and contribute to it.
Whilst psychotherapy integration has been one of the most necessary, creative and productive developments in our field over the last 20 years, ‘integrative’ is in danger of becoming another meaningless sound-bite.

Many therapists do not feel sufficiently prepared to hold a robust, broad-spectrum, coherent integrative position. Too often integration is taught whilst disregarding the irreconcilable contradictions between the approaches in terms of underlying paradigms, stances and assumptions. This then models a too pragmatic attitude which reduces integration to an eclectic pick’n mix of techniques, with therapists switching between different approaches in ways that are confusing and uncontainable for the client.

So how can we have access to the full integrative wealth of therapeutic ways of working, without becoming everything to all people, diluting our therapeutic stance and losing coherence?

The principle that is capable of holding the eclectic fragments together is the conflicted integration of the different modalities of therapeutic relatedness. Over the last 20 years Michael has developed a formulation which he calls the ‘diamond model of the modalities’. It provides a framework for this ongoing journey between the polarities within the field.

Michael Soth is an integral-relational Body Psychotherapist, trainer and supervisor (UKCP), with more than 24 years’ experience of practising and teaching from an integrative perspective. Drawing on concepts, values and ways of working from a wide range of psychotherapeutic approaches across both psychoanalytic and humanistic traditions, he is interested in the therapeutic relationship as a bodymind process between two people who are both wounded and whole. He has written numerous articles and is a frequent presenter at conferences. Extracts from his published writing (including several book chapters) as well as summaries of presentations are available at www.soth.co.uk.
When trauma is too relentless to be normally processed and integrated into the psyche, to be blended into existing memory networks, separate memory-systems may spontaneously develop; multiple identities with, at times, extremely defined character traits and personalities, usually dissociated from each other in order that the sense of a normally functioning life can be maintained.

The experience of this personality-organisation is obviously extremely complex, and the transferential and counter-transferential therapeutic relationship inevitably reflects this, potentially becoming as chaotic and impossible to fathom as the hidden inner world of the client, were it not dissociated from awareness.

Over the course of two weekends Lidy will develop the understanding and recognition of a dissociative personality structure, explore how to help these clients to reconnect with split-off aspects of themselves in the development of a more consistent personality organisation, creating an overview of the dissociated parts and their organisation, relating these parts to age structure and and function for the total personality, connecting these parts to body areas, resourcing exercises, and providing supervision.

**Lidy Evertsen** is a Bodydynamic certified practitioner and Shock trauma therapist, also trained in Unitive Psychotherapy. Originally a classical singer and voice trainer she taught acting classes for singers in the early eighties. Searching for how to support people bringing forward their own voice, she started to be trained as a body psychotherapist. Her theatre background and therapy training together have created a red thread in her work as a Body psychotherapist: dissociative identity. Lidy is also a Bodnamic trainer, running the part of the Bodnamic institute in Amsterdam, Furthermore Lidy has been very active in the EABP. Currently she is the president of the EABP.

**Rainer Pervölzt** was born in 1944 and is a Gestalt and Body psychotherapist. Trainings with Jack Lee Rosenberg, Eric Marcus, and Gerda Boyesen. Cofounder of the Chiron Centre in London. For many years trainer for the Biodynamic Institute. Andrew DaPassano was his most important spiritual teacher. Taoist energy studies with Mantak Chia. Rainer’s work fosters further development of the Transpersonal psychotherapy in the framework of Gestalt philosophy integrating the body and its energetic systems. He is trainer at the Transpersonal School for Psychology and psychotherapy in Freiburg, Germany. He works as a therapist and supervisor in Wittnau near Freiburg.

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**The Inner Attitude: Bodywork in the Framework of Transpersonal Psychotherapy**

**Facilitator: Rainer Pervölzt**

2.5-DAYS: Fri-Sun 6/7/8 Sep 2013, 6.30pm to 9.30pm (Fri) and 10.00am to 5.30pm (Sat and Sun)

All human beings live with a basic polarity of motion and tranquility. If this polarity is in balance, life is mostly experienced as good. With many of us, however, the balance is disturbed, so that, on the one side, tranquility can turn into lethargy, depression, and lack of drive; and motion into stress, effort, restlessness, and fear.

Around this distorted polarity, every person develops their own story, which follows its own and often strange logic. The story expresses itself continuously in physical postures and attitudes (in German we have one word for both: Haltung). Since we incorporate those Haltungen automatically, we are, most of the time, not conscious of them. Surprisingly enough, it is not so terribly difficult to make them conscious – and this will be the subject of the seminar.

Once you understand with the cells of your body that it’s not what happens that constitutes the quality of your life, but the attitude by which you encounter what happens, you start to step out of your personal story and its endless repetitions. The seminar will be a combination of body and transpersonal therapy.
Moaiku: The Hidden Challenges in Coping With Stress
Facilitator: Merete Holm-Brantjberg
2-DAY: Sat-Sun 6/7 Oct 2012, 9.30am to 5.30pm

Exploring "giving up" in muscles as a defensive coping strategy
In this workshop Merete will focus on a less well-known reaction to stress or personal dilemmas. Muscles (and other tissue) can give up, become distant, and lose energy in order to "protect" us from sensing emotions or impulses that we don’t know how to handle. A typical example is that we often don’t notice body signals telling us when to stop. Psychomotor impulses in arms, legs and core fail to reach consciousness if the muscles involved are in a state of giving up. Consequently, we may not sense when enough is enough – and a vicious circle can start where you lose energy and your sense of being in charge from within.

In this workshop Merete will present:
- methods to work with the body’s response to stress, giving special attention on how to approach giving up/hypo-response and the typical polarization that happens between tension and giving up
- psychomotor skill training focusing on skills that help us cope with outer and inner stress, such as centering, grounding and containment
- exploration of the hidden impulses and emotions emerging from the areas of the body that have given up
- differentiating both theoretically and practically between 3 types of "low energy": Natural tiredness, hyporesponse as a defensive coping strategy and hypoarousal which is a survival reaction

Merete Holm Brantbjerg is the creator of "Moaiku" - derived from "Motoric Haiku", a psychotherapeutic skill training that is focused on: simplicity, repetition, precise individual dosing, and a here and now/ presence. She is also co-creator of Bodymetric Analysis – a member of the European Association of Body Psychotherapy (EABP) and Psychoterapeutforeningen. Merete specialises in resource-oriented skill training as a psychotherapeutic method – applying it to both personality development and trauma healing.

Venue: University of London Union, Malet Street, WC1E 7HY
The fee for this course is £210. Please register online at: www.body-psychotherapy.org.uk/events-workshops-and-training.html
For further payment options please see the payment leaflet inserted in the brochure.

Working with Disability as Psychotherapists
Facilitator: Anne-Marie Keary
1-DAY: Sun 4 Nov 2012, 10.00am to 5.30pm

In this workshop I would like to explore some of the issues, questions and ethical dilemmas that we face as psychotherapists when working with clients who are also disabled.

We will look at this theoretically and experientially in three ways:
- Firstly, using an existential frame to place the work, which argues for a personal/related way of working, that holds uniqueness and supports the essential journey into unbearable territories. We will also explore the concept of ‘otherness’ and how it relates to all of the work we do with clients.
- Secondly, we will focus on the effect of disability on internal object relations and attachment, balancing fusion and separateness as a tightrope, which becomes more precarious with the effect of the inherent objectification of the disabled body.
- Thirdly, we will specifically ponder how this works in Body Psychotherapy - it holds an inevitable journey into the wound of the body. It is about daring to go into the wounds, with as much care and protection as possible. So can I, the wounded healer, work with a wounded body, survive my wound and take me and my clients beyond that into something else?

The workshop will be experiential, looking at theory to support engagement in the area and we will use video clips and exercises to promote discussion and engagement with the material.

Anne Marie Keary (UKCP) is a Relational Body Psychotherapist, trained at the Chiron Centre. She comes from a teaching background and works in private practice in London. She teaches at the Minster Centre where she teaches the Body in Psychotherapy module and at The Bowlby Centre where she teaches about disability in a diversity context. She has post certificate qualifications in trauma work as well as being a Systemic Family Constellation practitioner.

Venue: 12a The Mall, London W5 2PJ
The fee for this course is £105. Please register online at: www.body-psychotherapy.org.uk/events-workshops-and-training.html
For further payment options please see the payment leaflet inserted in the brochure.
Touch for Therapists and Councillors  
Facilitator: Nick Totton  
2-DAYS: Sat-Sun 24/25 Nov 2012, 10.00am to 5.30pm  
The issue of touch comes up very frequently for psychotherapists and counsellors. Some people feel very strongly that there should be no touch between clients and practitioners; others feel equally strongly that this is unrealistic and unnecessary, especially now that our culture is far more accepting of touch than it used to be.

This workshop is not about whether to touch clients, but about when, why and how to touch, and which clients to consider touching – and being touched by. It is aimed primarily at practitioners without specialist training in this area, who are interested in extending their range and feeling more confident around touch. As well as theory, it will include experiences of offering and receiving various kinds of touch, and of negotiating around touch.

A prerequisite for any sort of touch in therapy is that the practitioner must feel comfortable with it; so we will explore our own feelings and history around touch, before considering what conscious and unconscious issues different clients may have. I will offer a model of five levels of touch, starting with touch as comfort and going through to touch as skilled intervention, and considering the ‘when, why, how and which’ of each in turn.

You should leave with increased confidence around touching, and a clearer picture of how to touch in ways and at times which suit your personality and which are appropriate for particular clients; and also, when not to touch.

Nick Totton is a therapist and trainer with nearly 30 years experience, offering and teaching Embodied-Relational Therapy. Originally a Reichian body therapist, his approach has become broad based and open to the spontaneous and unexpected. He has an MA in Psychoanalytic Studies, and has worked with Process Oriented Psychology and trained as a craniosacral therapist; he is currently involved with ecospsychology and addressing climate change. He has a grown up daughter. He has written several books, including Body Psychotherapy: An Introduction; Psychotherapy and Politics; Press When Illuminated: New and Selected Poems; and most recently, Wild Therapy, published by PCCS Books. See www.erthworks.co.uk.

Working with Physical Symptoms  
Facilitator: Kathrin Stauffer  
1-DAY: Sat 12 Jan 2013, 10.00am to 5.30pm  
Body Psychotherapy works with the idea that all our thoughts and feelings are accompanied by physical processes in our bodies – and conversely, any change in the state of our bodies will be experienced subjectively by the mind, and may be given a meaning on that level. This concept allows us to explore connections between physical illness and emotional distress.

My one-day workshop aims to present participants with ways of thinking about bodily symptoms in psychotherapeutic terms. I will draw on theory and practical experience from body psychotherapy, object relations and attachment theories.

You will learn something about the general principles of self-regulation in health, stress and disease as well as something about interactions between physical symptoms and feelings. In addition to this, we will explore some commonly presented symptoms, and also symptoms that you may wish specifically to be covered.

The workshop is suitable for all therapists and counsellors who are interested in new ideas and skills in working with illness and symptoms. You are encouraged to bring case material from clients as well as your own symptoms.

Kathrin Stauffer PhD, UKCP Registered Body Psychotherapist, is the author of ‘Anatomy & Physiology for Psychotherapists: Connecting Body & Soul’ (W.W. Norton 2010). Originally a research biochemist, she retrained at the Chiron Centre for Body Psychotherapy in London. She works in private practice in Cambridge and London as a body psychotherapist, biodynamic massage therapist, trainer and supervisor.
Resource Oriented Skill Training as a relational bodyspsychotherapeutic method

ROST, also called Motoric Haiku, builds on the knowledge of personality growth through psycho-motor development and specific psycho-social skills connected to individual muscles. Included in this approach is the concept of muscle hypo- and hyper-response - the coping patterns of 'giving up' or 'controlling' we learned as we grew.

Our ability to sense our muscles is a way we can personally learn to build new resources for ourselves. Professionally it is an effective therapeutic method for helping clients to safely make the changes they are looking for.

What to expect in the workshop:
- Psychomotor skill training
- supporting presence and resonance in the here and now
- supporting self-regulation somatically
- related to different muscle groups. What skills are held in the backside, the frontside, the outside and the inside of the body?
- related to psychomotor developmental phases. What emerges in us when we move lying on the floor, sitting and crawling – or moving in a forward direction by pushing off the ground with our toes?

With a mix of body exercises, theoretical presentation and discussion, participants will experience the effect of Motoric Haiku on their own body and in their own emotional process – and get to understand the principles in the approach.

Merete Holm Brantbjerg
is the creator of “Moaiku” - derived from “Motoric Haiku”, a psychotherapeutic skill training that is focused on: simplicity, repetition, precise individual dosing, and a 'here and now' presence. She is also co-creator of Bodynamic Analysis – a member of the European Association of Body Psychotherapy (EABP) and Psykoterapeutforeningen. Merete specialises in resource-oriented skill training as a psychotherapeutic method – applying it to both personality development and trauma healing.

Moaiku: Muscular Intelligence - Coping and Resonance

Facilitator: Merete Holm-Brantjberg

2.5-DAYS: Fri 15 Mar 2013 5.30pm to 9.00pm, Sat-Sun 16/17 Mar 2013 9.30am to 5.30pm

Two Chair Work: A Creative Experiential Day

Facilitator: Michael Soth

1-DAY: Sat 9 Mar 2013, 10.00am to 5.30pm

The ‘empty-chair’ technique or ‘two-chair work’ is one of the best-known and widely-used humanistic methods, capable of expanding ‘talking therapy’ into experiential exploration. It invites/allows the client to psychodramatically enact, role-play and externalise particular relationship difficulties they feel caught in.

One of the advantages of the technique is that it can be applied fluidly to both external and internal relationships, often helping the client to not only see, but feel the parallels and connections between internal and external ways of relating which are at the root of what perpetuates unsatisfying, polarised or destructive relationships.

Undoubtedly, the technique has many therapeutic uses and benefits, and can facilitate powerful, transformative experiences. But when attempting to use it, therapists frequently report in supervision that it did not work, that it ‘went flat’, or that the client self-consciously refused to ‘perform’.

This one-day workshop is an opportunity to comprehensively enhance your confidence in using the technique, by understanding and familiarising yourself with its inherent pitfalls and recurring stumbling blocks. As the use of any technique is very much about the detail of the actual delivery as well as the underlying principles, we will proceed sequentially during the course of the workshop, addressing the various stages of two-chair work: perceiving the polarities, setting up the dialogue, directing it and facilitating resolution, including the possibility of taking a third position.

Michael Soth is an integral-relational Body Psychotherapist, trainer and supervisor (UKCP), with more than 24 years’ experience of practising and teaching from an integrative perspective. Drawing on concepts, values and ways of working from a wide range of psychotherapeutic approaches across both psychoanalytic and humanistic traditions, he is interested in the therapeutic relationship as a bodymind process between two people who are both wounded and whole. He has written numerous articles and is a frequent presenter at conferences.

For further information on all our CPD workshops visit www.body-psychotherapy.org.uk
General Programme - for therapists from any modality

Working with the Body: Accessing Unconscious Potential
Facilitator: Claudius Kokott
2-DAY: Sat-Sun 23/24 Mar 2013, 10.00am to 5.30pm

This workshop is based on the fundamental insight of body psychotherapy that psychological experiences, from traumatic to happy ones, have a corresponding expression in our physical body. I will introduce a way of working with the body that could help to expand our understanding of therapeutic work as practitioners.

Involuntary movements from within the body, emotional discharge, ‘frozen’ or held body parts etc. are clear indications and of vital importance for the client to gain a better knowledge of themselves. We will focus on the breathing pattern as much as on body movement or absence of movement.

Another main point will be the physical expression of resistance in therapy, because the holding patterns and the emotional fear/anger/frozenness that go with resistance often get in the way towards a better life for the client.

The work is informed by an understanding of the principles of life forces in the body that can bring us closer to our essence. Tuning in to inner sensations and feelings enables a deepening of contact to ourselves and to others.

This weekend course is designed to help you acquaint yourself with these ideas in an experiential way. It is suitable for psychotherapists and counsellors who have a curiosity about their own as well as about their client’s inner life.

Claudius Kokott, UKCP and EAP Registered Body and Integrative Psychotherapist, trained at the Chiron Centre in the 1980s and afterwards at the Institute for Biosynthesis with David Boadella. He has many years of experience in teaching body psychotherapy in Britain and other European countries.

Venue: 12a The Mall, London W5 2PJ
The fee for this course is £210. Please register online at: www.body-psychotherapy.org.uk/events-workshops-and-training.html
For further payment options please see the payment leaflet inserted in the brochure.

Money, Fire and Dangerous Things
Facilitator: Andrew Shorrock
2 x 1-DAY: Sat 13 Apr 2013 and Sat 27 Apr 2013, 10.00am to 5.30pm

Two workshops that explore money, the economic and the internal world.

Workshop one: Money can/can’t buy me love ...

This practical workshop will aid participants to discover and understand their unconscious and conscious relationship to money as metaphor as well as the notes in their wallets. Through revealing attitudes to the fiscal world an indicator of unmet need can emerge, and reveal how the landscape of our inner world can be found in our bank statements and lifestyle.

This first of the two days is designed as a highly practical stand-alone workshop that, although acknowledging the therapist’s need to make a living, will not explore the place of money in the consulting room.

Workshop two: Cash in the Consulting room

Attendance of the first workshop is a prerequisite for attendance of the second workshop.

This workshop will offer a vehicle for exploring the therapists’ response to the effect that personal, global and national economic cycles have upon transference/counter-transference from the client’s and therapist’s perspective.

In the second part of this exploration of money, its meaning and function, the inquiry is widened to pay particular attention to addressing themes and issues from the clinical perspective as well as in-depth examination of the management of money issues in the clinical setting.

Andrew Shorrock’s core training is in psychosynthesis and he has been a trainer and supervisor for the Psychosynthesis and Education Trust London for the last ten years. In addition to individual psychotherapy clients and couples he facilitates long-term psychoanalytic psychotherapy groups, offers supervision to individuals and groups, and provides academic support to post graduate psychotherapy trainees. He has spoken at numerous conferences and is the author of “The Transpersonal in Psychology, Psychotherapy and Counselling” published by Palgrave Macmillan.

Venue: 12a The Mall, London W5 2PJ
The fee for this course is £210. Please register online at: www.body-psychotherapy.org.uk/events-workshops-and-training.html
For further payment options please see the payment leaflet inserted in the brochure.
General Programme - for therapists from any modality

Conversations with the Body
Facilitator: Margaret Landale

2-DAY: Sat 15 Jun and Sat Jul 13 2013, 10.00am to 5.30pm

This two-day workshop will provide an opportunity for participants to explore how to work effectively and safely with the embodied mind in counselling and psychotherapy. It will be of interest to all practitioners wishing to deepen their understanding of the relationship between body, mind and emotion and integrate this in their clinical work.

The body both holds and expresses deeply held (implicit) memory and we will explore practical techniques that can help the therapist to read these unconscious messages of the self, help raise embodied awareness within the client and to communicate with the body’s emotional mind.

**Workshop 1: Reading the body’s emotional mind**

In this workshop we will focus on how to deepen our perception and sensory awareness of the clients body language and symptoms; what this might tell us about the client’s self-regulatory and attachment patterns; and how we might engage with these forms of non-verbal communication within the therapeutic relationship.

**Workshop 2: Conversations with the body**

Building on workshop 1 we will explore practical techniques for accessing and processing implicit memory. This will include working mindfully with embodied metaphor, imaging and phenomenological enquiry.

*Margaret Landale* has been working as a psychotherapist for 25 years. She specialises in stress-related and psychosomatic disorders and has taught widely on these subjects. She is a supervisor and trainer and has also been a training director at the Chiron Centre for Body Psychotherapy in London. Having been a mediator for many years, she has become increasingly interested in the integration of mindfulness in psychotherapy and has taught on the ‘mindfulness in individual psychotherapy’ module at the Centre for Mindfulness Research and Practice, Bangor University.

Venue: 12a The Mall, London W5 2PJ
The fee for this course is £210. Please register online at: [www.body-psychotherapy.org.uk/events-workshops-and-training.html](http://www.body-psychotherapy.org.uk/events-workshops-and-training.html)
For further payment options please see the payment leaflet inserted in the brochure.

Moaiku: Attachment and Trauma
Facilitator: Merete Holm-Brantbjerg

2-DAY: Sat-Sun 21/22 Sep 2013, 10.00am to 5.30pm

This workshop focuses on the weaving together of attachment and trauma patterns – and on how it is possible to reach into the patterns through psychomotor skill training and start a healing process. Trauma can impact attachment both through the traumatic event itself – and/or in the meeting afterwards. Attachment patterns are played out in care-giving and care-seeking roles, which involve the risk of ending up in exchanges impacted by dominance and submission.

How can we offer a “holding environment” without becoming “rescuers”? How can we seek help without trying to control the interaction?

Both in a care-seeking and a care-giving role skills are needed to be able to participate in optimising safety and affect regulation which are crucial elements in regulating the arousal system after it has been strongly activated.

Two different healing strategies involving two different sets of roles will be presented in the workshop:
- finding a way/being helped back into an attachment relationship = leaving the stuck arousal state
- integrating the arousal state as part of being human – through a mutual affect regulation/containment of the experience – together with one or more other people

Both of these healing strategies are in my experience part of trauma work and can potentially open new attachment experiences. The skill training in the workshop will be related to both strategies. The workshop is experiential and will relate to theory.

*Merete Holm Brantbjerg* is the creator of “Moaiku” - derived from “Motoric Haiku”, a psychotherapeutic skill training that is focused on: simplicity, repetition, precise individual dosing, and a ‘here and now’ presence. She is also co-creator of Bodynamic Analysis – a member of European Association of Body Psychotherapy (EABP) and Psykoterapeutforeningen. Merete specializes in resource-oriented skill training as a psychotherapeutic method – applying it to both personality development and trauma healing.

Venue: University of London Union, Malet Street, WC1E 7HY
The fee for this course is £220. Please register online at: [www.body-psychotherapy.org.uk/events-workshops-and-training.html](http://www.body-psychotherapy.org.uk/events-workshops-and-training.html)
For further payment options please see the payment leaflet inserted in the brochure.

For information on all our CPD workshops visit [www.body-psychotherapy.org.uk](http://www.body-psychotherapy.org.uk)
Open Programme - for complementary practitioners and the general public

Ongoing Body Psychotherapy Group

Facilitator: Chris Osborne

2 HOURS PER WEEK: FRIDAYS 12.30pm to 2.30pm over 12 week term (dates on website) - commitment to a whole term required

This group will allow you to explore how you inhabit your body and your ‘self’ and what may be in the way of inhabiting it more fully; how our histories are written in our bodies, and how we relate to each other; verbally, physically and energetically. Exploring oneself within an on-going and committed group is an extraordinary and healing experience. It will give you the opportunity to redefine how you are with others and with yourself in a safe and supportive environment. The group will be a safe space in which to reflect, interact, experiment and play. You will be gently invited to be present as a whole person.

Each meeting will include opportunities to talk about your week, to engage with the issues and stories of your life and to be supported by the group. This will be facilitated where appropriate by using dialogue, movement and voice-work. I will use my skills and experience to facilitate this and will invite group members to contribute to each other’s processes.

If you would like to join this group, it will involve a short telephone conversation with Chris. This will allow both you and him to assess whether the group will meet your current needs. In the event that it doesn’t he will offer guidance on how you might best get your needs met.

If interested you can contact Chris on: 07765 395 109 or via his website: www.bodymindpsychotherapy.co.uk

Christopher Osborne (UKCP) has a busy private practice in South East London. He has many years’ experience of facilitating personal growth both through one to one and group work. He is accredited by the Shiatsu Society UK as a teacher and practitioner of shiatsu and oriental medicine and continues to teach on the Ki Kai course run by Morley College. He co-founded the Ki Kai Shiatsu Centre in 1989 and has been closely involved with the development of bodywork in the treatment of addiction. He has a firm commitment to experiential learning both for himself and others and draws on eclectic theory including Object Relations and Gestalt to inform this work. He employs humanistic and psychodynamic terms of reference and is particularly interested in the relational aspects of embodiment.

Venue: 12a The Mall, London W5 2PJ
The fee for this course is £30 per week. Registration costs £120 for the first four weeks and thereafter payable by a monthly standing order.
For bank details please see the insert in this brochure.

The Therapeutic Relationship

Facilitator: Morit Heizler

4 x 1-DAY: Sat 6 Oct 2012, Sat 8 Dec 2012, Sat 16 Mar 2013 and Sat 1 Jun 2013, 10.00am to 5.30pm

An Exploration and Understanding of the Dynamics within the Patient/Practitioner Relationship

In your practice, have you ever felt...
• drained and invaded after sessions with particular clients?
• irritated, fed up, resentful or angry with a client?
• unable to refuse clients’ requests or demands?
• compromised by meeting patients in social situations?
• unclear about setting and maintaining boundaries?
• out of your depth in terms of client reactions, emotions & behaviour?

These situations, conflicts and questions are common experiences amongst complementary practitioners. Would you like some help in dealing with them? If you want to develop your understanding of the practitioner-patient dynamics, but don’t want to pursue a course in counselling or psychotherapy, then this course IS for you!

The experiential process, combined with theoretical understanding, will enhance participants’ development and deepen their capacity to meet their patients’ needs emotionally as well as energetically and physically. A willingness to explore your own process is preferred.

This course comprises four workshops that can be taken individually or as a series.

Morit Heizler studied and gained a diploma in Body Psychotherapy from the Chiron Centre for Body Psychotherapy before then studying an MSc in Integrative Psychotherapy at the Metanoia Institute, London. As well as working with individual clients and supervising psychotherapists, counsellors and complementary practitioners, Morit is an experienced teacher and group leader in England and Israel. She designed this course based on her own long-standing practice as a complementary practitioner.

Venue: 12a The Mall, London W5 2PJ
The fee for these workshops is £105 per module. Please register online at: www.body-psychotherapy.org.uk/events-workshops-and-training.html
For further payment options please see the payment leaflet inserted in the brochure.

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Open Programme - for complementary practitioners and the general public

Belly Dance Therapy
Facilitator: Ruth Cowan

3 x 1-DAY: Sat 10 Nov 2012, Sat 2 Mar 2013 and Sat 8 Jun 2013, 10.00am to 5.30pm

Integrating Body Psychotherapy with Skills from Dance and Movement

These one-day workshops would be useful to practitioners who want to work with women using bodywork in a highly sensitive, safe and respectful manner without touch. It focuses on the pelvic area where there can be much armouring to protect dormant trauma. Slow bodywork exercises, focusing on the breath and guided visualisations may allow memories, or sounds to emerge in order to be explored and held. Simple, slow belly dance movements isolating the pelvis, ribs, or shoulders are used mindfully to connect with the body in an internal felt sense and to dialogue with this internal relationship. Some theory will be included about respecting body armouring as necessary protection.

The skills learnt will be valuable techniques to use for those who have body image issues and for those who want to explore their connection to their pelvis, where much creativity and aliveness lies. It would also be useful for women who are trying to conceive, before and after pregnancy, before and after gynaecological surgery or after trauma to this area. Working with belly dance therapy is a way to aid and support the process of re-embodiment to help heal dissociation, alienation and objectification in relation to the body.

Ruth Cowan is an Integrative Body Psychotherapist in private practice and has facilitated groups in various settings since 1991. She has facilitated Belly Dance Therapy Groups for women since 2003 privately and for organisations where she aims to integrate Body Psychotherapy with her skills from her background in dance and movement. She is passionate about working in a respectful, holding and sensitive way enabling safety and exploration. She is currently in supervision training at The Minster Centre. www.bellydancetherapy.co.uk

Venue: 12a The Mall, London W5 2PJ
The fee for this course is £105 per day. Please register online at: www.body-psychotherapy.org.uk/events-workshops-and-training.html
For further payment options please see the payment leaflet inserted in the brochure.

Family Constellations
Facilitator: Alun Reynolds

2-DAYS: Sat-Sun 2/3 Feb 2013, 9.30am to 6.00pm

Even if we do not consciously acknowledge it, deep in our hearts we seem to have a profound longing to belong to our current family and especially to our family of origin. Many of us express that longing by unconsciously becoming caught up in family entanglements and patterns. While our sense of belonging may be preserved we often pay the price of limiting and even harming ourselves and those around us.

The Family Constellation method founded by Bert Hellinger aims to gently bring to light some of the hidden dynamics that are causing suffering and distress. Sometimes it is enough to see and acknowledge what is, and sometimes a further movement can bring about a resolution. For many, this is a deep and profoundly healing experience that wonderfully supports love and life.

In the workshop, you will have a safe and confidential place in which to explore your own issues and, where appropriate, to set up your own family constellation using other group members as representatives. Witnessing and serving as a representative also often touches us in a deep and healing way.

You do not need any previous experience of this way of working in order to take part. There may be a personal or family issue you would like to shed more light on, something connected with your work which you would like to understand from a systemic point of view or you may simply be interested and curious about this approach.

Alun Reynolds is an experienced UKCP Registered Psychotherapist and workshop leader. He learned the Family Constellation approach from the world’s foremost practitioners in Germany where the work originated. He has run Family Constellation workshops many times in Edinburgh and London in the last ten years. He taught the Gestalt-Body Psychotherapy module at the Chiron Centre. He is the author of Chapter 4 in Contemporary Body Psychotherapy: The Chiron Approach by Linda Hartley (ed).

Venue: T.B.C.
The fee for this course is £210. Please register online at: www.body-psychotherapy.org.uk/events-workshops-and-training.html
For further payment options please see the payment leaflet inserted in the brochure.

For information on all our CPD workshops visit www.body-psychotherapy.org.uk
Seminars - open to therapists from all modalities

Clinical Forum

Facilitator: Robert Downes

See our website for up-to-date details
Fri 12 Oct 2012, 6.30pm to 9.00pm

The Clinical Forum is for both CABP members and other professionals who are interested in the clinical and theoretical dimensions of body psychotherapy.

It aims to create a space for dialoguing with peers, a thinking space that allows for the continued reflection on - and embodiment of - an integrative body psychotherapy; to provide the community with opportunities to share and think about clinical practice, ideas, research and theoretical developments in a collegiate space.

Each forum will provide the opportunity for dialogue and reflection on a particular theme related to body psychotherapy. Case presentations will be made followed by reflection and discussion. The presentation will take the form of a talk, a paper, or any other form of presentation that can be accommodated. The presenter will be encouraged to present in a way that suits them in an attempt to be inclusive of differing styles and preferences.

The forum will provide participants with the following opportunities:
- To prepare and present a paper for discussion and reflection
- To share our work for peer discussion
- To think about and develop ideas and practice in the sphere of integrative body psychotherapy
- To present research
- To think about and develop theory and to share and think about what it means to be a body psychotherapist.

Sessions are open to anybody who is interested and will last for 2.5 hours.

Robert Downes is a UKCP Accredited Body Psychotherapist bringing body psychotherapy, relational psychoanalytic thought, transpersonal teachings and mindfulness practice to the therapeutic relationship. He has a private psychotherapy and supervision practice, as well as working as a therapist in a London school. He teaches both in the UK and abroad.

Venue: 12a The Mall, London W5 2PJ
The fee for each forum is £15. Please register online at: www.body-psychotherapy.org.uk/events-workshops-and-training.html
For further payment options please see the payment leaflet inserted in the brochure.

Neuroscience for Psychotherapists

Facilitator: Kathrin Stauffer

3 x 3HR SEMINARS: Sun 2 Dec 2012, Sun 3 Mar 2013 and Sun 16 Jun 2013, 2.30pm to 5.30pm

Do you feel you ‘ought’ to engage with neuroscience more, learn about it, keep yourself informed of new developments – but actually it all seems a bit difficult and unmanageable? Then this Seminar series may be the event for you.

This is a series of 3 seminars that can be attended individually but also connect with each other. Each is 3 hours long and takes place on a Sunday afternoon. The seminars are suitable for all therapists.

**Seminar 1: Affect regulation and early brain development.**

How the brain develops in early life, and the central role that affect regulatory pathways have in this process. The importance of attachment relationships and of good-enough mothering. This seminar attempts to draw together several strands of research including work on social bonding in adults.

**Seminar 2: The neurobiology of stress and trauma.**

Good self-soothing skills turn out to be vital in almost all areas of life. This includes the processing of traumatic events, and this seminar will address some of the processes involved in the formation and resolution of post-traumatic stress states as well as ‘ordinary’ stress.

**Seminar 3: From a therapist’s consulting room: transference, memories, developmental deficits, habitual coping strategies and more.**

On the basis of information available on how the nervous system works and how it develops, we can speculate a bit about what happens in our own and in our clients’ brains in some therapy situations. This seminar offers a collection of topics that are of interest to therapists.

Kathrin Stauffer PhD, UKCP Registered Body Psychotherapist, is the author of ‘Anatomy & Physiology for Psychotherapists: Connecting Body & Soul’ (W.W. Norton 2010). Originally a research biochemist, she retrained at the Chiron Centre for Body Psychotherapy in London. She works in private practice in Cambridge and London as a body psychotherapist, biodynamic massage therapist, trainer and supervisor.

Venue: 12a The Mall, London W5 2PJ
The fee for this course is £55 per seminar. Please register online at: www.body-psychotherapy.org.uk/events-workshops-and-training.html
For further payment options please see the payment leaflet inserted in the brochure.

For information on all our CPD workshops visit www.body-psychotherapy.org.uk