

13th EABP Congress of Body Psychotherapy

THE BODY IN THE WORLD, THE WORLD IN THE BODY

14th – 17th September 2012, Cambridge, England

Keynote Presenters:

Merete Holm Brantbjerg, Daniel Stern,
Stephen Porges, Mary-Jayne Rust,
Rubens Kignel,
Arlene & Jean-Claude Audergon

Other presenters include:

Carmen Ablack, Lily Anagnostopoulou,
Shoshi Asheri, Asaf Rolef Ben-Shahar,
Roz Carroll, Herbert Grassmann,
Andrew Samuels, Michael Soth,
Nick Totton, Tom Warnecke,
Eric Wolterstorff

Research Symposium on September 18th

For full details, and to submit workshop proposals, see

www.eabpcongress2012.co.uk/



Chiron Association for Body Psychotherapists

Contemporary approaches to psychotherapy ...

Photography: Robert Downes
Design layout: Annalisa Caldon (annalisa4@hotmail.com)

Spring/Summer 2012

CPD Programme

www.body-psychotherapy.org.uk

CABP is an accrediting organisational member of the UK Council for Psychotherapy



Moaiiku somatic trauma workshops

Workshop 3: Trauma and identity

Facilitator: Merete Holm-Brantjberg

A 2 day workshop suitable for practitioners across all modalities

Traumatic and high stress situations, generate levels of intensity that exceed the coping mechanisms of the personality, pushing physiological and psychological functioning to the limit. Hence, the somatic organism resorts to strategies of survival. This manifests in a loss of 'ordinary' consciousness and a diminished capacity to feel and connect emotionally, leaving us with the challenge of how to 'return to the personality'. Building bridges between the personality, and our ability to survive, therefore becomes essential to working with trauma.

Merete will teach a comprehensive range of resources, and coping strategies, to support both client and therapist in coping with states of high anxiety and arousal, which can be utilised as interventions in any therapeutic process. Merete's approach centers on 'specific psyche', 'soma functions' and practical skills to manage the impact of trauma, invaluable for therapists who work relationally. As therapists, working with trauma and shock, are often impacted by client's trauma states, by their own trauma history, and by the transference relationship.

For more detailed information on this workshop visit www.body-psychotherapy.org.uk

Merete Holm Brantbjerg is the creator of "Moaiiku" - 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.

Date: Sat/Sun 5th/6th May 2012

Times: 9:30 am to 5:30 pm with a 1 1/4 hour lunchbreak

Venue: 12a The Mall, London W5 2PJ

The fee for this course is £220. Please register online at www.body-psychotherapy.org.uk/events-workshops-and-training.html by April 30th 2012. For further payment options please see the back of this brochure.



Group facilitation training

Facilitator: Carmen Ablack

A 2-weekend workshop suitable for practitioners across all modalities

Do you want to learn how to work therapeutically with different groups of people?

This two-weekend programme includes participants' self-directed learning, trainer facilitated processing of this learning as it unfolds, experiential supervision and some teaching inputs.

Participants will be supported to explore the following areas:

- working creatively with issues of practice arising in therapeutic group-working, including the dynamics of similarities and differences;
- the development of facilitation and leadership – both as a group process and as opportunities for individual skills learning with a focus on systemic phenomenological group processes;
- the role and nature of intervention through experiential embodied experimentation and transpersonal oriented reflective group-working;
- skills development in relation to intensity and level of intervening in the group; learning about both systems and field processes in groupwork, including working with notions of functional subgrouping, field conditions and the nature and applications of compassionate holding.

For more detailed information on this workshop visit www.body-psychotherapy.org.uk

Carmen Joanne Ablack is a (UKCP) psychotherapist, supervisor and trainer; working with groups, couples and individuals. She has taught psychotherapy and counselling since the 1980's and written a book chapter and various articles on contemporary practice and on regulation. An honorary fellow of the UKCP, former chair of CABP, she teaches the MA at the Gestalt Centre and is a visiting lecturer in the UK, Croatia and Australia. Her work is informed by many years of practicing and studying of shamanic and other spiritual philosophies.

Date: Sat/Sun 12th/13th May and Sat/Sun 26th/27th May 2012

Times: 10.00 am to 5.30 pm

Venue: 12a The Mall, London W5 2PJ

The fee for this course is £375. Please register online at www.body-psychotherapy.org.uk/events-workshops-and-training.html by May 5th 2012. For further payment options please see the back of this brochure.

CABP Spring/Summer 2013 CPD Programme



Intersubjective embodiment – the space between the words

Facilitators: Shoshi Asheri and Sue Law

A 1-day workshop suitable for all practitioners

The aim of this workshop is to explore ways of embodying the wordless intersubjective space in the therapeutic encounter.

As therapists, our eagerness to catch and make meaning may thrust us out of kilter with our client's implicit communication: we can miss the underlying notes or be deaf to their impact.

During this experiential workshop, we will play with sound-making and wordless dialogue, individually and in pairs, and re-acquaint ourselves with a more primal attunement.

Reflecting upon this we will consider both how the therapist's fundamental relational patterns can create deaf-spots which restrict and distort that capacity and how attuned embodiment can enhance our capacity to inhabit the intersubjective space, finally, translating it into therapeutic interventions.

For more detailed information on this workshop visit www.body-psychotherapy.org.uk

Shoshi Asheri is a psychotherapist, trainer and supervisor. She was a member of the training director's team at the Chiron Centre for Body Psychotherapy until its closure in 2010. She is now a tutor at the Minster Centre and a visiting tutor in other psychotherapeutic organisations in the UK and Israel. She is a founding member of the Relational School and a member of its Executive Committee.

Sue Law is a psychotherapist, supervisor and trainer. She was a member of the training director's team at the Chiron Centre for Body Psychotherapy until its closure in 2010, in addition to running groups and workshops in the UK and abroad. Her special interest in the power of wordless dialogue informs her additional practice of Psychotherapy with Sound Healing and Visual Medicine.

Date: Saturday 19th May 2012

Times: 10.00 am to 5.30 pm

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 by May 12th 2012. For further payment options please see the back of this brochure.



Applying mindfulness in psychotherapy

Facilitator: Margaret Landale

A 2-weekend workshop suitable for practitioners across all modalities

In recent years mindfulness-based approaches such as Mindfulness-based Stress Reduction (MBSR) and Mindfulness-based Cognitive Therapy (MBCT) have become widely taught within the NHS and other settings. Clinical research suggests that MBSR and MBCT courses can be effective in areas such as trauma, anxiety, depression, psychosomatic disorders, BPD and chronic pain and are therefore highly relevant for psychotherapy and counselling. But how can these findings be translated into relational and 1:1 psychotherapy settings?

This two-day workshop offers an overview of mindfulness traditions and explores how mindfulness skills and techniques can be integrated in psychotherapy.

In essence mindfulness means 'paying attention on purpose to our direct experience, without judgment'. In the workshop we will explore how to become more skillful in focusing and holding attention in the present moment and how to expand the field of our awareness. We will identify the attitudinal foundations of mindfulness and explore how to cultivate embodied presence and how to pay attention in an open minded, non-judgmental way. We will also look at ways in which mindfulness can inform our language and help us engage in effective mindful dialogue.

For more detailed information on this workshop visit www.body-psychotherapy.org.uk

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 meditator 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.

Date: Saturday 2nd June and Saturday 30th June 2012

Times: 10.00 am to 5.30 pm

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 by May 26th 2012. For further payment options please see the back of this brochure.

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

CABP Spring/Summer 2013 CPD Programme



How to work when therapy isn't working

Facilitator: Michael Soth

A 1-day workshop suitable for practitioners across all modalities

What happens for you as therapist when therapy isn't working?

- when the client seems to be stuck, resistant and uncooperative, or refuses to turn up or to pay, breaks boundaries or undermines the therapy?
- when the client gets under your skin, challenges your therapeutic position and competence, and you start feeling like a failure?
- when the client 'gets worse' in therapy, has negative reactions, threatens suicide or uses other practitioners against you?

The more the therapeutic process touches the depths of the client's patterns, the more the therapist tends to get entangled in the painful and problematic dynamics which bring the client to therapy in the first place. Difficulties in the working alliance can then be a manifestation of profound and necessary involvement on the therapist's part rather than a sign of incompetence.

In this integrative workshop Michael will offer bodymind avenues into perceiving, understanding and engaging with impasses and enactments in a way which maximises the chances of transformation.

For more detailed information on this workshop visit www.body-psychotherapy.org.uk

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.

Date: Sunday 3rd June 2012

Times: 10.00 am to 5.30 pm

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 by May 27th 2012. For further payment options please see the back of this brochure.



Eros, sexuality and the body

Facilitator: Tom Warnecke

A 2-day experiential workshop suitable for therapists and students from all modalities who are open to experiential learning or anybody with some previous experience of body-oriented psychotherapy.

We are sexual beings. Sexuality, the awareness of gender differences and capacity for erotic experiences and responses, generates profound emotional and psychological responses. Sexuality is also a primary aspect of our intimate relationship with others and conflicts about sexuality are common.

Sexuality typically enters psychotherapy as a problem or a conflict and the subject is commonly taught in similar fashion. But Eros and sexuality are first of all creative and formative fields of experience. This workshop provides a rare opportunity to explore the psycho-physiological dynamics that shape our erotic and sexual experience and identities.

Eros' play with self-hood gathers pace through a dynamic build up of muscle tension, heart rate and blood flow in the organism. If pursued, this arousal may intensify into a crescendo and find release in an explosive rush. Such intensity of bodily psycho-erotic stimulation and autonomic nervous system excitation can overwhelm the Self and threaten its structural integrity.

This experiential workshop will examine how sensory and psyche-motor skills can support gender and sexual identity. Utilising movement, work and the arts, we will explore psyche-motor skills that enable us to build as well as to contain erotic and sexual charge.

For more detailed information on this workshop visit www.body-psychotherapy.org.uk

Tom Warnecke (UKCP, ECP, EABP) trained in Gestalt Therapy and subsequently with David Boadella at the International Institute for Biosynthesis. In his workshops, he utilizes movement work to explore psyche-soma dynamics and make mind-body relations accessible. Tom has developed a relational - somatic approach to borderline dynamics. He maintains a psychotherapy practice in London and teaches contemporary body psychotherapy in Croatia and as a visiting tutor in various settings. He is a vice chair of UKCP.

Date: Sat/Sun 9th/10th June 2012

Times: 10.00 am to 5.30 pm

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 by June 2nd 2012. For further payment options please see the back of this brochure.

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

CABP Spring/Summer 2013 CPD Programme



Working with the body: Accessing unconscious potential

Facilitator: Claudius Kokott

An experiential 2-day workshop suitable for all practitioners

This workshop will introduce a way of working with the body. It is based on the fundamental insight of body psychotherapy that every psychological experience has a corresponding expression in the physical body. Involuntary movements from within the body and emotional and physical discharge are considered meaningful, and of vital importance for the completion and healing of undigested experiences.

This workshop will illustrate how unconscious resources can be evoked by focusing on a particular bodily gesture, a breathing pattern, or a movement. 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.

For more detailed information on this workshop visit www.body-psychotherapy.org.uk

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.

Date: Sat/Sun 16/17th June 2012

Times: 10.00 am to 5.30 pm

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 by June 10th 2012. For further payment options please see the back of this brochure.



Dreambody

Facilitator: Rainer Pervöltz

An experiential 2.5 day workshop suitable for all practitioners

The concept of the *dream body* was developed by Arny Mindell and combines old knowledge - such as the "dream paths" of the Aborigines or the shamanistic practices of shape shifting into a second and other perception of reality. Carlos Castaneda's work plays an important role for Mindell. The "nagual" in Castaneda's books corresponds in some way to the dream body.

Our deepest essence always "tries" to penetrate our daily ways of living and dissolve parts of the paralysing routine. One vehicle it uses for this is the dream body. The system of personality - which consists of learned patterns for surviving - works in principal against those attempts. The dream body is the physical body through which essence can express itself.

With the help of the body one can learn to develop a "secondary perception" and to look onto the world in this expanded and more playful manner. A new way to live the course of your days can emerge. Physical symptoms of illness are (in this work) regarded as one form of hinting at aspects of essence which want to surface into your life. Working with them through the dreaming physical body, with movement, sound, and art will be part of the training. We will combine Dream Body Work with Charge Therapy, a physical form of therapy for dealing with relationships.

For more detailed information on this workshop visit www.body-psychotherapy.org.uk

Rainer Pervöltz 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. 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.

Date: Fri 6th, Sat 7th and Sun 8th July 2012

Times: Fri 6.30pm to 9.30pm and Sat/Sun 10.00 am to 5.30 pm

Venue: 12a The Mall, London W5 2PJ

The fee for this course is £260. Please register online at www.body-psychotherapy.org.uk/events-workshops-and-training.html by June 29th 2012. For further payment options please see the back of this brochure.

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

CABP Seminars



A series of clinical forums

Facilitator: Robert Downes

Suitable for CABP members and other professionals who are interested in the clinical and theoretical dimensions of body psychotherapy.

The CABP Clinical Forum is a new venture that will initially meet four times a year starting in Spring 2012. 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 forum will support an ongoing dialogue about the practice and theory of contemporary body psychotherapy.

The Clinical Forum will create a space for dialoguing with peers, a thinking space that allows for the continued reflection on, and embodiment of, an integrative body psychotherapy.

The sessions are open to anybody who is interested and will last for 2.5 hours. The fee for these forums is £15. See www.body-psychotherapy.org.uk for details.



Introduction to the heart - Amanae bodywork

Facilitator: Xanthe Parkin and Wouter VanderVenne

Amanae is a method of hands-on bodywork that helps to clear physical and emotional energetic blockages by applying firm pressure to certain 'doorways' throughout the body. It is a very dynamic work that requires the full participation and presence of the client's breath to facilitate the openings.

Amanae is based on a philosophical starting point that our hearts 'know' what is best for us and all sessions start and end here at this point in the body. Indeed, Christine Day developed the technique after coming to the conclusion that she had caused her illness and so could presumably cure it also!

The evening will begin with a brief talk about the work and will be followed by the opportunity to experience having your 'heart' opened with a table demonstration and/or seated hands-on work.

This is truly wonderful chance to learn and experience a simple technique which can be used with clients in a therapeutic setting or for your own personal growth and well-being.

Friday 1st June 6.30pm-9.30pm in Central London (W1). Price: £35

Xanthe and Wouter have both trained in Belgium where the technique is taught in Europe. Xanthe is also a UKCP/ CABP Body Psychotherapist.

Payment Instructions:

You can make an electronic payment directly into the CABP bank account, and send us the form below so we can register you on the event.

The bank details are as follows:

CABP Bank Name: Co-operative Bank

Sort Code: 08 92 99

Account No: 65065051

Reference: Your full name plus the course title

Please complete the form below and return it to us at 12a The Mall, Ealing Broadway, W5 so that we can register you on the course.

Name: _____

Course title: _____

Date of course: _____

I have made an electronic payment of £_____ to the CABP Bank Account.

NB: Cheques are no longer acceptable; if you do not have online banking facilities please make a 'faster payment' bank transfer from your bank (usually free of charge).

By booking you are entering into a contract with CABP to pay for your place even if unforeseen circumstances prevent you from attending. If the workshop is cancelled we will refund your payment.