

WORKSHOPS ON BODY PROCESS 2010

Belfast Gestalt Institute

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The Belfast Gestalt Institute was established by a group of Gestalt Therapists based in the north of Ireland and working nationally and internationally.

Our work covers a wide range of theoretical and practice issues relating to Psychotherapy and Social Change. We work with individuals, (adults, children and young people) and with groups, providing therapy, training and clinical supervision, organisational development and off-line supervision.

We are accredited practitioners and abide by BACP's standards of ethical practice.



We are delighted to announce the following exciting workshops with internationally acclaimed guest trainers.

4-5 September 2010

Susan Gregory, Voice, Breath and Body Process

A welcome return visit by Susan Gregory who delivered two well-received workshops in April 2009 on 'Breath, Voice and Gestalt'. She will return for further work, in particular a two-day workshop on Body Process for gestalt and integrative practitioners, and will also be available on Friday 3 September for individual sessions (consultancy, supervision, etc) for other professionals.

The 2-day workshop is for practising psychotherapists and counsellors who work in a gestalt or possibly integrative framework, with a particular interest in the embodied therapeutic dialogue. Susan will work with the group on breath, voice and body on the four approaches to working with body experiences in gestalt therapy: **sensing / awareness; directed movement; hands-on work; expressive movement.**

The workshop will include many opportunities for the participants to practice in small groups, and several whole group demonstration mini-sessions, as well. Breathing will be included in all four approaches, and voice will be included in the "directed movement" and "expressive movement" parts of the work.

15-16 November 2010:

Skills for developing Embodied Awareness in Psychotherapy: a workshop with Michael Clemmens

The two-day workshop will explore the embodied relational field of the therapeutic relationship. We will focus on specific skills that support increased awareness in the client of their process and needs. In this workshop we will explore four practices of embodiment: **embodiment, attunement, resonance and articulation.** These practices are skills for supporting the change process in therapy, allowing us as practitioners to both hold continuity with our clients and to enhance their fluid sense of self.

The structure of the session will be **experiential**, theory and small group practices.

Michael Clemmens PhD, is a licensed psychologist working with individuals, couples, and groups. He has 30 years' experience working with substance use personality and body structure. He is trained in various forms of body work. One of his special interests is consulting with therapists to develop and maintain their own physical self-support. He is the author of the book 'Getting Beyond Sobriety' and the journal article "Culture and Body"

FEE	Full Fee (after 30 May)	Early-Bird (before end May)
Gregory/Clemmens	£295	£280
Gregory	£170	£160
Clemmens	£170	£160

In addition:

Advance Notification: 2011 workshop with Jim Kepner

We are in the process of organising a workshop with internationally-renowned gestalt therapist Jim Kepner, the author of 'Body Process: A Gestalt Approach To Working With The Body In Psychotherapy' and 'Healing Tasks: Psychotherapy With Adult Survivors Of Childhood Abuse'. Email us if you wish to be kept informed.