

Relational Living Body Psychotherapy
<http://www.thelivingbody.de>
BERLIN SERIES 2018-2019

Julianne Appel-Opper
will offer four English language
weekend workshops in Berlin

19-21 Oct 2018, 18-20 Jan 2019
26-28 April 2019, 14-16 June 2019

We can understand a concept like: I am my body. We may be aware of our body's rhythms, how we move and how we breathe. If we deepen our awareness of our own body's rhythms we can learn more about how we hold emotions, past traumas and how the body shapes personality traits and beliefs. The more we can understand our own body in this way, the easier it is to recognize and understand another body and how their body communicates with our body. This is not about touching the other, it is about being with them and picking up on their movement and rhythms. We can deepen our understanding of what it means to be a living body; and what it means to allow communication from living body to living body.

In this series of workshops, we will work with exercises to help us to become more aware of our own bodily rhythms and learn how the body holds emotion. We will also focus on the embodied field between therapist and client and learn how to work with the relational resonances and impulses to and from each other with interventions and experiments.

Julianne's approach is theoretically underpinned in Dialogical Gestalt Psychotherapy, Relational Psychoanalytical thinking and is well situated within research fields of neuroscience, attachment, and developmental psychology. Using her experience of many years of clinical practice and teaching, Julianne offers a safe and respectful space for exercises, experiential process, small group work together with theory input. On the Sundays, the focus will be on live embodied supervisions.

This is what previous participants said:

'I highly recommend the Berlin-Series! I learnt so much. Thank you, Julianne'.

'The combination of experiential teaching and theory inputs was wonderful'.

'The Sunday Embodied Supervisions were a big learning for me. To see Julianne in action is breath taking'.

'I profited at many levels from this training: an awareness of my own embodiment, how bodies communicate and learning new embodied interventions'.

'your bodily presence has stayed with me since the workshop, my body still holds our work!'

Julianne Appel-Opper, Dip. Psychology, Clin. Psychologist, Psychological Psychotherapist, UKCP registered Integrative Gestalt Psychotherapist, MUKAHPP, Supervisor, Trainer, Founder and Director of the Berlin-Series ,Relational Living Body Psychotherapy'.

Cost: 1000 Euro, 880 Euro if booked and paid before 20. June 2018.

For more information and to book your place, please email:
julianne.ao@web.de

Relational Living Body Psychotherapy
<http://www.thelivingbody.de>
BERLIN SERIES 2018-2019

Who is this workshop for?

The workshop is suitable for qualified psychotherapists or final year trainees, particularly those who have already begun to integrate body process into therapy practice but have not yet encountered Relational Living Body Psychotherapy. Psychotherapists who have attended previous workshops who wish to deepen their knowledge and experience of Relational Living Body Psychotherapy are also welcome to attend. Potential participants unknown to Julianne are invited to discuss the suitability of the workshop with her beforehand. The aim of this is to ensure that the workshops can offer sufficient containment, safety and clarity to significantly contribute to the on-going professional and personal development of all participants.

Content

The workshop-series is intended to deepen participant's understanding of Relational Living Body Psychotherapy. The aim of the workshops is not to focus simply on techniques, but to offer a truly integral approach. The workshops might consist of some single short demonstrations, which might bring up experiential material. However, the main focus is not on psychotherapy. Julianne has developed a series of exercises to help deepen sensitivity towards the non-verbal domain in general and for embodied interventions and experiments in particular. There will be various themes/areas covered with theory inputs and exercises for example about own embodiment, embodied field between client and therapist, breathing, muscle tones, bodily rhythms, selfcare, bodily communications, body as orchestra, the alphabet of the living body, physical traumatic communication/gestalten and the link to fight, flight, freeze, flop and friend as the 5-F-reactions of the body in traumatic situations. Different approaches to body process in psychotherapy together with relevant interdisciplinary research findings in this field will be introduced and critically discussed. Every participant will be expected to take responsibility for his or her own learning. However, when possible, current interests, questions regarding relevant theory and client work, and other foci arising within the group will be taken into consideration. The texts discussed will be sent out after each weekend. On the Sundays, the main focus will be on Embodied Supervision.

Venue: Varziner Straße 4, 12159 Berlin (www.varziner4.de)

This is a lovely venue within easy reach of Berlin rail and underground stations. The nearest tube station, U-Bahn and S-Bahn is "Bundesplatz".

Accommodation

The list of local hotels recommended by colleagues has grown over the years, starting from around 25 Euro per person per night. Julianne will provide you with this list of hotels after you have booked and paid for the workshops.

Cost

1000 Euro. The fee will be reduced to 880 Euro if booked and paid before 20.06.2018. These payments are non-refundable, unless the four workshops are cancelled. If any one of the four workshops has to be cancelled by the organiser, there will be a refund of 250/220 Euro depending on whether you paid 1000 Euro or 880 Euro. If two of the four workshops have to be cancelled by the organiser, you will get a refund of 500/440 Euro. If three of the four workshops need to be cancelled by the organiser, you will get a refund of 750/660 Euro.

Application

Name:

Date of Birth:

Address:

Contact Telephone Number (Incl. Country Code):

Mobile Number (Incl. Country Code):

Email Address:

The following questions are an important part of your application. Please answer them as fully and completely as possible. Thank you!

1. What is your counseling/psychotherapy training background? If you have completed more than one training, please list each of them.
2. What experience and training do you have in body psychotherapy or body-oriented psychotherapy?
3. Please specify type and duration of personal therapy.
4. For how long have you worked as a psychotherapist/counselor?
5. What personal and professional goals do you have for the workshops?

Please note that another part of the application process may be a skype conversation. Julianne hopes that you will be fine with this. There will be no charge for the skype conversation.