

Conference in Krakow 16.-18. March 2018

HOW THE MIND AFFECTS THE BODY

'Developing Embodied Interventions and Experiments within the co-created embodied field'

Lecture

In this lecture, Julianne focuses on the nonverbal behaviour within a theoretical foundation which is a contemporary blend of Dialogical Gestaltpsychotherapy and Relational Psychoanalysis.

The way both therapist and client look, move, sit, gesture, and breathe sends messages in both directions. Within a cocreated embodied field two living bodies communicate with each other as rhythms and melodies of moving and being moved, parallel to the spoken words and also when sitting quietly. A few short exercises are described as an invitation to an awareness of such implicit interbodily processes. Various concepts will be introduced to enhance a further exploration.

From her psychotherapeutic and training work, Julianne shares various scenes as examples of 'Embodied Interventions and Experiments'. This new way of understanding of and working within body-to-body-communications will be explored in more detail, also with the focus on relevant research fields of neuroscience, attachment and developmental psychology. She illustrates how the subtle physical impulses of the therapist as a bodily being with is at the core of the work. Rather than merely using words, the therapist can reply in the same language as the client. Rather than merely using words, the therapist can announce and then mindfully present visible movements and gestures to the client without physically touching. From her clinical experience, Julianne is convinced in the healing power of such a work.

Workshop

Therapist and client impress and move each other. This workshop will give the opportunity to discover and explore ways of how the therapist can work with body-to-body-communication.

The therapist's bodily attunement to the relational language of the client's body together with an awareness of own physical resonances opens possibilities for *embodied interventions and experiments*. The therapist works with movement (not touching the client), thus reaching the client's implicit relational knowledge.

Based on her experience as a psychotherapist and trainer, Julianne offers a safe and respectful space for exploration of these processes using exercises, experiential work, live supervision, demonstrations, small group work.

Julianne Appel-Opper, Dipl.Psychology, Psychol.Psychotherapist, UKCP Reg. Integrative Gestalt Psychotherapist, MUKAHPP, Supervisor, University of Birmingham,U.K, Trainer. She has 30 years clinical experience incl. working in psychosomatic clinics. For 12 years, she lived abroad working in various countries and is now in private practice in Berlin. Since 2001, she has worked internationally as a trainer/visiting tutor at several psychotherapy training institutes. Julianne has developed the 'Relational Living Body Psychotherapy' approach which she has taught internationally and written about, including the British Gestalt Journal, the USA Body Psychotherapy Journal, as well as in her contributions to books. She is the founder and director of the Berlin-Series 'Developing Embodied Interventions and Experiments' and she has offered conference workshops and lectures internationally for many years.