

Bioenergetic Taster Workshop I The Embodied Self

Taster Workshops provide an opportunity to explore the Bioenergetic pathway to registration as a psychotherapist. They are also available to health professionals who are interested in exploring the place of the body in the therapeutic setting. The three workshops are organised around Alexander Lowen's assertion that we must "restore the feeling life of the body" if we wish to restore our relationship with nature, with ourselves and with each other. Each of the workshops will provide a different experience of this approach.

Taster Workshop 1 explores the fundamental bioenergetic principle that psychological difficulties in our early years are structured into our bodies as well as our minds. This is because early experiences are primarily sensory, motor and emotional experiences and these are all inherently 'body events'. This mind/body unity can be seen in the amount of energy we have, the pattern of muscular tension we hold and in the way we move.

Workshop participants will explore some of these concepts by looking at their own mind/body history. For instance, in some families anger can never be displayed. In others it may be fear, sadness or even love that is not tolerated. Since each emotion tends to follow a particular pathway in the body it is possible to see how and where these pathways have become blocked in order to repress that particular emotion.

Participants will be introduced to working with emotional blocking and to a beginning understanding of the role of the body. Just as the body is involved in the repression of emotion it is also involved in its restoration. Bringing the fundamental human emotions back to life is a task that lies at the heart of creating the embodied self.

The workshop involves teaching, discussion, body work, experience in small groups. Come dressed to do some exciting bioenergetic exercises!

WORKSHOP FACILITATORS: Pye Bowden M.Guid & Couns, CBT. PBANZ: Garry Cockburn BSW Hons, MNZAP (ACP), CBT: and Cynthia Davey BA, CBT. PBANZ. Garry and Pye are Local trainers for the International Institute of Bioenergetic Analysis

DATE: Saturday 2nd August 2014
PLACE: Evelyn Rawlins Suite, Square Edge, The Square, Palmerston North
TIME: 10:00am - 5:00pm
FEE: \$80 if paid before 18th July. \$95 if paid after 18th July.