

BIOENERGETIC TASTER WORKSHOP II THE COHERENT SELF

A person's intra-psychic, relational, affective, cognitive and somatic processes are powerfully interrelated. Individually, these processes provide unique pathways which we can use to help our clients find a more coherent sense of self. And while each therapeutic approach has its own specific theory, insights and methods, each also uses a different combination of these pathways.

In Bioenergetic psychotherapy, the task is to restore the feeling life of the body. The addition of the somatic pathways of sensation, movement and embodiment provide us with some important tools, as these pathways can exert a powerful influence over our lives. For instance, impulses from the body can override the upper centres of the brain resulting in anxiety and depression; on the other hand when these somatic impulses and sensations are respected and worked through, the person may well have an 'aha!' moment: this is a moment of coherence between the thinking and feeling centres in the brain.

In fact it is only when all these pathways are integrated that any deep emotional problem can truly be resolved. We now know that the states of love and joy occur when coherence exists within and amongst all of the fundamental pathways that go to make up a human being.

This workshop will give participants the opportunity to explore therapeutic issues by adding sensation, movement and body dimensions to those they already know. It will give them an opportunity to increase their awareness of the foundational importance of the body in the therapeutic setting and provide perhaps, a glimpse of a more coherent self.

Note: You are welcome to attend this workshop even if you do not intend to do the Bioenergetic Training Course

Venue: Palmerston North

Date: Saturday, Feb 21, 2015 **Times:** 9:30am to 4:30pm

Cost: \$80.00 (early bird by 13th Oct). \$95 after 13th Oct.

(Parking is available across the road at low-cost weekend rates)

APPLICATION FORM

Name:

Occupation:

Address:

Phones:

E-mail:

Payment: (*tick one box*)

Cheque enclosed for \$80 (or \$95). Payable to "NZSBA".

Internet banking: NZSBA 02-0520-0086194-00. Please detail your name and Code as "Taster II".

Send Application to: Taster Workshop, NZSBA. PO Box 25-128, Featherston St, Wellington 6146

Alternatively, an e-mail application, with the above information, can be sent directly to:

pye.bowden@paradise.net.nz.