

Relational Living Body Psychotherapy
www.thelivingbody.de

*'Developing Embodied interventions and experiments
within the co-created embodied field'*

Julianne's dates in Birmingham in 2017

**An introductory workshop on Saturday 8. July
An advanced workshop on Sunday, 9. July**

Each workshop from 10.30 am to 4.30 pm. **Cost:** £85.00 per workshop or take advantage of the early bird offer – pay in full before 15. May for £75.00

On **Wednesday, 5. July** I am offering individual one-off sessions. These can either be for supervision, psychotherapy or general consultation. **Cost:** £55.00

CPD certificates issued

**At Birmingham Counselling & Psychotherapy Centre
Bearwood, Warley Woods, B689HE**

The way both client and therapist look, sit, move 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. Julianne has developed a new way of understanding of and working within this body-to-body-communication. Own bodily attunement to the relational bodily messages of the client, along-side an awareness of one's personal physical resonances, allows the possibility for explicit interaction within this mode of communication without physically touching each other.

In the Saturday workshop, Julianne offers an introduction with exercises, experiential process, small group work together with some theory input.

In the Sunday workshop, Julianne offers a space to deepen and broaden your experiences and knowledge about embodied interventions with exercises and experiential process. A short demonstration of an Embodied Supervision will be included.

Julianne Appel-Opper, Dip. Psychology, Clinical Psychologist, Psychological Psychotherapist, UKCP registered Integrative Gestalt psychotherapist, MUKAHPP, Supervisor. She has been a visiting tutor at several psychotherapy training institutes in various countries. She has 25 years clinical experience. Previously she has worked in psychosomatic clinics with a wide range of clients. For 12 years she lived and worked in France, Israel, California and from 1998 to 2006 in the UK. From 2006 she has been in private practice in Berlin. She has contributed to several journals and books about her approach, 'Relational Living Body Psychotherapy'.

All inquiries and booking details - contact Julianne on Julianne.ao@web.de

Please pass this information on to anyone else you know who may be interested. Thank you!