

# Relational Living Body Psychotherapy

[www.thelivingbody.de](http://www.thelivingbody.de)

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

**Julianne Appel-Opper**  
will offer a series of four English language weekend  
workshop in Berlin

**Dates: 18-20 Oct 2019; 10-12 Jan 2020; 24-26 April 2020; 19-21 June 2020**  
**Friday 4pm-7pm, Sat 10am-5.30pm, Sun 10-3.00pm**

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 in a relational and field-oriented way. Own bodily attunement to the relational body messages of the client, along-side an awareness of one's personal physical resonances and impulses opens possibilities for new explicit interaction within this mode of body-to-body-communication without physically touching each other.

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, live supervision, small group work together with theory input and a critical discussion and reflection of different approaches to body process in psychotherapy and relevant interdisciplinary research findings in this field. Participation of this program also includes a handout and a student discount on the Confer Module 'Embodied Approaches to Psychotherapy'.

**For more information and to book your place, please email: [julianne.ao@web.de](mailto:julianne.ao@web.de)**

**Julianne Appel-Opper**, Dip. Psychology, Clin. Psychologist, Psychological Psychotherapist, UKCP registered Integrative and Gestalt Psychotherapist, MUKAHPP, Supervisor, Trainer. She has 30 years clinical experience including working in psychosomatic clinics. For 12 years she lived and worked in various countries and is now in private practice in Berlin. She has been a Visiting Tutor at several psychotherapy training institutes internationally. Julianne has developed the '*Relational Living Body Psychotherapy*' which she has taught internationally and published about, including the British Gestalt Journal, USA Body Psychotherapy Journal, The British Journal of Psychotherapy Integration as well as contributing to books 'About Relational Body Psychotherapy'. Young, C. (Ed.) (2012) and in the Confer Program on 'Embodied Approaches to Psychotherapy' with a lecture and a demonstration of Embodied Supervision. ([www.confer.uk.com](http://www.confer.uk.com)) For many years she has offered series of trainings in Berlin in both English and German.

*Cost: 1100 Euro, 920 Euro if booked and paid before 17. July 2019*

Please note that the full payment of 1100 Euro/ 920 Euro is due with your booking

**Certificates will be issued.**

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

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### 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 four workshops aim at providing a sensitivity and understanding of bodily and interbodily processes. Using a combination of theoretical input and experiential processes, we will explore the following three areas:

1. *Therapist's Living Body* with objectives as own embodiment, resonances and sensations, bodily rhythms and melodies, the alphabet of the Living Body;
2. *Client's Living Body* with objectives as bodily gestalten, body as orchestra, the age of body processes;
3. *Body-to-Body-Communication* with objectives as the embodied field, traumatic communication and embodied interventions and experiments

In the following are some examples of questions which will guide our exploration further:  
How can I become more aware of my own living body, my embodiment, my bodily being with another body?

How do bodies speak and communicate beside the words spoken?

How do bodily rhythms tell us stories of what has happened to the body/person?

What can we learn from breathing rhythms as an example of bodily rhythms?

We will use various lenses to look deeper into bodily processes, here are some examples: Breathing, voice, looks, muscle tones and chronic pain, intergenerational stories in the body, creative ways to work with bodily processes.

With the focus on body-to-body-communication we will include to look at the challenges of traumatic body-to-body-communication and the important link to "fight, flight, freeze, flop and friend" both in theory and with exercises. The importance of self-care as psychotherapists and counsellors will be discussed and exercises are introduced.

Metaphors, exercises, small group work and short demonstrations in the middle will guide us into an understanding of embodied interventions and experiments and how to develop these.

The four Sundays will concentrate on *Embodied Supervisions*. In this format, we will look at the bodily gestalten, the aesthetics of the ground, the embodied field, the rhythms and with this the body-to-body-communication of therapist and client. We will actively explore the embodied field between therapist and client thus moving and being moved and walking into a Third perspective. Different speeds in walking might open various sensations and ideas about the implicit body-to-body-communication. Every participant will be expected to take responsibility for his or her own learning.

### **Group size**

The group size will be between a minimum of 8 people and a maximum of 14 people.

### **Possible continuation of the group**

At the end of the 4. Weekend, it will be possible to opt for a continuation of this group with the condition that a minimum of 8 participants want to continue for another 3 weekend workshops spread over the next 12 months.

### **Handout and texts**

During the first weekend in October, participants will receive a Handout. As this text has been updated every year, the text became longer and longer over the years. The latest version was 45 pages long. The teaching will be accompanied by studies of various texts send via email to the participants between training weekends. Participants will be expected to read the texts.

**Venue:** Varziner Straße 4, 12159 Berlin ([www.varziner4.de](http://www.varziner4.de))

This is a lovely venue within easy reach of Berlin S-Bahn, U-Bahn and train stations as Berlin-Hauptbahnhof. The nearest tube station, U-Bahn and S-Bahn is "Bundesplatz". Time travels from the Airports Berlin-Tegel and Berlin-Schönfeld is about one hour.

### **Accommodation**

The list of local hotels recommended by colleagues has grown over the years, starting from around 30 Euro per person per night. Julianne will provide you with this list of hotels after you have booked and paid for the workshops.

### **Cost**

1100 Euro. The fee will be reduced to 920 Euro if booked and paid before 17.7.2019. 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 275/230 Euro depending on whether you paid 1100 Euro or 920 Euro. If two of the four workshops have to be cancelled by the organiser, you will get a refund of 550/460 Euro. If three of the four workshops need to be cancelled by the organiser, you will get a refund of 825/690 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.**