

CONFER LIFE EVENT

Developing embodied awareness in the psychotherapy relationship

A weekend retreat in Dartington, U.K.

Saturday 16 and Sunday 17 March 2019

With Julianne Appel-Opper, Margaret Landale, Jon Sletvold and Nick Totton

This rural weekend retreat offers the opportunity for practising and trainee psychotherapists to engage with an embodied approach to clinical work. With recent insights from neuroscience, embodied cognitive science and therapeutic experience, it is now generally accepted that the embodied mind is implicitly at work in the relationships between client and therapist. This event offers the opportunity to feel and make sense of this embodiment and to develop the capacity to work with embodied processes flowing between client and therapist.

For those clinicians who come from a more traditional talking therapy background, moving into the body can feel challenging. We hope to demonstrate that, in fact, all therapists are already working dynamically - unavoidably - with the body-mind and to bring that to consciousness. Attendees will learn how to become more attuned to and trusting of their bodies so that they can play with, notice and make sense of messages encoded in bodily language on behalf of their clients and in countertransference communications. In essence, this training develops and builds upon that which practitioners are already doing and will give therapists the confidence to be more curious in their embodied listening. Our four contributors have a wealth of experience of working from an embodied stance and will share their theoretical understandings via lectures alongside experiential workshops.

Julianne Appel-Opper

Lecture

Developing embodied interventions and experiments within the cocreated embodied

The Therapist and client communicate with each other as rhythms/melodies of moving and being moved, parallel both to the spoken words and when sitting quietly.

The talk introduces a new way of understanding of and working within this body-to-body-communication in a relational and field-oriented way.

Scenes will be offered from psychotherapy and training which highlight embodied interventions and experiments where the therapist works with own tiny movements without physically touching the client.

Theoretically rooted in Dialogical Gestalt and intersubjective psychoanalytic thinking, different perspectives of these processes will be opened and linked to concepts from trauma research, developmental psychology, attachment, neuroscience.

Workshop

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

Exercises will be linked with concepts to encourage a greater awareness of and sensitivity to such interbodily processes.

Julianne wants to provide a safe and respectful space for exploration of own embodiment and interbodily rhythms and melodies using exercises, experiential work, short demonstrations and small group work.

Julianne Appel-Opper, Diplom Psychology, Registered Psychological Psychodynamical Psychotherapist in Germany, Registered Integrative Gestalt Psychotherapist with the United Kingdom Council for Psychotherapy, MUKAHPP, Supervisor (University of Birmingham, U.K.), Trainer.

She has 30 years clinical experience including working in psychosomatic clinics. For 9 years, she lived and worked in the UK and is now in private practice in Berlin. Since 2001, she has worked internationally as a trainer and a visiting tutor at several psychotherapy training institutes.

Julianne is the founder and director of the Berlin-Training-Series 'Relational Living Body Psychotherapy' which has been running for many years and is well thought of.

Publications about interbodily communication and the interlink of body and culture: 'Intercultural Body-Oriented Psychotherapy: The Culture in the Body and the Body in the Culture' in: About Relational Body Psychotherapy, 2012, C. Young, ed.: www.bodypsychotherapypublications.com.

'Embodied Interventions and Experiments as Body-to-Body-communication within a Relational Gestalt Approach' in: EAGT-AAGT-Conference Proceedings, 2018, Istituto di Gestalt HCC Italy.

Her website is: www.thelivingbody.de