

Relational Living Body Psychotherapy
www.thelivingbody.de

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

19-21 Oct 2018; 18-20 Jan 2019; 26-28 April 2019; 14-16 June 2019
Friday 4pm-7pm, Sat 10am-5.30pm, Sun 10am-2pm

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

Julianne Appel-Opper, Dip. Psychology, Clin. Psychologist, Psychological Psychotherapist, UKCP registered Integrative and Gestalt Psychotherapist, MUKAHPP, Supervisor, Trainer. She has 25 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 most recently in the Confer Program on 'Embodied Approaches to Psychotherapy' with a lecture and a demonstration of Embodied Supervision. (www.confer.uk.com) For many years she has offered series of trainings in Berlin in both English and German.

Cost: 1000 Euro, 880 Euro if booked and paid before 20. June 2018

Please note that the full payment of 1000 Euro/ 880 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.

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 ongoing professional and personal development of all participants.

Content

The workshop-series is intended to deepen participant's understanding of Relational Living Body Psychotherapy. The aim of the workshops is not to focus simply on techniques, but to offer a truly integral approach. The workshops might small demonstrations and exercises, who might bring up experiential material, however the main focus is not on psychotherapy. Julianne has developed a series of exercises to help deepen sensitivity towards the non-verbal domain in general and for embodied interventions and experiments in particular. There will be themes covered about breathing, muscle tones, bodily rhythms, physical traumatic gestalten and the link to fight, flight, freeze, flop and friend, the 5-F-reactions of the body in traumatic situations together with exercises and theories with the focus on self-care as psychotherapists and counsellors. Relevant and applicable theory input will be provided. Every participant will be expected to take responsibility for his or her own learning. However, when possible, current interests, questions regarding relevant theory and client work, and other foci arising within the group will be taken into consideration. The texts discussed will be send out after each weekend.

Venue: Varziner Straße 4, 12159 Berlin (www.varziner4.de)

This is a lovely venue within easy reach of Berlin rail and underground stations. The nearest tube station, U-Bahn and S-Bahn is "Bundesplatz".

Accommodation

The list of local hotels recommended by colleagues has grown over the years, starting from around 25 Euro per person per night. Julianne will provide you with this list of hotels after you have booked and paid for the workshops.

Cost

1000 Euro. The fee will be reduced to 880 Euro if booked and paid before 20.06.2018. 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 250/220 Euro depending on whether you paid 1000 Euro or 880 Euro. If two of the four workshops have to be cancelled by the organiser, you will get a refund of 500/440 Euro. If three of the four workshops need to be cancelled by the organiser, you will get a refund of 750/660 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.