

Psychomotor presence and resonance

3 whole days - October 5-7 2018 - in London

This workshop presents psychomotor developmental phases practically.

Psychomotor movements from developmental phases are connected to specific muscles - and to specific psychosocial skills. This holds a rich potential resource, that can be contacted in the adult body through precise exercises - and through that, emotional and cognitive material awakens.

The workshop will focus on how knowledge about psychomotor movement-patterns can be used to

- Support presence and resonance with one self and with others
- a source of nurturing in everyday life
- support regulation of one's own and other's inner states
- coping with transitions.

How do you for example experience yourself, if you push off with the 4 small toes when you walk - or you push off primarily with the big toes? Do you access different parts of yourself - different resources - different challenges? In which situations in your life could these potential resources make a difference for you? Or what difference could it make, if you in general stayed in contact with the specific resources?

What happens in you, when you move lying on the floor, letting the whole surface of your body explore contact with the ground? Do you experience that as resourcing - or do you prefer sitting or standing movement? What resources and challenges awaken in you with the different movement-styles?

How can you use this knowledge about your resources and challenges as a support in your everyday life?

Sensory-based knowledge about movement-patterns from different developmental phases builds a differentiated sounding board in the body and the personality. A sounding board, that supports the ability to recognize, own and contain states from different levels of the personality connected to different developmental phases - both in yourself and in others.

This is the essence of what this workshop wants to bring forward.

For whom can this workshop be interesting?

The material in the workshop awakens many sensations, emotions, experiences and thoughts. It is a prerequisite that you already have some training in body-sensing, dosing and coping with emotions - either through participation in previous workshops in Relational Trauma-therapy or through other types of training. Professions who work with therapy, counselling, teaching can get personal and professional inspiration both related to your own role and to understanding and meeting clients/students/patients.

Dates: October 5-7 2018- 9am-5pm all 3 days

For sign up, price etc please go to <http://www.body-psychotherapy.org.uk/> - CABPs website.