

Embodying Theory

An experiential group training in embodied practice
At the Spiral Centre, Islington, London

2015

This one year (ten day) training is for practising, and advanced trainee, psychotherapists and counsellors who are developing their style of integration and want to learn more about embodied relating; It is also designed for practising therapists whose training did not include relational body psychotherapy.

Many people complete trainings and develop a rich understanding of theory, but no theory can adequately explain our experience of the complex therapeutic relationship. More reliable theorising begins with our embodied awareness, allowing us to use this as a starting point for reflection and integration. This way of working can open new therapeutic possibilities and ways of thinking. Conversely, being fearful of our embodiment can lead us to close down contact, thought and relating.

This experiential training, running for the second time this year, is designed to equip you with ways to think about, and make use of, your embodied experience as the starting point for your own integration.

The training will have several dimensions

Embodied conscious and unconscious processes: how we think and ‘dream’ through our bodies. Each training day will be organised around one or more aspects of physical and symbolic experience (Inside & Outside, Seeing & hearing, Holding & Letting go, Standing up & Lying down etc.). More detail about these is available on a separate information sheet.

The ‘live’ experience of relating with each other in the body of a group. The tension between the desire to belong (in a pair, family, group, profession), and the desire to be oneself (individual), is a central drama in life, groups and therapy. This tension will be explored in relation to our embodiment.

Ideas and knowledge from a broad range of therapeutic and philosophic traditions will be introduced as we find ways to think about, understand, and integrate our experience.

Working ‘through’ our bodies whether or not we use touch in our practice. There will be opportunities to explore the use, meaning, and politics of touch during the course but there will be no requirement to experiment with touch. The emphasis will be on reflective embodied experience and understanding.

Practical information

- The course will run on ten Saturdays (10am to 5pm) at the Spiral Centre, Islington
- Dates: 7th October, 21st November, 12th December 2015
9th January, 6th February, 19th March, 16th April, 14th May, 18th June, 9th July 2016
- A certificate for 50 hours of CPD will be issued on completion
- The cost of the training is £950 (A £100 deposit to be paid when confirming a place by 30th June)
- Further payments may be made by instalment and two concessionary spaces are available
- The group will consist of approximately ten people
- Please email me with any questions and for more detail about the course content

Ian Morrow MAHPP(accred), UKCP reg.

I have fifteen years experience as a therapist and have worked as a supervisor and facilitator in various settings. I am interested in the shared language, and common factors, between therapeutic traditions. I see embodied relating as the fulcrum of integrative therapeutic work, along with dialogue and openness to new experience.

Contact

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*“I long, as does every human being,
to be at home wherever I find myself”* Maya Angelou