



[Integrative-Mindbody-Therapy & Training](#)

## Like a bird on a wire: the place of soul in body psychotherapy

**A weekend workshop by Dr. Asaf Rolef Ben-Shahar (3 - 5 February 2017)**

So full of wonders, life nonetheless hurts. So badly it hurts at times, that we find ourselves doing many strange things. We seek solace. At worst, we check out – by buying lots of stuff or drugging ourselves, by making ourselves absent, splitting and dividing, or hurting others. We may find other creative ways of waiting for the bus to arrive at its (imaginary) last stop of death, so can finally step down.

At best, we seek meaning, we seek connection; we strive to create meaning and establish and deepen connection. Like a bird on a wire, so tentative are our endeavours. Yet, even as we struggle to come to terms with the inevitable terms of our vulnerability and impermanence, our soul whispers of other possibilities, of other stories. These whispers call for us to attend, as fully as we can, to life. We are called to step up with discipline, with courage, with vulnerability and imperfection.

I have no more knowledge of these whispers than you. But for three days I am willing to hold a frame for us to explore these whispers and let them sound. So that we may better use such a whisper as a compass for our psychotherapeutic work. So that we can follow this northern star as we navigate the night skies, bright or dark, cool or warm, as they may be.

### **About the trainer:**

Dr. Asaf Rolef Ben-Shahar is a psychotherapist, author and trainer who never ceases to look for magic. You can learn more about his work here [www.imt.co.il](http://www.imt.co.il)

**When:** 3 February 2017 - 5 February 2017

**Where:** The Open Centre 188 Old St, EC1V 9FR London, United Kingdom

**How much:** £315

For booking and for more information please email us [relationalbodypsychotherapy@yahoo.co.uk](mailto:relationalbodypsychotherapy@yahoo.co.uk) or phone Louise the workshop's co-ordinator on +44-783-4526300