

## Deep Bodywork Advanced Training: Touching the Relational Edge with Dr Asaf Rolef Ben-Shahar



I am happy to offer graduates of Deep Bodywork Advanced Training, IMT students and other psychotherapists an opportunity to venture into two years of professional and personal exploration. Training will take place at the Open Centre in London.

This is an opportunity to delve into the depth of relational body psychotherapy, offering ample opportunities to explore spirituality, body and relationships – to enhance your personal and professional tools and positions. This is an experiential learning, one that can touch each of us deeply. This is the second time I am offering this training in the UK, and I am excited to find new avenues of exploration with you.

The first year will bring together theory and practice to help us understand the professional community we live and work in (psychological, social, gender, cultural) and better understand and then communicate to ourselves, our clients and our colleagues what we do and why we do that.

The second year will support participants in strengthening their professional identity as body-psychotherapists, recognize their strengths and weaknesses and create a cultivating environment to support both.

These two years were created to allow people who wish to continue building a portfolio towards various accreditations some of the necessary theory aspects to do so. However, these two years could also be taken simply to continue your professional and personal development, to explore the joys, jewels and possibilities that relational body-psychotherapy offers in a safe and enabling environment.

**Participants need to commit to one year at a time.**

Training methodology: We will explore through some embodied theoretical practices, exercises in pairs, small group and group processes, role-play, supervision, demonstration and fishbowl practices in the group.

Participants who are interested in accreditation will also need to complete some assessed written work (kind assessment is promised) and a final written piece which will be contracted and completed separately.

## **Year 1 – Do I move you? Integrating passion and professionalism in our practice (10 days)**

This year will be dedicated to familiarize with different therapeutic languages and learn to translate your work into other ways of working. What is it that we do? Why do we do it? How do we do it?

### **Unit 1 – From past to present: Therapeutic modalities seen through relational embodied eyes**

In this unit we will learn (experientially) the history of body psychotherapy, familiarize ourselves with the main modalities of BP and explore some other forms of therapeutic modalities and the ways they've influenced our practice. Particular emphasis will be put on humanistic, feminist, attachment and relational theories.

### **Unit 2 - Being and doing – exploring interventions.**

How do I intervene, when and why? Allowing ourselves to discover our brilliance, understand our strength as therapists and watch out for our blind spots and transference hooks.

### **Unit 3 – Form and Flow: Theory of Bodymind**

While all psychotherapeutic modalities have a theory of mind, out of which a developmental model is built, body-psychotherapy is structured about the bodymind. During these three days we will look at what it means to be a bodymind, and how it relates to the way we diagnose and intervene in therapy and to our therapeutic presence.

## **Year 2 – About our identity – forming a professional identity as body-psychotherapist**

During the units this year we will let go of some structures and explore empty-handed work, dance with paradoxes and commit ourselves to the magic of connection. We will integrate work with touch and deepen our ability to evaluate the strengths and challenges of our practice.

### **Unit 4 – It don't mean a thing if it ain't got the swing - the 'it' in psychotherapy**

How do we blend in the essence of meeting, of love and connection (and that 'it') with professional conduct and skilful interventions? Psychotherapy is more than techniques, skills and ethical codes. These three days will be dedicated to dancing around the 'it' that makes our contact unique and worthwhile. It cannot be taught, but it can certainly be found, touched on and celebrated.

### **Unit 5 – No Synthesis – Paradoxes in relational body-psychotherapy.**

At the heart of human communications, and certainly psychotherapy, lay paradoxes: between the healing-potential of therapy and the Sisyphean hopeless repetition, between wild freedom and regulation and accreditation, between the truth-telling body, and the slippery and deceiving body. These three days will be dedicated to the art of holding paradoxes as part of our therapeutic identity.

### **Unit 6 – Touch in psychotherapy**

Most of you have learned systems of bodywork and are using various techniques of touch in your work. During this unit we will look at different categories of touch, different ways of using touch and not-using touch. We will connect these to character structures, to relational thinking and to trance. Ethical and practical considerations will also be touched upon.

### **Unit 7 – Self-Reflection, celebrating me**

This very special unit will conclude the two years and will be dedicated to self-appraisal. Through kind and loving eyes we would examine our strengths and weaknesses as psychotherapists, explore the ways in which our biography supports and limits our flexibility and the clients and techniques that best suit us. This is an opportunity to deepen our understanding of ourselves in the world as psychotherapists with the gifts and wounds we bring, and an opportunity to celebrate ourselves.

#### **Further information:**

Cost: £1350 for the first year.

A non-refundable deposit of £350 is required to book your place. You are welcome to pay via payment plan or pay in full. Payment could be done in instalments.

For any questions, or to book your place, please contact Louise Lord at [relationalbodypsychotherapy@yahoo.co.uk](mailto:relationalbodypsychotherapy@yahoo.co.uk)

Dates for Year One (Second year dates to be advised)

Friday 7 July to Sunday 9 July 2017 (3 days)

Friday 17 November to Sunday 19 November 2017 (3 days)

Monday 26 January to Friday 29 January 2018 (4 days)