



Beyond Body Awareness: Somatic Interventions to Deepen Client Work

Somatic interventions to increase client insight and develop a 'Corrective Experience'.

With the development of neuroscience and its emphasis on the necessity of working with the body for effective therapeutic work, more practitioners are bringing work with the body into the therapy room. The most common method for doing this is to focus on the development of Insight. In this process, the therapist teases out themes, patterns and repetitions that are occurring at a level of body awareness or mindfulness. Insight develops and self-knowledge increases. However, as with traditional therapeutic approaches, other somatic interventions are available to deepen the therapeutic effectiveness of working with the body.

The somatic therapist may provide a somatic corrective experience. Recognising that something in the life experience of the client is missing, they empathically provide a somatic intervention that address this missing piece. Alternatively, the somatic relational dynamics may come to the fore. The therapist tunes into what is happening in her own somatic process as well as that of the client and the impact this resonance is having on their work together. This impact is then explored directly in the here and now with reference to body awareness and energetic processes. There is negotiation at the 'intimate edge' (Ehrenberg 1974) between client and therapist and in an effective somatic therapy session the therapist may move from one to the other as appropriate.

This one-day experiential workshop will attend to these different ways that are therapeutically effective in bringing the body into the therapy room.

In particular focus will be given to (a) Ways to develop knowledge of and deepen body awareness, (b) methods that may assist moving from insight and awareness to 'Corrective Experience', (c) exploring somatic interventions that can assist in the provision of a corrective experience, (d) exploring different ways to bring the interactive relational dynamics into the session from a somatic perspective.

Learning objectives of this training:

1. Define and describe different therapeutic modes of interaction and intervention
2. Understand or extend their knowledge of the therapeutic purposes of these different modes
3. Apply this theoretical knowledge specifically to Somatic Psychotherapy
4. Broaden ability to deepen clients body awareness
5. Develop ability to provide a few simple somatic corrective experiences
6. Discover and deepen their awareness of their own somatic experience and how this affects the here and now relationship in session.
7. Explore ways to bring the awareness of no 7 into the therapeutic interaction to work with the here and now relational dynamics between client and therapist



Narelle McKenzie is the Director and a Senior trainer of the Australian Radix Body Centered Training Centre and the Radix Institute, North America, which offers a three-year training program in Radix Body Centered Psychotherapy. She is a registered psychologist with over forty years experience working in private practice with adults, adolescents, families, couples and groups. She has a Masters in developmental psychology and extensive experience and training in psychotherapy and psychology. As part of her private consultancy Narelle has led experiential and training workshops on Embodied Psychotherapy throughout Australia, the USA and the UK. She is a Clinical Member of the Australian Psychotherapy and Counselling Association (PACFA) Register, a PACFA accredited psychotherapy supervisor, an accredited supervisor for Psychology and a member of the United States Association of Body Psychotherapists as well as a member of Peer Review Committee for the International Journal of Body Psychotherapy.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

We'll bring this training to your team at your workplace anywhere in Australia or New Zealand.

We can also deliver to your team by live webcast no matter where you and they are located.

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points.

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

Morning Session

Includes a short morning tea break.

Welcome of participants and gain information about their experience in this area. Theoretical presentation of the different modes of interaction and intervention and their specific therapeutic goals. Relate this experientially to Somatic Psychotherapy. Use case studies and some simple experiential exercises to convey this. Aim to get participants more aware of how to pay attention to their own somatic process while engaging with others.

Afternoon Session

Includes a short afternoon tea break.

Work in small groups or pairs with the specific aim of teaching ways to:

- a. deepen client's body awareness or mindfulness,
- b. implement some somatic corrective experiences
- c. work effectively with the here and now relationship based on what is being experienced by the 'therapist' and what is being observed.

Evaluation and closing.

"This workshop will teach therapists how to bring the client to purposeful body-awareness and then how to apply highly effective somatic interventions to deepen client insights and enhance clinical outcomes."

Narelle McKenzie

How will you benefit from attending this training?

- Deepen their understanding of ways to bring the body into the therapy room
- Broaden their range of practical somatic interventions that are effective and the differing therapeutic purpose underpinning them
- Gain increased awareness of how their somatic processes influence the client therapeutic interaction and how to address this effectively in session.

Booking process:

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

Feedback from Narelle's recent presentations of this workshop:

"Would love to have Narelle do a seminar on Touch and its application with the therapeutic process"

"Really great PD full of excellent information to think about and apply. Good to know that I am on the right track by having it reinforced in this PD."

"This is excellent training. Narelle is an excellent presenter. I feel excited by what I've learnt and I intend on exploring this area to increase my skills. Very exciting, informative seminar. Experiential is the best."

"I find the PD's very informative and educational for me as a beginner in this field."

"Brilliant – lots of small GP exercises – working through."

"Excellent! So glad I came"

"Good use of practical exercises/role-plays"

"This was my first PD and I was impressed with everything! The content was useful and insightful and Narelle was very engaging as a presenter."

"The highlight for me was the application of the theory into the real action by exercising it in the training day (PD). Very insightful and without doubt beneficial. "

"Great workshop. I particularly liked the experiential and observational learning. I feel this was only dipping a toe in the water and would love to learn more!"

"Excellent Seminar, relevant, experiential, informative and challenging."

"Fantastic day. Feel very inspired with the new theory and ways of working. Thank you!"