



# Certificate of Embodied Practice

## Professional Development Short Course/Workshops

### Overview

This short course will highlight and explore somatic theories and methods within the context of contemporary psychotherapy.

The course modules will draw from current advances in neurobiology, intersubjectivity, and the study of embodiment as these areas relate to the practice of psychotherapy and counselling. Emphasis will be placed on the body-inclusive aspects of Gestalt psychotherapy and Somatic psychotherapies.

Participants will develop sensitivity to embodied experience and nonverbal patterns of communication that expand and enhance their therapeutic capacity to understand their own and their clients' experience.

The course consists of three modules. These may be taken as independent workshops if desired or as the full course that leads to the Certificate of Embodied Practice from GTS. Please see individual workshop flyers for full details of curriculum and facilitators.

### Modules

1. Character Styles and Body Process
2. Working with Traumatized Clients 1 & 2
3. Touching the Body – Reaching the Soul

### Dates

May 19 & 20  
June 2 & 3 / Aug 18 & 19  
Oct 20 & 21

### Training Processes

Each module includes a mix of didactic lectures, experiential learning processes, supervised practice opportunities for skill development, case discussions and/or demonstrations.

### Who Should Attend

This program is advanced training intended for psychotherapists, counsellors, social workers, psychologists, and other helping professionals who wish to refine their therapeutic skills in somatic processes and relational capability for working with clients.

### Cost

\$330 (plus GST) per 2 day workshop or a discounted price of \$1200 (plus GST) for all 3 modules leading to the Certificate of Embodied Practice.

**Registration and information** please contact Ashleigh at Gestalt Therapy Sydney

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