



Character Styles and Body Process

Professional Development Workshop

19 & 20 May 2012

with Ashleigh Woolridge

Many clients come to therapy to due to deeply held patterns of experiencing self and others. These patterns of experience are embodied, and can be understood as our style or our character. Our character is often out of our awareness. In this workshop learn how to recognize and work with various character styles, attending to unfinished business and experiential needs stored within the body. An understanding of these styles offers advantages for focusing work with our clients and increasing awareness, choice and change.

Participants will learn:

- assessing and working with individual character styles
- key developmental processes and the consequences of their disruption
- how to create an embodied relational field when working with clients
- how to access your own and your clients embodied resources
- embodied dialogue: how to attend to the inter-subjective co-created field in an embodied and relational way

Ashleigh Woolridge

MGT, GradDipGT CertHol. Counselling, AdvCertCommunity Welfare CMGANZ
Ashleigh is a Gestalt and Somatically trained Psychotherapist and Trainer with over 15 years experience working with individuals, couples and families, groups and organisations. Ashleigh has substantial experience working with people affected by addictions, eating disorders mental health presentations and trauma. Currently, Ashleigh has a private practice and is Director of Training at Gestalt Therapy Sydney.

Cost \$330 (plus GST) for 2 day workshop or \$1200 (plus GST) as 1 of 3 modules leading to the Certificate of Embodied Practice.

Venue GTS "The White House" 89B Cowles Rd. Mosman

Times 9.30-5.00 both days

Registration and information please contact Ashleigh at Gestalt Therapy Sydney

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