



Touching the Body – Reaching the Soul

Professional Development Workshop

20 & 21 October 2012

with Vivian Revitt

“It seems that one can truly understand oneself only when one understands with the body.”

Touch is a biological necessity. Touching in a respectful manner, relaxes us, leading to insight and expanded awareness. Touch brings us into contact with ourselves and allows an inner journey beyond the known towards a discovery of our essential nature. Respectful touch allows changes to begin on the inside and move outwards at a pace that matches an individual's own rhythm. The result is an unfolding rather than attempting to fix someone or make them different. This is a process of gently showing people to themselves, reflecting their embodied nature of being, and supporting recognition of their integrity and aliveness. In this workshop we will work toward greater embodied presence, mindful awareness, and the cultivation of a quiet state of mind and being. This will serve as ground for the art and practice of respectful, skilful therapeutic touch. The workshop will be both personally and clinically applicable.

Participants will learn:

- ways to move forward from the psychological dimension to the inner source of our being and innate intelligence
- how to prepare yourself for conscious touch
- the importance of intention, clarity and purpose
- boundaries regarding touch
- skills and techniques for appropriate therapeutic touch

Vivian Revitt *DipSomaticPsychotherapy, GradCert AdultEd, CertHakomiTherapist*
MASPA, ATMS, HAA

Vivian is a Somatic Psychotherapist, supervisor and trainer, who has been in private practice in Sydney and Gosford for 20 years. Vivian now lives on the Mid North Coast with a practice in Wingham and Bellingen. She was a trainer with the College of Somatics and was a director of the college for 6 years. Vivian facilitates workshops for personal and clinical application. A variety of bodywork modalities and psychotherapy has enriched her with a broad based experience, which she brings to her practice and teaching.

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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