Embodied Relational Gestalt:
A workshop with Two
Julianne Appel-Opper and Michael Craig Clemmens
4,5,6 March 2016: Fr 4pm-7pm, Sat and Sun 10am-5.30pm
in Berlin
Venue: Varziner Straße 4, 12159 Berlin, Germany
www.varziner4.de
A list of recommended local hotels will be provided with your booking

Our present life world is often one of isolation from ourselves and others. We live at a fast pace and communicate in bytes and digital salutations. The Gestalt approach offers a present moment mode of connecting through our mutual embodiment, the very essence of being in the moment; we exist in our bodily awareness, create space and relationships through our physicality.

This workshop will give participants the opportunity to discover and explore various ways to work with relational bodily processes in psychotherapy.

Michael’s sense of Body Dialogue emphasizes the nonverbal implicit movements, orienting and “knowing” that is the subtext of the therapeutic and any human relationship.

Julianne focuses on embodied interventions and experiments using Body-to-Body-Communication. She has developed a system of attuning and helping to regulate the client that is healing to experience and fascinating to learn.

Julianne and Michael are two highly experienced trainers with similar and different styles of working with bodily processes in psychotherapy. Part of our dialogue in the workshop will be to explore similarities and differences, the many choices based on the Gestalt principle of equalfinality that “all roads lead to Rome”. We will support participants to explore their unique choices in the moment when working with others.

The workshop will include experiential exercises supporting increased awareness of sensory 'data', demonstrations, practice sessions, small group work, and theoretical discussions. Participants can be trained in Gestalt therapy or practicing clinicians/consultants with an interest in exploring somatic intelligence in working with others.
**Michael Clemmens** PhD is a licensed psychologist with a private practice in Pittsburgh, PA working with individuals and couples. He is a lead faculty member at the Gestalt Institute of Cleveland. He travels extensively in the nationally in the US and internationally teaching and offering experiential learning opportunities. Michael is the author of *Getting Beyond Sobriety: Clinical Approaches to Long Term Recovery*, other articles on Gestalt Therapy, and co-author with Arie Bursztyn of “The Embodied Field: Culture and Body” published in *The Bridge: Dialogues Across Culture*. His newest publication is “The Interactive Field: Gestalt Therapy as an Embodied Relational Dialogue” included in the textbook by Routledge. *Gestalt Therapy: Advances in Theory and Practice*. A workshop leader and work scholar leader at Esalen for over ten years, Michael’s main interest is in the interaction between physical processes, relational dynamics and the larger contextual field.

**Website:** [www.michaelclemmens.com](http://www.michaelclemmens.com)

**Julianne Appel-Opper**, Dip. Psychology, Clin. Psychologist, Psychological Psychotherapist, UKCP registered Integrative and Gestalt Psychotherapist, MUKAHP, Supervisor, Trainer. She has 25 years clinical experience including working in psychosomatic clinics. For 12 years she lived and worked in various countries and is now in private practice in Berlin. She has been a Visiting Tutor at several psychotherapy training institutes internationally. Julianne has developed the 'Relational Living Body Psychotherapy' which she has taught internationally and published about, including the British Gestalt Journal, USA Body Psychotherapy Journal, The British Journal of Psychotherapy Integration as well as contributing to books *About Relational Body Psychotherapy*, Young, C. (Ed.) (2012) and most recently *When Hurt Remains: Relational Perspectives on Therapeutic Failure*, Rolef Ben-Shahar, A.& Shalit, R. (Eds.) (2015) London: Karnac. For many years she has offered series of trainings in Berlin in both English and German.

**Website:** [www.thelivingbody.de](http://www.thelivingbody.de)

For more information and to book your place, please email Michael on michgest@aol.com or Julianne on julianne.ao@web.de.

**Cost:** 320 Euro, reduced to 280 Euro if booked and paid before 15.01.2016

Please note that the full payment of 320 Euro/280 Euro is due with your booking

**Please pass this information on to anyone else you know who may be interested. Thank you.**