

Developing Embodied Interventions and Experiments within the co-created embodied field

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Within a co-created embodied therapeutic field two living bodies communicate with each other as rhythms and melodies of moving and being moved. Julianne has developed a new way of understanding of and working within this body-to-body-communication in a relational and field oriented way.

The 4 workshops focus on a sensitivity and understanding of bodily and interbodily processes and how to INTERBODILY welcome/focus on/reply to these unspoken messages in the therapeutic space.

With a combination of theoretical input and exercises/experiential processes, we will explore 3 areas:

- 1 therapist's living body with objectives as own embodiment, resonances, sensations and impulses, bodily rhythms/melodies, the alphabet of the living body
- 2 client's living body with objectives as bodily gestalten, body as orchestra, sensitivity for the age of body processes
- 3 body-to-body-communication with objectives as the embodied field, traumatic communication and the 5 F's, embodied interventions and experiments.

With various lenses we will look deeper into bodily processes, e.g. breathing, voice, looks, muscle tones, and chronic pain. There will be an exploration into how the body contains/holds stories, incl. intergenerational stories and how to find creative ways to work with body processes.

The 4 sundays will concentrate on EMBODIED SUPERVISION, looking at the bodily gestalten, the aesthetics of the ground, the body-to-body-communication between supervisee and client. As an active exploration of the embodied field we will move and walk within this field and on the edge of the field with different speeds to open up various sensations and ideas about what is communicated between therapist and client beside words spoken.

Julianne's approach is well situated within research fields of attachment, developmental psychology and neuroscience. Using her experience of many years of clinical practice and teaching, she offers a safe and respectful space for exercises, experiential process, small group work together with theory input and a critical discussion and reflection of different approaches to body process in psychotherapy and relevant interdisciplinary research findings in this field. For detailed flier and to book your place, please email julianne.ao@web.de or visit her website www.thelivingbody.de.

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