

INTRODUCTION TO BODY PSYCHOTHERAPY

A One, Two, Three or Four Day Workshop

This workshop is for psychotherapists, psychologists, counsellors and trainees who have an interest in understanding how emotional structuring may be reflected in the constitution and attitude of the body. The fundamental principle will be that, in the construction and maintenance of the self, sensation precedes cognition. Participants will be introduced to the models of thinking current in Body Psychotherapy and will have the opportunity to explore the application of these models to therapeutic practice. The workshop will be a combination of theoretical seminar, case study discussions and experiential opportunities.

The workshop will give participants an understanding of the basic principles of Body Psychotherapy and how these might be applied to clinical practice. On completion of the workshop participants will be able to make use of these principles in their client work and be able to practice simple body-oriented techniques. They will be able to understand the meaning of these principles and have some means of interpretation and response in the clinical realm.

The mode of learning will be primarily experiential – each occasion being followed by discussion and questions to allow for the emergence of the theoretical material in an organic way. In this way the structure of the workshop will remain congruent with the clinical practice of Body Psychotherapy where it is held that understanding, and possibilities for change, are most likely to emerge through a reflection upon embodied experience.

The workshop will be led by John Waterston who is a UKCP registered Body Psychotherapist with a private practice in Bury St Edmunds, Suffolk, UK. He has a background in NHS psychiatry and worked in various psychiatric institutions whilst pursuing psychotherapy training. John trained at the Chiron Centre for Body Psychotherapy in West London and has worked independently for 20 years as a practitioner, supervisor and trainer in the United Kingdom. He has also worked extensively in the states of the former Yugoslavia for the past 15 years. He is interested in the possibilities inherent in psychotherapeutic theory to facilitate social change in small communities and has recently completed a book on the meaning and function of vengeance in groups.

For further details contact:

John Waterston, MA, UKCP accredited Psychotherapist

Bury St Edmunds, Suffolk, UK

john@johnwaterston.co.uk