

PSYCHODRAMATIC BODYWORK®

Introductory Training Workshop

Feb 26 , March 3 & 4 2012 Nottingham

Jeannie and Jonathan would like to invite you to a weekend of Psychodramatic Bodywork.

The weekend will be an opportunity to experience Psychodramatic Bodywork in a caring and supportive atmosphere.

Jeannie and Jonathan bring warmth, humour and love into this work and the weekend will be an intense and moving time together.

If you are unable to attend, but know someone who may be interested in this workshop, please feel free to pass this flyer on to them .

This workshop combines two forms of psychotherapy: **psychodrama and bodywork.**

1

In **psychodrama**, blocked spontaneity from earlier traumas is freed and re-integrated through dramatic action methods.

2

Bodywork involves 'safe' touch to help individuals connect with the messages that are held in the body as pain, numbness and/or illness. The atmosphere is relaxed and fun and fosters learning in an easy, natural manner. A spiritual component that deepens the effectiveness of the work is incorporated.

The facilitators for the workshop will be Jeannie and Jonathan who say.....



"We have been involved in the world of therapy since 1987 when we did Person Centred Counselling training as part of a Masters degree in Human Relations. This was the beginning of our ongoing personal and professional partnership.

- Trained for 4 years as Psychodrama Psychotherapists in Oxford, qualifying in 1994 – UKCP accredited.

- Accredited by the British Psychodrama Association as trainers in Psychodrama in 1998.
- Extensive work with groups, individuals and couples, including a long-term weekly group, which is now in its 19th year.

A shared passion and delight in Psychodrama as a psychotherapy offering real hope of lasting change. We both remember the first Psychodrama we were ever involved with in January 1988 – recalling its visual impact and its transformative qualities.

This passion and delight has been greatly enhanced with the addition of Psychodramatic Bodywork® since June 2006. This approach integrates Psychodrama with more direct work with the body through emotional releases.

Having qualified at the Advanced level of Psychodramatic Bodywork®, we are now the sole UK trainers for the introductory level Psychodramatic Bodywork® training in the UK. Our experience continues to be enhanced by working at all other levels of the training, both in the UK and abroad”.

The workshop focuses on:

- understanding, witnessing, and experiencing the emotional releases of anger, sadness and fear
- experiencing where the body holds each of these emotions when they are ‘unexpressed’
- experiencing and practicing ‘guidelines for safe touch’
- increasing one’s comfort level in the use of ‘safe’ touch
- experiencing the integration of emotional release and bodywork within the structure of a psychodrama

Further information on Psychodramatic Bodywork® can be found
www.youremotions.com or www.youremotions.co.uk

The workshop runs 9am- 5pm each day

Costs: The fee for the course is £150 .Please discuss this if it is a problem.

Please bring lunch to share

Venue. Iona School, 310 Sneinton Dale, Sneinton, Nottingham NG3 7DN. The school is behind Bakersfield Community Centre

Participant Booking Form

Workshop ~ Psychodramatic Bodywork® Feb 26/March 3&4 Facilitated by Jeannie and Jonathan

Surname: _____ First Name: _____ Male Female

Address: _____

_____ Postcode: _____

Telephone home: _____ Work: _____

Mobile: _____ Email: _____

Course fees:

enclosed £ _____ waged or sliding scale (to be discussed by contacting
Jeannie/Jonathan 0115 9200470
Payable to Jonathan Salisbury

Deep personal healing does occur because it is an experiential workshop, but it is *not* a therapy group. All participants will need support available to them to complete and integrate what was begun in the workshop.

I do have therapeutic resources in place to support me. I understand this is a prerequisite for attending the workshop.

Signature _____ Date _____

Please return this form with your payment to:

Jeannie/Jonathan 148 Coppice Road, Arnold, Nottingham NG5 7GZ