

PSYCHODRAMATIC BODYWORK®

31th March 1st and 2th April 2012

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 are Jeannie Thompson and Jonathan Salisbury



What they 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 invented by Susan Aaron. 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 Introductory level workshop focuses on:

- understanding, witnessing, and experiencing the emotional releases of anger, sadness and fear
- providing facilitated opportunities to experience the release of each emotion safely
- witnessing the full range of anger, sadness and fear, from barely expressed to fully released
- learning where the body holds each of these emotions when they are ‘unexpressed’
- learning 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
- learning and practicing the 6 aspects of closure theory

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

**The Introductory level Workshop for Psychodramatic
Bodywork**

March 31th, 1th and 2th April 2012 in Belgrade

Studentski grad, Novi Beograd

The course starts at 9.00 am on Saturday 31th of March and finishes at approximately 4:30pm on Monday 2th of April.

The fee for the course is **€ 75**

Booking: please complete and return the attached booking form along with payment.

Participant Booking Form

The Introductory level Workshop ~ Psychodramatic
Bodywork®

March 31th, 1th and 2th April 2012 in Belgrade
Facilitated by Jeannie and Jonathan at Studentski grad

Surname: _____ First Name: _____

_____ Male Female

Address: _____

Postcode: _____

Telephone home: _____

Work: _____

Mobile: _____

Email: _____

Deep personal healing does occur because it is an experiential workshop, but it is *not* a therapy group. All participants will need significant 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 _____

Further Information on this Introductory Level Workshop

Please contact:

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email: bgbodywork@gmail.com

Bookings

Please complete and return the attached booking form to this e-mail address

bgbodywork@gmail.com