

PSYCHODRAMATIC BODYWORK®

Psychodramatic Bodywork® combines two forms of psychotherapy: psychodrama and bodywork. Psychodrama uses dramatic action methods to release and reintegrate spontaneity blocked by earlier trauma. Bodywork uses *Safe Touch* to help individuals connect with the messages that are held in the body as pain, numbness and/or illness. Susan works with a skilled team of assistants who perform demonstrations that help illustrate the theory and the process of Psychodramatic Bodywork®. 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 into the training.

Susan Aaron is the creator of Psychodramatic Bodywork® and an internationally respected expert on emotions, the body and spirituality. She is a Canadian certified director of psychodrama, a Reiki Master and a former registered massage therapist with extensive training in body psychotherapy. For over 35 years Susan's trainings and workshops have helped people from Canada, the U.S. and Europe by teaching and experientially applying the principles of Psychodramatic Bodywork® to the relationship between the body and the healing journey. She channels messages to her students with the support of a council of guides. Susan has produced two videos that illustrate her work. She is the recipient of the 2006 Innovator's award, presented by the *American Society of Group Psychotherapy & Psychodrama* (ASGPP). This award acknowledges her innovative work in combining psychodrama and bodywork.



This the first 5 day workshop in Toronto that combines the Introductory and Intermediate levels into one workshop. Please note that if you register for this combination workshop it will be more intense than taking the 2 individual workshops at separate times.

The Introductory/Intermediate Level workshop focuses on:

- Understanding, witnessing and experiencing the emotional releases of anger, sadness and fear
- Witnessing the full range of anger, sadness and fear, from barely expressed to fully released
- Providing facilitated opportunities to experience the release of each emotion safely
- 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
- The three styles of blocking anger, sadness and fear
- Identifying the meridians in the body that relate to each blocking style
- Relating the blocking styles to various life traumas and the healing process
- Basic headache patterns and how to work with them
- Basic psychodrama skills combined with the knowledge of blocking styles
- Learning and practicing the six aspects of closure theory

Upcoming Introductory/Intermediate Workshop

Dates: Friday November 15, through to and including Tuesday November 19, 2024 (5 full days)

Times: 9:30am – 5:00pm

Location: Toronto, Ontario Canada - Branch 11, Royal Canadian Legion, 1240 Woodbine Ave. (at Mortimer Ave.)

Costs: Registration before September 20/24 - \$1130.00 (HST included) Early Bird Price

Registration after September 20/24 - \$1356.00 (HST included)

Cancellation Policy: 4 weeks' notice (October 17/2024) - full refund minus \$25.00 administrative fee. NO REFUNDS with FEWER THAN THREE WEEKS notice (October 25/2024).

This workshop has limited space available. To guarantee your participation. register soon!

Workshop Registration Form

First name _____ Last name _____

Name I'd like on my name tag _____

Address _____

Phone(s): _____ Home _____ Work _____ Cell _____

Email _____

How I heard about this workshop _____

All applicants must read and sign the following:

Because this is an experiential workshop, deep personal healing does occur, 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 have therapeutic resources in place to support me outside of this workshop. I understand that this is a requirement for attending the workshop. I understand that completion of this workshop does NOT qualify me to train others or to represent myself as trained in Psychodramatic Bodywork®

_____ (signature)

Send Workshop Payment and Completed Form To Susan Aaron Workshops (details below)

—Make cheque payable to **Susan Aaron Workshops** and mail to **47 Spruce Hill Rd., Toronto, ON. M4E 3G2** Canada

OR

—Pay by:

e-Transfer to **within Canada only**

or

PayPal to aaron@youremotions.com for anyone outside of Canada

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Visit our web site at www.youremotions.com

Contact : Susan Aaron — 416-699-3211 x1 or aaron@youremotions.com