

Psychodramatic Bodywork® Introductory Workshop

The Introductory level - 3 full days focusing on:

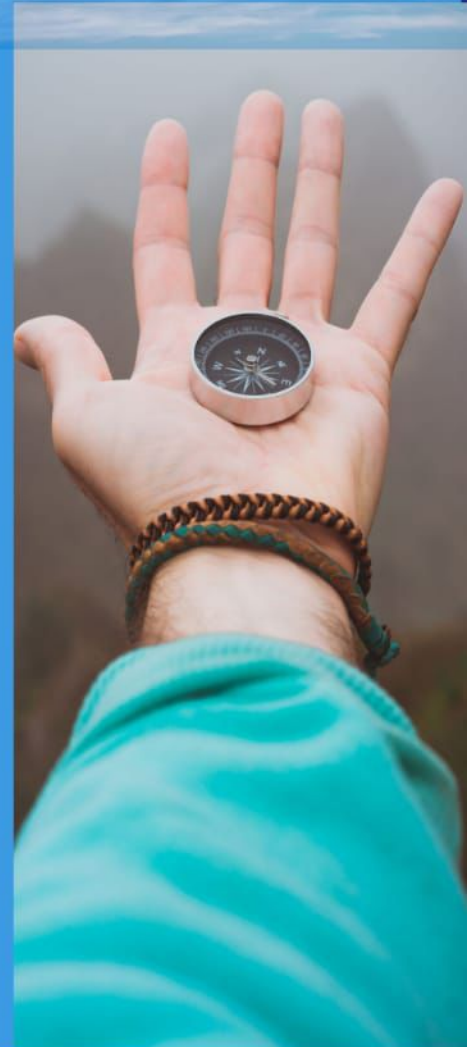
- * Understanding, witnessing and experiencing the emotional release of anger, sadness and fear.
- * Providing facilitated opportunities to experience the release of each emotion safely.
- * Witnessing the full range of anger, sadness and fear from barely expressed to fully released.
- * Learning where the body holds each of these emotions when they are unexpressed.
- * Learning and practising guidelines for safe touch.
- * Increasing your comfort level in the use of safe touch.
- * Experiencing the integration of emotional release and bodywork within psychodrama.
- * Learning and practising the six aspects of closure theory.



Deep personal healing does occur because it is an experiential workshop, but it is not a therapy group.

Participants may need significant support at various times during and after the workshop to complete and integrate what was begun in the workshops.

This workshop is part of an ongoing training.



When:

- ✓ **Friday 18th, Saturday 19th, Sunday 20th**
October 2024
- ✓ **Times: 9am to 5pm - Friday & Saturday 9am to 4pm on Sunday**
- ✓ **Where: Chilworth Manor Hotel, Chilworth, Southampton SO16 7PT**
- ✓ **You will need to provide your own lunch each day which can be eaten at the venue**
- ✓ **Investment: £450 for three days**

Application Process:

For more information or to book your place contact:

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Lyn Thompson at:
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For more information about Psychodramatic Bodywork visit:



www.youremotions.com