

Humanistic Alchemy Prospectus

Bodymind Workshops 2014-2016

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Bioenergetics

Guy Gladstone

The two weekends together will constitute an intensive introduction to working with the emotional body. Bioenergetics raises energetic levels and assists the expression of feelings, reduces related muscular tensions and works towards closure of the bodymind split. Themes for the first weekend will be : 'Movements', an unwinding technique; releasing the 7 segments through dynamic body language; 'Phrases', voicing sequences; the catharses of grief, fear, rage and joy; stress positions; demanding, reaching and falling; facing, centering and grounding; drawing encompassing themes for the 3 bodies . Themes for the second weekend will be : discovering the biosocial body; investigation of body image; the core energy mandala; options for breathwork; embodying the 5 character attitudes; voluntarising the involuntary; facilitating biosynthesis (ecto, endo, meso); exploring 4 element alchemy; boundary setting and working with shock states.



Bodywork In Water

Guy Gladstone

Standing in the warm water of a large hydrotherapy pool you will learn a basic sequence of Watsu moves. These meridian-based stretches and chakra-based holds together enhance your capacity for nurturing connection and flowing, effortless movement. For both giver and floating receiver this is a meditative practice verging on the ecstatic.



Core Realisation (Somatics And Dynamics)

Amadis Cammell

Somatic Energetics (Somatics) are the practices of Core Realisation which work with the body, (soma meaning body in Greek), and act upon the personality. They stimulate, invigorate, relax, soften and comfort the corporeal body; and activate, free and move vital body energy. This helps reveal and expedite the healing of psychosomatic conditions. Various body-centered processes establish an inner foundation necessary for a grounded, stable yet dynamic and interactive body-ego-soul continuum. This enables us to sense, feel and make conscious our psychic, emotional and mental pain; loosening us from the fear and shame that curtails our capacity to live fully.

Core Dynamics are the relational therapeutic methods of Core Realisation that work directly with the personality and act upon the soul (psyche meaning soul in Greek). Various psychological processes and soul-centered dynamics are combined to facilitate personal changes. Deleterious childhood conditioning and unconscious defence patterns are identified. By bringing to light our blind spots, new choices and transformations are possible, enabling us to address life issues, face

our human condition and accept ourselves. Using Core Energetic and other humanistic approaches, unresolved feelings and experiences are accessed, addressed and embodied to be more fully integrated within our core.



Neo-Reichian Bodywork

Richard Lawton

Touch is the great taboo: beyond perfunctory civilities it seems to shade almost directly into eroticism. Body-centred therapies operate in this potent zone. We will begin to explore the possibilities of relating authentically to another as fully embodied individuals, using touch as emotional dialogue.

I am a certified practitioner of Postural Integration and Neo-Reichian Bodywork, and a Master Practitioner of Pulsing Rhythmic Bodywork. I combine these with trainings and learnings from other modalities and esoteric practices in Bodymind Integration. In 25 years of personal development I have learned to value how the body grounds us in reality and is a touchstone for our true feelings: the body never plays mind games. I have a passion for helping people find more room to breathe and more space to be fully alive.



Encounter With Self & Other

Jill Hall

We shall gather together with no agenda other than trusting and working with whatever emerges by being together. I have found over 35 years of offering monthly groups of this nature that our self-knowledge and expression is greatly enhanced by interacting with others in a focussed and safe setting.

I started my training by engaging in an Intensive Course in Groupwork, including a wide range of approaches, followed by training for work with individuals at The Institute for Biodynamic Psychology. I was a founder member of The Norwich Collective, which generated two conferences in the early 1990s on The Dynamics of Accreditation, paving the way for The Independent Practitioners Network.



Radix

Michael Gavin

The workshop will provide an experience and the Radix take on some themes of Reichian bodywork: pulsation, instroke and outstroke, charge and discharge, pulsation and character, the pairs of feeling,

working with segments (particularly the ocular), the top down approach, integration, eye contact and a demonstration of the Radix Intensive.

I am a Certified Radix Teacher, Somatic Trauma therapist and external supervisor to the London Underground Counselling and Trauma Service. My background includes an immersion in Transactional Analysis, Jungian Analysis and psychodynamic approaches.



Regression and Integration

Jenny Nicholson

Regression and Integration Therapy makes use of our natural ability to go into trance and deep states of relaxation. This allows you to contact both joyful and traumatic memories that may be deeply buried in your unconscious. Through the re-evaluation and integration of what has come up, you can better understand your present day issues and concerns.

Jenny has over 20 years experience as a group facilitator and in 2000 was accredited by the UKAHP (UK Association of Humanistic Psychology Practitioners). With a background in dance and movement teaching, her training included the experiential IDHP (Institute for the Development of Human Potential) Facilitator Styles course leading to a Diploma in Humanistic Psychology. She is also trained in Regression and Integration Therapy.



Pulsing Rhythmic Bodywork

Richard Lawton

The day of Pulsing will introduce this gentle and deeply enjoyable form of bodywork, combining continuous touch with imparting movement to a passive body. The rhythmic rocking fosters experiences of relief and security, nurturance and relatedness, enlivenment and grounding, the 'good womb' effect and other altered states. Whether the intent is progressive or regressive, Pulsing is supremely enabling for all forms of transitional experience. With its flowing and wave-like movements, Pulsing reconnects with the body's natural rhythms and its innate freedom of movement. Gentle yet powerful, relaxing yet energising, it is a true delight.



Open Encounter

Pat Young

Open Encounter is the group based method of personal and interpersonal development created by

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Will Schutz, one of the original founders of Humanistic Psychology. It is an exciting, immediate, experiential and existential process of group interaction. FIRO Theory, the basis for Open Encounter, is the only Humanistic theory of group dynamics.

My training began in Glasgow, the place of my birth, in the early 1980's, after this I moved to London and continued my studies at the University of Surrey [H.P.R.G.] , I finally completed my training with Will Schutz in San Francisco. Along the way I have been privileged to work with many experts across the spectrum of Humanistic Psychology.