

Hidden Essentials of Connection

Redefining Shame and Belonging with Relational Theory, Embodiment and Creativity
CPD one-day workshop with Sue Glasser

Workshop Overview

The question is... "What helps the unspoken aspects of interaction become available to us?" In this workshop we will explore hidden elements of self/other dynamics via two inter-related approaches:

- a) an introduction to Relational Gestalt Shame and Belonging Theory, and its basis in Neurobiology
- b) somatic awareness and creative movement, using the richness of non-verbal communication*

This is an opportunity to ...

- Explore a fresh way of working with the tricky, unseen aspects that govern interaction, attachment and forming a sense of self
- Bring to awareness, from a relational perspective, physical information and creative impulse
- Examine ways to be with, and transition out of, survival strategies that mask states of shame/disconnection
- Apply new learning to our ways of working, and to our own and others' yearning for connection

Relational Gestalt Shame & Belonging Theory has been forged in recent times by leading-edge psychologists to bring us new and compassionate ways to deal with the sense of disconnection in ourselves and between people. The state of being too alone, and displacements of this sense, become hidden. This prevents meaningful connection and creates difficulty in forming a sense of belonging with another, with others, and with our environment. Instead we may see such behaviours as detachment, power-play, addictions, organisational dysfunction, ecological avoidance, etc.

A way out of this costly unease is to demystify these disconnected states and prioritise the yearning to connect. Through experiential exercises, including somatic awareness and creative movement, we will sharpen our perception of relational distress and enhance our capacity to strengthen the relational bridge within ourselves and in response to our wider field.

Previous Participant ~

"This has given me a language for something I couldn't quite talk about before"

* No previous experience of movement is needed, and the session will be inclusive of all, regardless of ability, health or culture.

Sue Glasser is a Group Facilitator and Organisational Development Consultant accredited with the UK Humanistic Association of Psychology Practitioners, and holds an OCN Workplace Mediation Certificate. She is mentored by Robert Lee PhD, faculty of Gestalt Institute of Cleveland USA, who is a key Relational Gestalt Theorist as applied to relationship functionality and Neurobiology.

Subsequent to a dance career, Sue continues as a choreographer and movement specialist. Combined with Applied Psychotherapy (& instigating the first such UK qualification) her coaching & training programme, *Movement at Work*, links physical, emotional and relational awareness. Annual work in South Africa, where Sue grew up, keeps her in touch with the Rainbow Nation and the collective, ongoing recovery from Apartheid.

Dates and Fees

This course is open to BCPC members as well as non-members however we regret that we do not accept people onto this course if the tutor is your therapist.

Date: Saturday 23rd June 2012
Time: 9.30am - 5.30pm
Venue: BCPC 1 Walcot Terrace, London Road, Bath BA1 6AB
Fee: £65 (BCPC Members £55)
CPD: 7 hours
Booking: Limited to 12 participants. Please wear comfortable clothing and bring lunch to share

Cheques payable to BCPC by 2 June 2012

General Information

Whilst every effort is made to ensure that the course information sheet is correct, BCPC cannot be held responsible for any errors or alterations that become apparent after publication.

BCPC reserves the right to cancel courses if numbers are too low to make the course viable, either from a learning or financial perspective. Acceptance of a place on a course is a contractual commitment to pay the full fee and refunds are not given after the payment deadline.

Please contact the BCPC office at 1 Walcot Terrace, London Rd, Bath BA1 6AB or call 01225 429720 or email admin@bcpc.org.uk for an application form