

Working with Body Process 2009/10

A Core Study Course

This course is an optional part of the training for the Diploma in Humanistic and Integrative Psychotherapy, and forms one unit of Module 2 in the MA in Humanistic Integrative Psychotherapy programme with Middlesex University.

It is a fundamental premise of Body Psychotherapy that our core beliefs are embodied, stored at a cellular level, and re-awakened through the process of living and relating. In bringing awareness to this process, we begin to get a sense of the body as subjective experience, and to identify with the internal movement, sensation and energy. As our thoughts and feelings become more closely related and attuned to our inner experience, body consciousness emerges, bringing forth new images and identities, so that we are spontaneously engaged in the present, rather than rehearsing and re-enacting the past.

Being with the body process involves a different kind of listening: to listen to the client's body, the therapist learns to listen with their body, so that the relationship dance becomes an embodiment of the meeting, unconscious to unconscious.

This course represents an introduction to Somatics, offering insights into a spectrum of approaches within body-oriented psychotherapy, drawing on the work of Reich, Boyeson, Lowen, Pierrakos, Johnson, Woodman, Grof and including contemporary theory and practice. Each weekend will include one day of experiential learning. Please wear comfortable clothing.

Assessment, dates and fees

This course is open to all trainees – counsellors and psychotherapists – and there will be a maximum of 12 participants. Priority will be given to those on the Diploma & MA programme who will be assessed through a written assignment (2,000 - 3,000 words), demonstrating clinically and theoretically the student's personal integration of Body Process.

Applications from bcpc students in or entering Stage 2 (previously called 4P) are not subject to further selection criteria. Applications from other potential registrants will be subject to selection by the tutor (please contact the office for the relevant form).

Tutor:	Tree Staunton
Times:	Three weekends, 10am – 5pm each day.
Dates:	5/6 December 2009, 16/17 January & 30/31 January 2010.
Venue:	bcpc, 1 Walcot Terrace, Bath, BA1 6AB
Fee:	£500 (bcpc members £450). Cheques payable to 'bcpc' by 6 November 2009

Tree Staunton, MA, UKCP Accredited Body Psychotherapist is Course Director for Psychotherapy at bcpc and has a private practice in Stroud, Gloucestershire. She is Editor of *Body Psychotherapy Advancing Theory in Therapy* (Brunner-Routledge 2002) and *Transformations* the journal for Psychotherapists and Counsellors for Social Responsibility (pcsr).

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 a 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.