

## *Training workshops in Body-Psychotherapy*

### *Working Holistically in Therapy and Personal Growth: Pulsation, Grounding and Presence*

A 6-day residential training workshop, open to mental and physical health professionals as well as to those who work with people to promote personal growth and healing, or wish to deepen their own professional development through a body-centered modality. This workshop deepens and expands one's understanding of pulsation and how to work with interruptions in the pulsatory flow. In-depth focus is on Grounding and facilitating Contact and a sense of "Presence," working in particular with the eyes. In every training workshop there is opportunity to practice the application of the concepts presented.

#### **Course content:**

##### *The Body as the Doorway to Intervention (Module 2)*

- Reading the Body - increasing observation skills
- Understanding the body's pulsatory flow that underlies thinking, feeling and action
- Facilitating the pulsation and working with interruptions in the pulsatory flow
- Facilitating a body-based process model of therapy
- Working with the eyes as a key process in ensuring "presence" in the body
- Integrating interventions through the ocular segment

##### *Reclaiming the Body, Acceptance and Personal Empowerment:*

##### *Grounding the Body and Restoring Contact (Module 3)*

- Understanding Contact and Contactlessness Interpersonally and within the Self
- Facilitating Grounding to increase awareness and effectiveness
- Using Movement to change established patterns of holding
- Identifying and working with a variety of patterns of pulsation and energy levels

**LOCATION: Avon Tyrrell Outdoor Activity Centre in the New Forest National Park, England. See below for description and directions.**

## Fees & Registration

### *Working Holistically in Therapy and Personal Growth*

Early Registration until October 20, 2018	£ 1400
October 21 - December 10, 2018	£ 1550

**TO REGISTER:** Pay with PayPal. [Click here](#) to send a deposit of £ 700.

**Registration Deadline December 10, 2018. To register after December 10th on a space available basis, or to send a deposit by cheque, or for more information, contact [information@radix.org](mailto:information@radix.org)**

### Faculty

Narelle McKenzie, M.A.: Director and Senior Trainer of the Australian Radix Training Centre and of The Radix Institute in North America. Narelle completed her training with the Radix Institute in 1982 and established a private psychology and psychotherapy practice in Australia. After completing her trainer training she co-founded the Australian Radix Training Centre. Narelle is a registered psychologist with thirty years experience working in private practice with adults, adolescents, families, couples and groups.

Melissa Lindsay, PsyD, has been a Radix Practitioner since 1995, and a trainer with the USA Radix Institute since 2008. She has a Master of Counseling degree with a humanistic orientation, Certification in Gestalt Therapy, and a Doctor of Psychology degree. Melissa maintains a private practice in Hawaii, working from a body-centered orientation with a broad range of issues, and specializing in trauma and dissociation.

*Training workshops are offered by the faculty of The Radix Institute in the USA and Europe, and The Radix Training Centre in Australia.*

**CERTIFICATION IN RADIX TRAINING:** *Workshop 1 is the first in a series of training modules; Workshop 2 includes Modules 2 and 3. Future training modules will focus on specific content areas such as affective regulation, containment and trauma. Most modules can be taken by themselves, or can lead to certification as a Radix Practitioner. For the Certification Program, the modular structure of the training gives flexibility as to when a trainee enters the program, begins their individual experiential work, and begins working with students or clients of their own. If you are potentially interested in the certification program, you will have the opportunity to discuss the programs with the training staff at the workshop.*

### **Certification Program**



**Avon Tyrrell activity centre is located in sixty-five acres of beautiful grounds in the New Forest National Park, located about 80 miles southwest of Heathrow airport. Its lakes are set amid a mixture of woodland and open spaces. Our workshop space is Avon Lodge, which has open space for our workshop, a full kitchen, twin-bedded shared rooms, 2 toilets/shower rooms.**

We provide a light meal on arrival, and tea and coffee throughout the weekend. Otherwise, it is self-catering, so bring anything that is important to you, and be prepared to collaborate in the weekend's catering if you would like to.

[Click here](#) for a map and directions