

Introduction to Body Psychotherapy



A non-residential weekend workshop
led by

Nick Totton

Calderdale Yoga Centre, Hebden Bridge, W Yorks
Nov 12th-13th Cost:£125

An opportunity for practitioners, trainees and anyone interested to learn about an area of therapy attracting new attention at the moment - but which has been around since psychotherapy began. Body psychotherapy rounds out and balances the verbal emphasis of ordinary therapeutic work; it reminds us that the head is part of a body, and that the embodied nature of our existence is crucial to both our difficulties and our possibilities. It enriches bodywork practices such as massage, shiatsu, or movement and dance, by stressing the role of the therapeutic relationship and the feelings it brings up.

On this weekend we will be exploring several ways of thinking and feeling through the body, both with and without the use of touch. The central paradigm will be Embodied-Relational Therapy (ERT), the integrative form of psychotherapy which I use, but much of the work can be applied to a wide range of therapeutic models. As well as learning new skills and attitudes, you can expect a powerful personal experience. No one will be expected to do anything they don't want to do, and emotional release will be held within a safe setting.

The workshop is aimed both at psychotherapists and counsellors who want to bring embodiment into their work, and at bodyworkers who want to explore the psychological side. It is also for anyone interested in discovering more about themselves through body-oriented sessions.

Nick Totton I am a therapist and trainer with over 25 years experience. Originally a Reichian body therapist, my approach has become broad based and open to the spontaneous and unexpected. I have an MA in Psychoanalytic Studies, and have worked with Process Oriented Psychology and trained as a craniosacral therapist; I am currently involved with ecopsychology and addressing climate change. I have a 25 year old daughter. I have written several books, including *Body Psychotherapy: An Introduction*; *Psychotherapy and Politics*; *Press When Illuminated: New and Selected Poems*; and most recently, *Wild Therapy*, published by PCCS Books. See www.earthworks.co.uk. I live in Calderdale with my partner and grow vegetables.

Booking and further information Nick Totton, 31 Nest Estate, Hebden Bridge, HX7 5BH; nick@earthworks.co.uk; 01422 886525. A deposit of £40 secures a place (cheques made out to me). Spaces are limited, so I recommend booking early. Feel free to contact me to talk about the workshop.