

Booking Form

Please reserve a place for me on the CPD weekend April 28/29th 2012.

I enclose a cheque for £160.
(if booking form received before 1 Jan. 2012)

I enclose a cheque for £180.

I enclose a cheque for £
and would like to apply for a bursary.

Please make cheques payable to: Michael Soth.

Name

Address

.....

..... Postcode

phone (w)

phone (h)

email

Professional background / training:

.....

.....

My practice (years/setting/approach, etc):

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.....

.....

Please send the booking form to: Michael Soth
14 Hawthorn Close, Oxford OX2 9DY
For all booking enquiries: michael@soth.co.uk

For further details, contact:

Michael: michael@soth.co.uk
Tel.: 01865 725 205

Please contact Michael for any queries related to booking, practical details or special needs you want to let us know about.

Nick: nick@erthworks.co.uk
Tel.: 01422 886525

Format of the Weekend:

We will meet 10am - 5pm on Saturday, 9.30am - 4.30pm on Sunday, with a couple of tea breaks during the morning and afternoon session, and one hour for lunch.

Booking & Bursaries:

To qualify for the early booking fee of £160, we need to receive your completed booking form and cheque by 1 Jan. '12. After that date, the full fee of £180 will be payable. These payments are non-refundable unless the workshop is cancelled.

At any stage we will reserve 10% of the enrolments we receive for our bursary fund. To apply for a bursary, please send a deposit of at least £100 and a concise statement of your situation and the relevant reasons for the bursary application.

We will send out confirmation of bookings, details of the venue and directions in March '12.

Embodying Therapy

A CPD weekend in Oxford for
counsellors and psychotherapists
with Nick Totton and Michael Soth

**Body, mind and psyche in the
therapeutic relationship**

**Open to practising counsellors and
psychotherapists from all approaches
and theoretical orientations**

Dates: Sat./Sun. 28 & 29 April 2012

Cost: £180 - Venue: Oxford, UK
(£160 if booked by 1 January 2012 - bursaries available)

www.erthworks.co.uk

or

www.soth.co.uk

The importance of ‘embodiment’ in therapy

- **The depth, effectiveness and meaningfulness of therapy flows from embodied experience.**
- **The quality of the relationship depends on pre- and non-verbal attunement and embodied connection between client and therapist.**
- **The working alliance is founded on the therapist’s embodied presence and engagement.**

The limitations of traditional and ‘new’ approaches

It is now clear to many practitioners that an exclusive emphasis on verbal communication imposes serious limitations on our work. What is much less clear is how we get *beyond* these limitations.

Over recent years, many well-intentioned attempts to deepen and broaden the reach of therapy and increase its effectiveness have been proposed, several of them based on attention to bodily phenomena. But many of these new techniques remain haphazard, pragmatic, superficial and falling far short of their initial promise. Like traditional therapies before them, their effect remains limited and partial.

When we attempt to include the body in psychotherapy, there is no shortcut around the fundamental complexities and paradoxes at the heart of the body-mind relationship, nor around the trauma and dissociation, both individual and cultural, which leads to disembodiment in the first place. This weekend will make these issues accessible in their relevance to your practice, without promising simplistic answers.

Embodiment

Embodiment – a fully lived understanding that we exist and live *through* and *as* our bodies - is rooted in a whole spectrum of bodymind processes (somatic, emotional, imaginal, mental, intuitive and relational) as inseparable aspects of our whole being. As a therapeutic notion it helps us pay attention to the fullness of experience, and how much of that bodymind spectrum is available to our awareness. It also helps us use our perceptions of congruence and of internal and external resonance - how do these various bodymind facets work together or against each other; how do they hang together or how fragmented and dissociated are they? These questions are relevant both for the client and for the therapist, and for the relationship as a system.

About the weekend

Whatever your approach, modality or style of practice, this weekend - conducted by two leading body psychotherapists - will help you establish the basic principles of embodiment in therapy. We will focus on the skills and capacities necessary to track bodymind communication and how to make sense of these cues and messages. We will explore a range of embodied tools and techniques that can be integrated into your practice.

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.



Michael Soth

I describe myself these days as an integral-relational Body Psychotherapist, trainer, supervisor and consultant. Over the last 25 years I have been teaching on a variety of counselling courses and worked as Training Director at the Chiron Centre for Body Psychotherapy. Inheriting concepts, values and ways of working from both psychoanalytic and humanistic traditions, I am interested in the therapeutic relationship as a bodymind process between two people who are both wounded and whole.

I draw on a wide range of psychotherapeutic approaches, including Gestalt, Process-Oriented Psychology, TA, Psychosynthesis, Family Constellations and others from the humanistic side; and relational, intersubjective and object relations perspectives as well as Jungian and archetypal psychology from the psychoanalytic end of the spectrum. For details of other CPD events, as well as my published writing, blogs and other resources, visit:

www.counsellingpsychotherapycpd.co.uk

I am married and live and practice in Oxford where I grow vegetables, too.

