



*Julianne Appel-Opper*

## **Body to Body Communication: A Relational Gestalt Approach**

3rd November 2007, 10am to 4.30pm

**Senate House**, Malet Street, London WC1E 7HU

In this seminar we will focus on the moment-by-moment co-created therapeutic space/field in which two living bodies communicate with each other. We will focus on:

Being embodied, an awareness of myself as a living body; My living body as my culture I live in: the rhythm, the melody, the gestures, the cultural implicit knowledge I carry in my bones and muscles; Staying with my senses as a key to a non-verbal language, the alphabet to find words in a wordless world; Chronic pain as fixed gestalten in the body; Creative ways to work body-oriented; Recognition of traumas in the body.

This will be mainly an experiential workshop for all colleagues who bring an interest in integrating the living body into their therapeutic work. There will also be some theoretical reflections on concepts from Relational Gestalt and Relational Psychoanalytic Theories.

**Julianne Appel-Opper** is a Psychological Psychotherapist, Clinical Psychologist (German Psychological Society), UKCP registered Integrative and Gestalt Psychotherapist, supervisor and trainer. She and her family lived in various countries (Paris, Israel, California and UK). From 1998 to 2006 she lived and worked in Great Britain. In 2006 Julianne moved to Potsdam in Germany. Julianne works with the living body and she is particularly interested in the interface between body and culture and in inter-cultural communication.