



Integrating the Body into Your Therapy and Supervision Practice

Julianne Appel-Opper

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National Council for Voluntary Organisation London N1 9RL

The relational turn in psychotherapy and psychoanalysis has widened the perspective to focus on two bodies relating and regulating each other. Numerous publications from different fields remind us of/demonstrate the importance of bodily processes and implicit relational knowledge in our work.

But how are we prepared for working with the body in our psychotherapy and supervision practice? For some of us, the body hardly got mentioned in their original psychotherapy training. Others may have experienced body-oriented work as exposing, shaming or pushing, still encapsulated in a one-person-approach to psychotherapy.

This workshop will give us the opportunity to discover and explore new ways to work with the body. Using her experience from many years of practice and teaching focusing on the importance of the body in relational psychotherapy, Julianne offers a safe and respectful space for exercises, experiential process, live supervision as well as small group work.

What to expect from this experiential day? You will be given the opportunity to enhance your awareness of yourself as a living body. You will learn how to use own somatic resonances as a compass to develop more body-oriented interventions. We will look at how you can sharpen your awareness for bodily processes in your work with your clients and supervisees. We will discuss how to find questions which encourage the client/supervisee to focus on the body in a respectful, mindful way. Participants are invited to bring case material from clients/supervisees.

Julianne Appel-Opper is a Psychological Psychotherapist, Clinical Psychologist, UKCP Registered Integrative and Gestalt Psychotherapist, supervisor, and trainer with twenty years' clinical experience. She worked in psychosomatic clinics with a wide range of clients, both individually and in groups. For twelve years she lived and worked in various countries and is now in private practice in Berlin, Germany. Julianne has developed her approach, 'Relational Living Body Psychotherapy' which she has taught across the UK and in other countries. She is also particularly interested in the interface between body and culture and has published articles on these themes. www.thelivingbody.de.