

NURTURING EMBODIED EMPATHY

FROM A JUNGIANIAN PERSPECTIVE
THE DISCIPLINE OF AUTHENTIC
MOVEMENT (AM)

Dates and Time:

Aug 1st 2018 2pm to 7pm

Aug 2nd to 4th 9am to 6pm

Aug 5th 9am to 1pm

Mit Prof. Helen Payne PhD University of Hertfordshire (UK)

Das Seminar findet in englischer Sprache mit deutscher Übersetzung statt

For whom is this course?

This intensive course is for practitioners qualified in counselling/psychotherapy or the arts therapies with substantial personal therapy. If your background is outside these areas, please contact Helen to discuss the suitability of the course for you. No experience in dance is required.

Participants will gain an understanding of the principles of AM enabling them to employ it in their practice in a one to one or group setting.

Helen's practice of AM has evolved over three decades. She has designed a four phase processing system for the witness-mover exchange which can easily be transferred into your arts/psychotherapy/counselling practices.

What is Authentic Movement?

Pioneered by Mary Starks Whitehouse Authentic Movement (AM) enables a **direct connection to the depths of our unconscious**, accessing the rich resources of our intuitive wisdom expressed through the embodied word, feeling, image, sensation and relationship.

Founded on Jung's concept of the active imagination and the collective unconscious, AM also has connections with mindfulness, arts therapies, group work and spiritual practice where symbolic meaning is seen in physical expression.

AM is a unique creative, body-based practice which concerns psychological wellbeing, artistic stimulation and experience of spirit. It invites the individual's relational experience of themselves, the other and the collective through deep empathic witnessing of movement as it becomes conscious. It can assist in personal and professional development, for example, leadership and communication skills through developing body awareness, body-mind-spirit connections and kinetic meditation where mindfulness is crucial to practice. It is employed as one form of dance movement psychotherapy for individuals and groups.

Inherent in the way Helen practices AM is the importance of safety, self-direction, self-compassion and non-judgemental empathic witness offering.

Participants learn to dwell more easily in their bodies, and to engage creatively and relationally with a direct experience of the self and others beyond words and concepts. We learn to communicate authentically with ourselves and others.



Professor Helen Payne, PhD

Helen helped to pioneer the development of dance movement psychotherapy in the UK. She founded the professional association, the first postgraduate training, conducted early research and wrote the first publications. She was awarded a Fellowship by ADMP UK in recognition of her contribution. She is a Senior Reg. Member of ADMT UK and accredited as a psychotherapist by UKCP since 1990. She is a Professor of Psychotherapy at the University of Hertfordshire, UK where she supervises PhD candidates and teaches embodied practice. She first discovered The Discipline of Authentic Movement in 1979 with Mary Whitehouse and since then studied intensively with one of Mary's students, Dr. Janet Adler, for seven years and has her permission to teach the discipline. She is trained in Person-Centred Counselling and Group Analysis. This together with experience of practice-based research, Laban Dance/Analysis, Buddhist meditation, Analytical Psychology, Process-work, and Shamanism helps her to provide a safe, creative and transformative environment. She is the Clinical Director for the University spin-out www.pathways2wellbeing.com

Costs:

CHF 900.- /two participants CHF 1600.-

Students 20% discount

Early Bird till March 30th 2018 10% discount

Place, Organisation und Registration:

zoeTanz *projekte* Brigitte Züger

Elsässerstrasse 34, CH-4056 Basel

Phone: 061 381 70 68

Email: bzueger@zoe-tanz.ch

Website: www.zoe-tanz.ch

zoe *tanz*
professionals

Ein Seminar von zoeTanz professionals