

THE DISCIPLINE OF AUTHENTIC MOVEMENT:

CONNECTING IN-DEPTH PSYCHOLOGY, HUMANISTIC AND PSYCHODYNAMIC THEORETICAL FRAMEWORKS

This workshop can be accredited for the Training in the
discipline of Authentic Movement



July 27th 2019	2pm to 7pm
July 28th to 30th	9am to 6pm
July 31st	9am to 1pm

Ein Seminar von zoeTanz *professionals*

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

Die Unterrichtssprache ist Englisch mit deutscher Übersetzung

Who can participate in this course?

This intensive course is for professionals 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. This course can be both an introduction and build on previous experience in AM. Participants will gain skills and understanding of the form for employing one-to-one as well as in groups. Helen's practice of AM has evolved over three decades, for example, integrating psychodynamic, humanistic and in-depth psychology.

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 is a pioneer 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 is a Senior Reg. Member of ADMT UK, accredited as a psychotherapist by UKCP since 1990, and is a Professor of Psychotherapy at the University of Hertfordshire, UK where she supervises PhD candidates and teaches embodied practice. She has been awarded a Fellowship by ADMP UK.

Helen 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.

Costs:

CHF 850.-

Students 10% discount

Early Bird till March 30th 2019 10% discount (students 20% discount)

Place, Organisation und Registration:

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