



# THE DISCIPLINE OF AUTHENTIC MOVEMENT DEVELOPMENT OF CONNECTION IN PRACTICE

Workshopsprache Englisch mit deutscher Übersetzung

*zoe* tanz  
professionals

For Helping Professionals  
who want to develop and  
deepen Relationships in  
their Work with Patients

*with Prof. HELEN PAYNE, UK*  
Intro Day July 25th 2020  
Workshop July 26th to 30th 2020

Are you a practitioner who wants to gain more understanding of how embodied approaches enhance professional practice?

Do you want to focus on the arts, the body and movement as an expression of the unconscious?

This intensive will be an important contribution to practice for professionals in the fields of psychotherapy, counselling, and the creative arts therapies.

**Intro Day: 10:00h to 18:00h**

**Workshop: Day 1: 14:00h to 18:00h,**

**day 2-4: 09:00h to 18:00h, day 5: 09:00h to 13:00h**

This intensive offers a structured, ritualized framework for bodily experience within a safe and non-judgmental environment. We will work together in dyads, triads and group practices where free association in body language is explored in the presence of a witness. We will use the arts to capture a fuller picture and deeper truth of reality, bringing new ways of knowing an experience.

### **In this workshop you will learn:**

- to achieve deep empathy with your clients through your own body resonance
- to identify your own bodily sensations as the resonance of the bodily experience of your client.
- to solidly ground your verbal expression on your bodily experience
- to refine your verbal expression with clients from information gleaned from your own body
- to listen to your “gut feeling” and transfer it in words due to the therapeutic relationship you have to your clients

The Discipline of Authentic Movement (Adler, 2002), developed from embodied forms of psychotherapy, is not a dance or movement technique, nor does it require movement experience. It speaks and develops our sense of body, presence and deep empathy. It can enhance embodied experience as the source of authentic expression which can lead to genuine and mindful verbal expression that considers and fits the (therapeutic) situation and relationship.



Professor Helen Payne, PhD, is a registered psychotherapist (BACP; UKCP) working from an integrative embodied perspective. She studied for many years The Discipline of Authentic Movement with Dr. Janet Adler (Adler 2002), who refined the discipline from the original form. She facilitates training and open circles in Authentic Movement for counsellors, psychotherapists and creative arts therapists. She is a full Professor of Psychotherapy at The University of Hertfordshire where she supervises doctoral students and conducts research. Recent studies include The BodyMind Approach for people suffering chronic bodily symptoms for which tests and scans return without a diagnosis; student mental health and the integrative psychotherapy model. She led the editorial team to publish the Routledge International Handbook on Embodied Perspectives in Psychotherapy in 2018

Place: zoEspaces, Elsässerstrasse 34, 4056 Basel, Switzerland

Dates/Times: Intro Day July 25th, Workshop July 26th to 30th 2020

Costs: Intro Day: CHF 150.- AHV / IV, Students 10% discount

Workshop: CHF 880.- Intro Day & Workshops CHF 950.-

Early Bird till March 30th 20%, AHV / IV 10%, two people Workshop: CHF 800 each,  
, Intro Day & Workshop CHF 880.- each

Registration: via Website [zoe-tanz.ch](http://zoe-tanz.ch) -> professionals Registration closes July 5th 2020

Information: Brigitte Züger [bzueger@zoe-tanz.ch](mailto:bzueger@zoe-tanz.ch)