

4-Day training for professionals in The Discipline of Authentic Movement

In Basel with Prof. Helen Payne, University of Hertfordshire

Dates: Thursday 2 April till Sunday 5 April 2020

2 April 9am till 5pm

3 April 10am till 7pm

4 April 9am till 6pm (6pm till 8pm self-study)

5 April 9am till 6pm

Place: zoEspaces, Elsässerstrasse 34, 4056 Basel

Language: Helen speaks English. Participants practise together in their own language. Translation time will be taken, according to the needs of the participants.

Participants: This training is for practitioners qualified in counselling/psychotherapy or the arts therapies. If your background is outside these areas, please contact to discuss the suitability of the course for you. No experience in dance is required. This training is made for both beginners and those experienced in Authentic Movement.

Cost: subscribing before 1.12.2019: 815 CHF

Cost: subscribing after 1.12.2019: 950 CHF

Subscribing: mostertnaomi@gmail.com to receive the booking form.

This Training will only take place with a minimum of 8 participants and a maximum of 10 participants.

Embodied
expression

Inner witness
Non-judgmental

Unconscious becomes conscious

Personal growth and
professional development

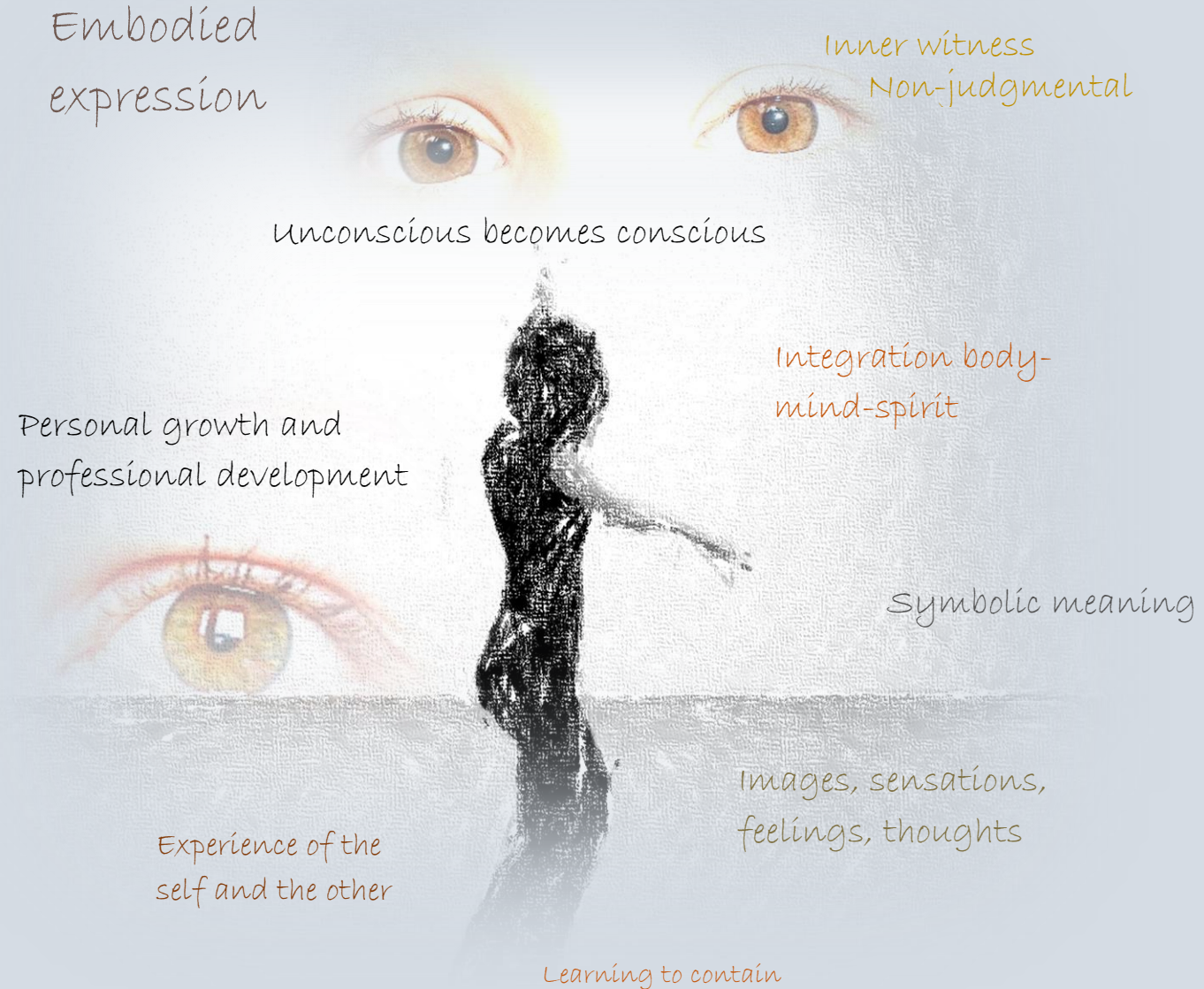
Integration body-
mind-spirit

Symbolic meaning

Experience of the
self and the other

Images, sensations,
feelings, thoughts

Learning to contain



The Discipline of Authentic Movement (Adler, 2002) will be the method used during this training. Pioneered by Mary Starks Whitehouse in California, AM enables a direct connection to our unconscious, accessing the rich resources of our intuition, expressed through the embodied word, image, sensation and relationship. The mover's experience of body movements are contained by the inner witness and the others who take the role of external witness and become conscious through the languaging with the witness. Authentic Movement integrates the body, mind and spirit. Founded on Jung's concept of the active imagination and the collective unconscious, authentic movement also derives from dance movement therapy, play therapy, group work and spiritual practice where symbolic meaning is seen in physical expression. Helen employs an integrative approach to AM founded upon principles of both humanistic and psychodynamic approaches to psychotherapy resulting in a safe, self-directed, non-judgemental and empathic framework. In this training participants learn to engage creatively with a direct experience of the self beyond words and concepts. Participants report an increase in freedom, safety, expression, personal growth, spirituality, and social connectiveness. The roles of witness and

mover are explored in dyadic, triadic and group formations with the four-phase process. The training will provide ritual, witnessing and movement experiences, silence, verbal and symbolic reflective processes, as well as small teaching seminars.

Trainer: Professor Helen Payne, PhD UKCP accredited psychotherapist; MBACP; ADMP UK; PSA, Supervisor. Helen is one of the leading



international experts in the field of Embodied Psychotherapy. She helped to pioneer the development of dance movement psychotherapy in the UK, is the first Fellow, and Senior Reg. Member, ADMT.UK. She has been working as a psychotherapist (UKCP Reg.) since 1990 and as a trainer and researcher for over three decades both in clinical and private practice. She is a Professor of Psychotherapy at the University of Hertfordshire, UK where she supervises PhD candidates and teaches embodied practice. She first discovered Authentic Movement in

1979 with Mary Whitehouse, since then studied intensively 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, Group Analysis, Analytical Psychology, Process-work, and Shamanism helps her to provide a safe, creative and transformative environment.

Organiser: Naomi Mostert, Dance- and movement therapist at the University Psychiatric Clinics Basel.

My motivation to invite Helen to Switzerland is to provide a high quality training for practitioners in psychotherapy and the arts therapies. I experience Authentic Movement as a powerful method when practised professionally. Helen provides a safe, structured, space for practice and brings a theoretical background. I can highly recommend it from the heart of a therapist, as it is a 4 day training where both personal growth and professional development arise from this deep embodied work.

Don't hesitate to ask for any questions: mostertnaomi@gmail.com