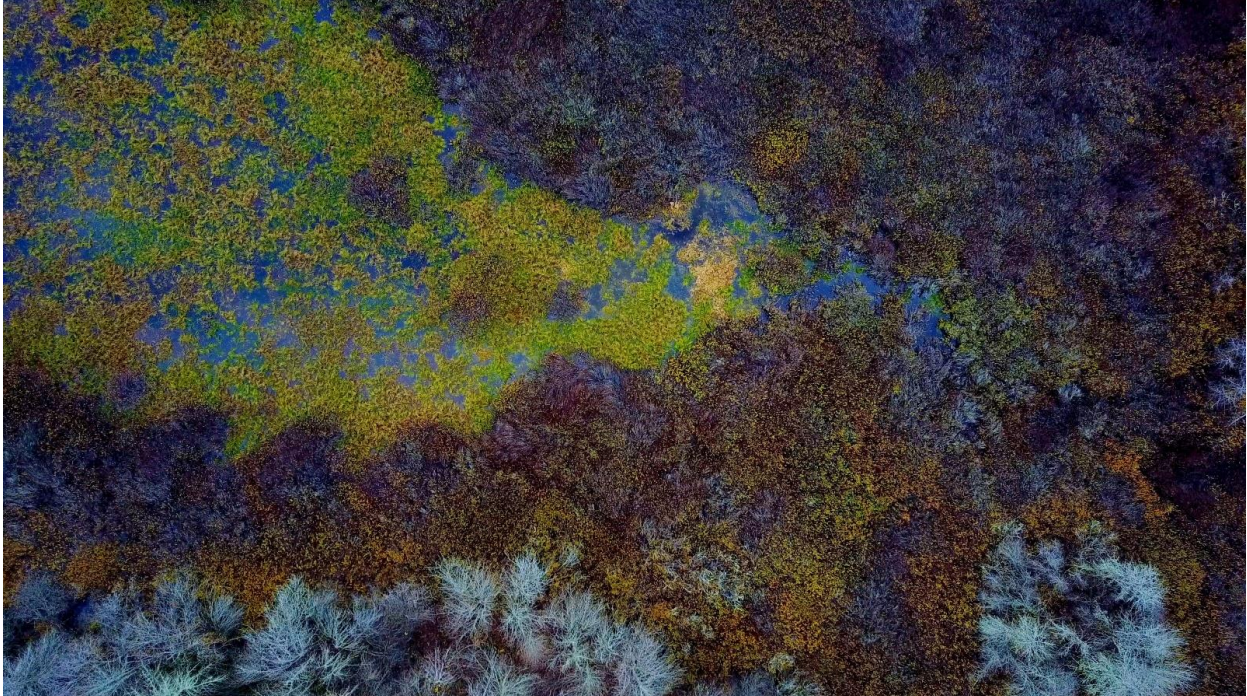


Claiming and Holding Your Ground: an embodied approach for strengthening boundaries and agency and for dealing with the introjected inner critic

An experiential workshop for psychologists and arts therapists



Invitation

This experiential workshop for psychologists and arts therapists offers an embodied approach for strengthening boundaries and agency and for dealing with the introjected inner critic. It provides a methodology to substantially reduce anxiety in your clients. We will work with spatial metaphors, active imagination, movement and art-making to facilitate and anchor the therapeutic experience. You will leave with useful tools to apply in your own practice.

Relevance for psychologists and arts therapists

Many of our clients suffer from anxiety due to corrosive internal criticism. Very often such self-criticism is more-or-less compulsive and clients are unable to defend themselves against such criticism. This has profound consequences for self-esteem, self-worth and self-efficacy and can result in severely reduced personal agency. This workshop offers an effective methodology to reduce internal criticism and empower clients to increase personal agency and decisive, effective action.

Accreditation

This workshop is accredited for 6 CPD points.

Facilitators

Sian Palmer

Sian Palmer is the Founder of Expressive Movement South Africa, a registered Drama and Movement Therapist (MA University of London) and trained Family Constellations Facilitator. Sian has been practicing as a Therapist since 2009 when she concurrently founded the Expressive Movement form. Sian works with individuals and groups in both therapy and training spaces nationally and internationally. With her area of expertise firmly established in embodied practice, Sian is passionate about dance as an accessible holistic healing practice.

www.expressivemovement.co.za

Alison Moultrie

Alison Moultrie is a clinical psychologist, life coach and facilitator in private practice in Parktown North. She has been extensively trained in process-orientated psychotherapy (process work) and works in a deeply embodied way. She has a special interest in psychological applications of insights from quantum physics, such as field theory. Her personal practices include movement meditation (especially through Expressive Movement) and yoga. She is also a committed activist for food justice.

Logistics

Date and Time: 09:00 to 17:00 on EITHER Wednesday 13th March OR Saturday the 16th of March 2019

Venue: The Bantam Holistic Hub, 22 Bantam Drive, cnr Susman and Bantam, Blairgowrie

Investment: R1200

Tea and coffee will be provided. Please bring your own lunch.

Registration

Please complete and return the attached registration form to Alison Moultrie on alisonmoultrie@gmail.com

Alternatively, please follow this link to download the registration form <https://tinyurl.com/y6aqqdmq>

Registrations close Friday 8th March.

Contact information

For further information please contact Alison Moultrie on alisonmoultrie@gmail.com or on 0764171917 (Whatsapp text or voicemail preferable).