

Relational Living Body Psychotherapy
www.thelivingbody.de

*'Developing Embodied interventions and experiments
within the co-created embodied field'*

Julianne Appel-Opper

**will offer a 2-day-workshop on Sunday, 3. April
and Monday, 4. April 2016, each day from 10.00 am to 5.00 pm**

**Location: Norsk Gestaltinstitutt
Pilestredet 75 C, 0365 Oslo**

Cost: 326.00 Euro - Please note that the full payment is due with your booking

All inquiries and booking details - email Julianne on Julianne.ao@web.de

Relational Living Body Psychotherapy has its roots in Dialogical Gestalt Psychotherapy, focusing on two bodies relating with and regulating each other. The way *both client and therapist* look, sit, move, and breathe sends messages in both directions. Based on her experiences as a psychotherapist/trainer, Julianne will show how this rich and often unnoticed body-to-body-communication can be brought into awareness. The therapist's own bodily attunement to the body language of the client, along-side an awareness of one's personal physical resonances, allows the possibility for explicit interaction within this mode of communication. During the two days we will work on how these *embodied interventions and experiments* (not touching) can develop and form a bi-directional bodily bridge. Julianne offers a safe and respectful space for exercises, experiential process, live supervision and demonstration, theory input and small group work. The participants will receive a 30-page-handout with the relevant theoretical concepts.

Julianne Appel-Opper, Dip. Psychology, Clinical Psychologist, Psychological Psychotherapist, UKCP reg. Integrative and Gestalt Psychotherapist, MUKAHPP, Supervisor, intern. Trainer. She has 25 years clinical experience including working in psychosomatic clinics. For 12 years she lived and worked in various countries and is now in private practice in Berlin. She has been a Visiting Tutor at several psychotherapy training institutes internationally. Julianne has developed the 'Relational Living Body Psychotherapy' which she has taught internationally and published about, incl. the British Gestalt Journal, USA Body Psychotherapy Journal, The British Journal of Psychotherapy Integration as well as contributing to books 'About Relational Body Psychotherapy'. Young, C. (Ed.) (2012) and most recently 'When Hurt Remains: Relational Perspectives on Therapeutic Failure'. Rolef Ben-Shahar, A.& Shalit, R. (Eds.) (2016) London: Karnac. For more information, to download publications or to read what others said about the workshops, please visit her website at: **www.thelivingbody.de**

CPD certificates will be issued.

***Please pass this information on to anyone else you know who
may be interested. Thank you!***