

Relational Living Body Psychotherapy
www.thelivingbody.net

Julianne Appel-Opper will offer a

NEW PROGRAM in Relational Living Body Psychotherapy over two weekends in English language on 20.-22. October 2023 and 24.-26. November 2023

with the working hours: Friday 15.00-18.30; Sat 10-16.30 and Sun 10-16.00

The cost is 650 Euro for both weekends. This training is for qualified psychotherapists who have already worked with own clients for a minimum of 3 years.

These two weekends are mainly process oriented and the aim is to provide an introduction to bodily and interbodily processes in a small learning group of 12-20 participants. We will look into how living bodies speak in their bodily rhythms: breathing, moving, and embodied traumatic gestalten. We will explore own embodiment, the cocreated embodied field between therapist and client and how to work within the body-to-body-communication, developing embodied interventions and experiment.

If the participants want to continue, it will be possible to book a third weekend on 26.-28. January 2024.

For more information and to book your place, please email Julianne at: Julianne.ao@web.de.

Relational living body psychotherapy

Within a cocreated embodied field two living bodies communicate with each other as rhythms and melodies of moving and being moved. Gestures, tiny movements, looks, a still shoulder speak of embodied stories about what this person has experienced, how this living body has been treated, cared for, handled, looked at, ignored, threatened, and soothed. Atmospheres of bodily being-with, echoes of the other and the rhythms of contacting imprint bodily. The breathing rhythms of the lung conveys what this person has inhaled from others and what the living body expects from another.

Julianne offers new ways of understanding of and working within this body-to-body-communication in a relational and field-oriented way. Own bodily attunement to the relational body messages of the client, along-side an awareness of one's personal physical resonances and impulses opens possibilities for new explicit interaction within this mode of body-to-body-communication with. With Embodied interventions and experiments the therapist presents tiny movements as a bodily being with. The client can look at the movements in the inbetween, thus being touched from a safe distance without being physically touched. With this way of working, client's fixed (traumatized, unreplied) gestalten can be physically reached and moved.

Julianne's way of working is theoretically underpinned in **Dialogical Gestalt Psychotherapy**, **Relational Psychoanalytic thinking** and is well situated within research fields of attachment, developmental psychology and neuroscience.

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Using her experience of many years of clinical practice and teaching, Julianne offers a safe and respectful place for exercises, experiential process, live supervision, live demonstrations, small group work together with theory input, a worksheet for each weekend and a handout.

Julianne Appel-Opper, psychologist, psychotherapist, supervisor and international trainer has worked over 30 years, for 9 years in the UK and is now in private practice in Berlin. She has developed an approach to Relational body work within an Integrative Gestalt and Relational Psychoanalytic frame which she has taught, presented internationally and written about in 27 publications, both in English and in German, including the USA Body Psychotherapy Journal, the Confer programs: www.confer.uk.com *Embodied Approaches to Psychotherapy* in 2016, *Developing embodied awareness in the psychotherapy relationship in 2019 and Somatisation in 2021*, the *International Journal of Body Psychotherapy* and the *German Gestalt Therapy Journal*: www.gestalttherapie-zeitschrift.de. Since 2001 she has worked internationally as a visiting tutor at several psychotherapy institutes. From 2004-2015 she was visiting tutor/viva examiner for the Integrative Department at Metanoia, London.

She is an Editorial Board Member of the *European Journal for Qualitative Research in Psychotherapy*, an accredited member of the Berlin and the East German Chamber for Psychotherapy, a member of the IAAGT, International Association for the Advancement of Gestalt Therapy, IARPP, International Association for Relational Psychoanalysis and Psychotherapy, a friend of the GPTI, Gestalt Psychotherapy and Training Institute and a founding member of IG-FEST, International Gestalt Therapy Study Group on Field-Emergent Self and Therapy.

Diplom Psychology, Clinical Psychologist, Registered Psychological Psychodynamical Psychotherapist in Germany, Registered Integrative Gestalt Psychotherapist with the United Kingdom Council for Psychotherapy, MUKAHPP, Supervisor, University of Birmingham, U.K.

Her website is: www.thelivingbody.net

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Application

Name:

Date of Birth:

Address:

Mobile Number, incl. country code:

Email Address:

The following questions are an important part of your application. Please can you answer them as fully and completely as possible. Thank you!

1. What is your counseling/psychotherapy training background? Please list type with start and end.

2. What experience and training do you have in body psychotherapy or body-oriented psychotherapy?

3. Please specify type and duration of personal therapy.

4. For how long have you worked as a psychotherapist/counselor? In which setting? Have you worked with short- and long-term clients?

5. What personal and professional goals do you have for the two weekends?