

EXTRA

Bodydynamic Foundation Training 2012

Trainer: Lidy Evertsen

What is it?

A good first step in learning Bodydynamic Analysis.

In the Bodydynamic Foundation Training you will get acquainted with the Bodydynamic Character Structures and with the principles of the Bodydynamic way of working with the structures. You will also learn about the principle of resourcing and using the body as a resource.

For whom?

This training normally attracts psychotherapists, physical therapists, psychologists, medical doctors, colleagues with a different body oriented approach and organizational consultants.

What is it about?

At Bodydynamic International we have compared systematic studies of child development with psychotherapy experience of adult clients. In these studies we have compared psychological, social, motor and perceptual processes in childhood and adult function. We find that individual muscle function relates both to specific ego-functions and to specific developmental stages. This is the basic element in the character structure model in this training.

The questions we will be working with are as follows:

- How does a character defence feel from the inside?
- What does it look like in the body?
- Which age level does it express?
- How can I contact that age level appropriately?
- How can it be processed, verbally and physically?

Participants will learn body reading, postural mirroring, psychodynamic exercises and communication skills relevant to each developmental structure.

We will present and practice the skills that are needed to establish healthy character structure: grounding, centering, body sensing and boundary formation.

The training is both theoretically structured and deeply experiential. This combination will affect the self-understanding and personal process of the participants. However, this is not a therapy workshop, and personal processing will mainly occur through group check-in, peer therapy exercises and the occasional demonstration session.



How is the training structured?

The Training is 18 days, spread over three workshops/sections of 6 days.

First section is about the two earliest stages of development:

Existence, from early in-utero to three months after birth,

Need, from birth to 1 1/2 years.

We will also focus on the related themes of birth imprint and ego boundary formation.

Second section is about the two next stages:

Autonomy, from 8 months to 2 1/2 years,

Will, from 2 to 4 years.

Third section is about the three last stages:

Love/Sexuality, from 3 to 6 years.

We will also focus on the related theme of gender role formation.

Opinions, from 5 to 8 years, and

Solidarity/Performance, from 7 to 12 years.

We will also focus on the issues of teenage character development, cognitive integration, shock trauma and transference dynamics.

Ways of working?

- Parent - child contact exercises for healthy and dysfunctional character development
- Mirroring typical muscular holding patterns
- Visual body reading
- Case discussions
- Theory of child development and typical developmental problems
- Demonstration sessions
- Supervised peer interaction training
- Principles of physical interventions
- Principles of psychodynamic interventions

Study groups between workshops:

During the workshops, you are learning new material. Between them, you are integrating the material you already have in your daily life and work. We urge trainees to form study groups, to meet and practice body reading, therapeutic interaction skills and to share experiences of using the material.



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PRACTICAL INFORMATION

Dates: 1st Module: March 23-28, 2012
2nd Module: June 29 – July 4, 2012
3rd Module: September 28 – October 3, 2012

Place: Oudezijds Voorburgwal 99, Amsterdam

Price: € 3000,-

Working hrs: daily: 9.30 h.-18.00 h.

Payment to: ABN/AMRO Bank, Driebergen
Account No. 51.18.21.913
IBAN: NL55ABNA0511821913, BIC: ABNANL2A
Country: The Netherlands;
On the name of 'Bodydynamic International APS.'
State: FT 2012
payment can be made in three instalments
(FT 2012-I; FT 2012-II; FT 2012- III)

Payment after final confirmation, please.

Are you transferring from outside of the Euro Zone, please make sure that you pay all the bank costs in advance.

Minimum amount of participants: 7

Registration: before December 31, 2011

by filling out the registration form on our website www.bodydynamic.nl

or by contacting:

Lidy Evertsen

Tel. +31-(0)20-6761702

info@bodydynamic.nl

Cancellation costs will be € 25

In case of cancellation after December 31, 2011, the total amount is owed, unless someone else takes your place.

