

Training workshops in Body-Psychotherapy

***Working Holistically in Therapy and Personal Growth:
Pulsation, Grounding and Presence***

September 16-19, 2019

A 3-day residential training workshop, open to mental and physical health professionals as well as to those who work with people to promote personal growth and healing, or wish to deepen their own professional development through a body-centered modality.

Being grounded is the basis of being able to feel safe, have clear thinking, and be present in the here and now. Contact and engagement with one's current experience enhances the ability to have pleasure, love, calmness or alertness, social engagement, excitement without anxiety, being able to take action to meet one's needs. Being ungrounded and out of self with ourselves and others results in anxiety, depression, apathy, inflexibility, confusion, lack of awareness of their experience, numbness, rumination, boredom, and inability to satisfy one's needs.

Course content:

- *Understand Contact and Contactlessness Interpersonally and within the Self*
- *Facilitate Grounding to increase awareness and effectiveness*
- *Learn postures and movement to change established patterns of holding*
- *Learn subtle somatic processes required to support the body as a resource and sustain connection with oneself and others*
- *Identify habitual patterns of connection or disconnection resulting from consciously or unconsciously avoiding embodiment*
- *Practice application of the concepts presented.*

LOCATION: Avon Tyrrell Outdoor Activity Centre in the New Forest National Park, England. See below for description and directions.

Grounding the Body and Restoring contact

<i>Early registration by June 10, 2019</i>	£690
<i>After June 10, 2019</i>	£ 725

TO REGISTER: Pay with PayPal. [Click here](#) to send a deposit of £ 400.

Registration Deadline September 1, 2019. To register after September 1 on a space available basis, or to send a deposit by cheque, or for more information, contact information@radix.org

Faculty

Narelle McKenzie, M.A.: Director and Senior Trainer of the Australian Radix Training Centre and of The Radix Institute in North America. Narelle completed her training with the Radix Institute in 1982 and established a private psychology and psychotherapy practice in Australia. After completing her trainer training she co-founded the Australian Radix Training Centre. Narelle is a registered psychologist with thirty years experience working in private practice with adults, adolescents, families, couples and groups.

Melissa Lindsay, PsyD, has been a Radix Practitioner since 1995, and a trainer with the USA Radix Institute since 2008. She has a Master of Counseling degree with a humanistic orientation, Certification in Gestalt Therapy, and a Doctor of Psychology degree. Melissa maintains a private practice in Hawaii, working from a body-centered orientation with a broad range of issues, and specializing in trauma and dissociation.

Training workshops are offered by the faculty of The Radix Institute in the USA and Europe, and The Radix Training Centre in Australia.

CERTIFICATION IN RADIX TRAINING: *This is Module 3 in the series of training modules. The first 5 modules can be taken in any order, so please feel free to join us for this workshop even if it is your first Radix training. Future training modules will focus on specific content areas such as affective regulation, containment and trauma. Most modules can be taken by themselves, or can lead to certification as a Radix Practitioner. For the Certification Program, the modular structure of the training gives flexibility as to when a trainee enters the program, begins their individual experiential work, and begins working with students or clients of their own. If you are potentially interested in the certification program, you will have the opportunity*

Certification Program



Avon Tyrrell activity centre is located in sixty-five acres of beautiful grounds in the New Forest National Park, located about 80 miles southwest of Heathrow airport. Its lakes are set amid a mixture of woodland and open spaces. Our workshop space is Avon Lodge, which has open space for our workshop, a full kitchen, twin-bedded shared rooms, 2 toilets/shower rooms.

We provide a light meal on arrival, and tea and coffee throughout the weekend. Otherwise, it is self-catering, so bring anything that is important to you, and be prepared to collaborate in the weekend's catering if you would like to.

[Click here](#) for a map and directions