

The Body in Psychotherapy

Integrating Mind, Emotions and the Body

"Healing,...depends on experiential knowledge. You can be fully in charge of your life only if you can acknowledge the reality of your body, in all its visceral dimensions." Bessel Van der Kolk, *The Body Keeps the Score* (pp 27)



A five day intensive workshop — October 2024

Dates

Friday 11th–Tuesday
15th October

Time

9am–5pm daily

Location

Brisbane

Venue

102 Warry Street
Fortitude Valley
QLD 4006

This five-day workshop will blend didactic and experiential learning. Participants will have the opportunity to learn the basic concepts under-pinning mind-body therapeutic work and experientially learn how the application of these concepts can deepen their own embodiment and that of their clients. Participants will explore the significance of dissociation vs embodiment, grounding, centering, building self contact and contact with others and how to physically apply these important concepts in the form of therapeutic interventions. The concept of muscular armoring and its relationship to emotional expression and containment, will also be addressed. On the final day there will be supervised practice in the application of the concepts presented.

This workshop is the first in a series of training modules. The modules can be taken by themselves, or can lead to certification as a Radix Somatic Psychotherapist. 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 clients of their own. The Certification Program can be discussed with the training staff at the workshop.

Fees

Early Bird: \$1345.00
(register and pay full fee
before September 13, 2024)

Full fee: \$1502.00
(September 14–October 4)

Deposit

\$650.00
(non-refundable unless
place is taken)

Registration

Email: narellemck@icloud.com
with name and contact information

Payment

BSB: 805 050
Account No: 2353332
Account Name: Australian Radix
Training Centre

Enquiries

For more information about
the Modular program:
www.radixtraining.com.au

Narelle McKenzie
narellemckenzie@radixtraining.com.au
0408 809 357

Anthea Fraser
antheafraser@radixtraining.com.au
08 8398 3102



About Radix

Radix Somatic Psychotherapy is a wholistic and comprehensive approach.

Differing from other psychotherapies that are somatically informed, Radix Psychotherapy has the body at its central focus and understands the psychological constitution of the person, by observing the somatic. This process work, with the emphasis on somatically unfolding rather than applying a method approach, supports the healing and expression of the client within the therapeutic relationship.

Radix has its history in the work of Psychiatrist Dr Wilhelm Reich who developed body based psychotherapy back in the early 1900's foreshadowing a contemporary understanding of the centrality of limbic and autonomic regulatory processes in affective and mental life (Sletvoid 2014). Radix has grown and developed out of this work over the last 50 years, providing a subtle, highly attuned and comprehensive process oriented work.

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

Trainers



Narelle McKenzie

Narelle McKenzie is the Director and a 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 has an established private psychology and psycho-

therapy practice in Melbourne. After completing her trainer training she co-founded the Australian Radix Training Centre. Narelle is a registered psychologist with thirty five years experience working in private practice with adults, families, couples and groups. She has a Masters in developmental psychology and extensive experience and training in psychotherapy and psychology. As part of her private consultancy Narelle has led experiential and training workshops on Embodied Psychotherapy throughout Australia, the USA and England. She is a Clinical Member and approved Supervisor on the Psychotherapy and Counselling Association (PACFA) Register, a member of the United States Association of Body Psychotherapists and a member of Peer Review Committee for the International Journal of Body Psychotherapy.



Anthea Fraser

Anthea Fraser completed her training with the Radix Institute in 1997 and has been a trainer for the Australian Radix Training Centre for 20 years. She is an Accredited MH Social Worker and has worked in the field for over 35 years in clinical social worker, counselling

and group work. Anthea has experience in a broad range of fields including mental health, community health, relationship and family work. She regularly facilitates Radix experiential workshops, Radix training workshops, relationships workshops and personal growth groups. Throughout her career Anthea has supervised allied health professionals and students. In 1999 she was certified in Imago Relationship Therapy. Anthea has run her private psychotherapy practice in Mount Barker, SA, for 25 years and is currently based in Blackwood, SA.