

Embodiment for support, boundaries and regulation

February 2021, Friday 26 – Sunday 28

Time

9:00 am–5:00 pm
each day

Location

Adelaide

Venue

Sophia Centre
225 Cross Road
Cumberland Park
SA 5041



Radix theory understands that being grounded is the basis of being able to feel. This three day training workshop is 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. It will be a blend of didactic and experiential learning.

The ability to sense and regulate our energy and expression relies heavily on physical embodied processes. When we can connect to our inner sensations with a sense of choice, we can recognise our desire for support, we know when we need to set a boundary, we can contain or direct our expression to meet our needs with focus and with sensitivity to the social and cultural context. All these functions are primarily non-verbal, body-based processes that can best be developed with an integrated somatic approach.

In this workshop participants will:

- Identify internal body signals communicating the need for support, a boundary or containment
- Explore physical actions and experiences which create an embodied boundary
- Differentiate physical boundaries from internal boundaries (thoughts, emotions and beliefs)

- Identify prior procedural learning which interferes with developing flexible energetic and emotional boundaries and support
- Explore containing and regulating energetic and emotional impulses, and
- Identify the therapeutic indicators and contra indications for boundary and emotional work.

This workshop is the fourth in a series of training modules. The 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 clients of their own. If you are potentially interested in the Certification Program, you will have the opportunity to discuss the program with the training staff at the workshop.

Fees

Early Bird: \$820.00
(register and pay full fee
before February 1)

February 2 – February 22:
\$950.00

Deposit

\$450.00
(non refundable unless place is taken)

**Closing date for
applications: February 22**

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.radixaustralia.com.au

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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 from 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 psychotherapy 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 15 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 20 years.