

Keeping the Body in Mind:

Apply a Somatic understanding to your practice

A 4 day Residential
Body-based Workshop:
21-25 August 2024,
Seymour, Vic


RADIX
Body Centered
Psychotherapy

Join a 4 day experiential teaching workshop. Some participants are training to become somatic psychotherapists, some are coming for personal growth and healing and others are professionals who attend to learn somatic skills to enhance their practice.

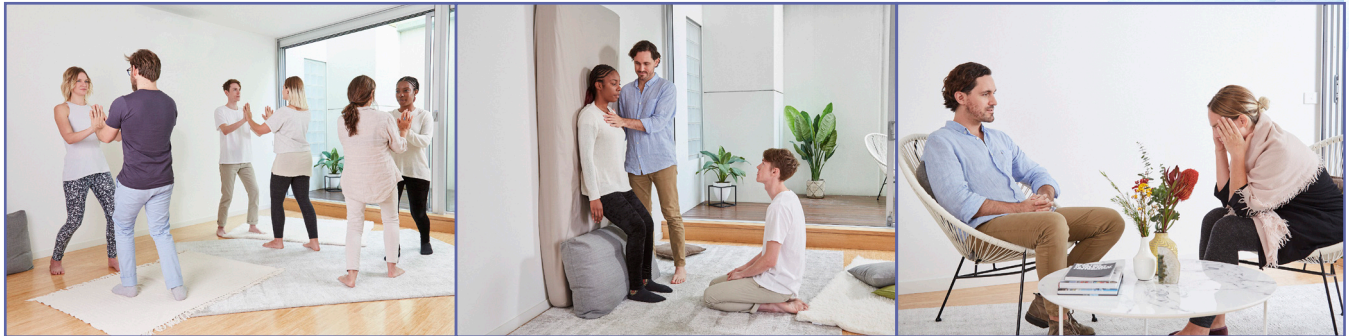
In this experiential workshop, professionals will:

- Learn experientially and theoretically about the Radix somatic approach to intervention, personal growth and healing
 - Learn tools to apply to your current practice, whether it be counselling, psychotherapy, case management, supervision, group work, management, allied, physical or energetic health
- Discover the power of observation, what to watch out for and why
 - Learn how observation of the body can inform intervention
 - Experientially learn about embodiment and how to apply an embodied approach to grounding and centering, affect and nervous system regulation, connection with self and other. When we feel it in our own bodies, we better understand the theory and how to assist our clients
 - Experience a deep body based personal growth process
 - Develop a deeper, embodied connection with yourself

This teaching workshop follows principles of experiential learning. Through experiencing our own somatic processes and then applying this to theory, we develop an embodied understanding; not only enhancing our personal and professional growth but enhancing and informing our therapeutic and interpersonal interventions.



In this experiential workshop participants embark on a deep personal journey, exploring their own somatic processes and how thinking, feeling and behaviour are all connected through the body. They discover how embodied behavioural patterns, including unconscious belief systems and unconscious emotional regulation, involve disturbed breathing patterns and physical tensions. These patterns can be limiting and participants discover ways to open and release them, through embodiment, grounding, working with the eyes, breath, movement and energy flow. Teaching sessions applying the lived experience to theory will be included over the 4 days of the workshop, allowing participants to apply their personal learning to theory.



The workshop involves small and large group activities along with individual sessions. The workshop is run by a Senior Radix Somatic Psychotherapist, who is responsible for the overall running of the workshop, facilitating group and individual activities, along with each participants' process, discovery and learning. The workshop leader will also run application to theory sessions. Within the workshop each participant will be allocated their own trainee therapist, for individual attention and a daily personal session. These trainee therapists will be participating in a concurrent training workshop and will be receiving intensive supervision by Senior trainers of the Australian Radix Training Centre.

The workshop will be held in a beautiful setting with space for personal time and reflection. Shared meals and free time, allows participants if they choose, to further discuss the theory and practice of Radix Somatic work with senior practitioners, trainers and trainees. Past participants have found these workshops to be invaluable to their understanding and inclusion of somatic interventions to their professional practice, while also exciting, stimulating and fun.

Dates: 5pm Wednesday August 21 – 5pm Sunday August 25, 2024

Location: Seymour, Vic. Details provided on registration

Costs: Include accommodation, all meals, workshop experience and teaching

Early bird: by May 30th 2024: \$2100

Full fee: by 31 July 2024: \$2600

Deposit: \$1000 to hold a place. Must be paid in full by May 30th.

Non refundable unless your place is filled.

Meet your workshop trainers and facilitator:

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 42 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 member of the Australian Association of Psychologist Incorporated (AAPI), 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.

Jacquie Cliff

Jacquie Cliff is a Psychotherapist, Counsellor, Group Worker and Masseur with over 25 years experience in the helping fields. She is a clinical member of the Psychotherapy and Counselling Federation of Australia (PACFA), is listed on the Australian Register for Counsellors and Psychotherapists (ARCAP) and is a member of the Australian Radix Body Centered Psychotherapy Association (ARBPA), at an executive level. Jacquie has run a private psychotherapy practice in the Adelaide Hills, for individuals, couples and groups, for over 17 years.



Registration:
Email: narellemck@icloud.com
With name and contact information

Payment:
BSB: 805 050
Acc No: 2353332
Acc Name: Australian Radix Training centre

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 40 years in clinical social work, 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 been in private practice for over 25 years and currently practices in Blackwood, SA.

For more information contact:
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