



Neuroscience is providing a neurobiological understanding of the relationship between the body and mental health and the significance of the therapeutic relationship. Yet it can still be confusing to know how to apply these insights to inform interventions at a practical and effective level.

Radix Somatic Psychotherapy is an holistic and comprehensive approach that addresses these difficulties, using body observation to guide intervention in the moment and over time. Differing from other psychotherapies that are somatically informed, Radix Psychotherapy has the body at its central focus. The psychological constitution of the person is understood as being based on and reflected in the physical structure and emerging somatic processes. The emphasis of this work is bringing to consciousness the unconsciously held back, mind body and action. This process oriented model differs to a treatment model.

Radix is not a new approach rather it has its history in the work of Psychiatrist Dr Wilhelm Reich who developed body based psychotherapy back in the early 1900's foreshadowing the current neuroscience research into the mind body connection and its significance for mental health. Radix has grown and developed out of Reich's work over the last 50 years, providing a subtle highly attuned and comprehensive process oriented work.

Underlying the neural activity is the energetic flow through the body. Reich named this the life force. Observation and experiencing of the subtle physical manifestations of the flow of the life force and its interruptions, both within the body of the client and the practitioner, provide the foundational basis for

the therapeutic alliance and the therapeutic processes. Understanding the body, it's history, character development, attachment processes, unconscious body held memory, the body based impact of trauma and its manifestations in the body and psyche, are intrinsic to this psychotherapeutic process and therefore the basis of Radix training. Radix recognises that what happens in the mind is reflected in the body and in working with the body we are also working with the mind and psyche.

The Radix approach places emphasis on the development of the therapeutic alliance, ensuring the presence of the client, so that healthy engagement and connection can be developed. Attention is given to the somatic, psychological and behavioural manifestations of traumatic attachment, along with the transferential processes of idealisation and undervaluing of the therapist. Issues of control, fear of abandonment, humiliation and surrender along with existential fears are understood and worked with in relation to character and developmental trauma. In Radix, trauma and attachment work do not occur in isolation but within the healing and development of the psychotherapeutic process.

These and other mental health manifestations are understood as disturbances to the energetic pulsation through the body. Resistance is recognised in the blocks to this energetic flow within the body and within the therapeutic relationship. The Radix therapist somatically addresses dissociation and affect regulation through bodily based grounding and containment, energetically and physically facilitating the development of healthy boundaries, while integrating relevant material as it comes to consciousness.

Radix Training Module 1: A five day workshop

Integrating mind, emotions and the
body in therapy: An holistic approach.

21– 25 March 2019

Location TBA

(Melbourne or Adelaide)



Learning to observe these pulsations, primarily reflected in the breathing pulsation and intervening at a body level to facilitate the flow through the body, liberates neural pathway activity, brings unconscious material to consciousness and releases held patterning in the body, promoting choice. Dissonance between thinking, feeling and action is addressed at the somatic level reducing catastrophising, while developing insight and promoting energy for healthy action and creativity.

The Radix clinician observes the subtle movements and processes manifesting in the body as guides to intervention. Working in this way requires the ability to observe, attune and respond to the verbal, non-verbal, emotional and somatic cues, with an understanding of the psychodynamics, and therapist to client neurobiological synchronicity.

Understanding and working with these issues in the therapeutic alliance requires attunement to implicit and emotional communication, right brain to right brain communication, the ability to physically observe dissociation and somatically attain presence.

The therapist also provides a container for affect regulation, facilitating bottom up and right and left brain integration, while restoring and developing healthy neural pathway activity.

Through addressing the bodily manifestation at the somatic level, deep, effective and lasting growth and healing can occur. Radix understands that at the core of fulfilment lies the ability to relate deeply to the self and the world. When we hold back our expression or dissociate, we unconsciously distort the energetic flow and disconnect from aspects of our bodies. Restoring this connection liberates neural pathway activity facilitating self awareness and expression, while strengthening the ability to connect with the other/the world.

Radix Somatic psychotherapy can be applied to any presenting condition. Its somatic approach leads clinicians to contemplate what is it about the constitution of the client that leads to a particular group of symptoms or issues. Intersubjectivity in the therapeutic alliance is emphasised in the training, resulting in significant attention being given to the personal work of trainees.

About the Radix Body Centered Psychotherapy Training Program

The training program offers participants the opportunity to take individual modules to complement their professional practice and gain CPD points or for personal interest. For those wishing to Certify as Radix Body Centered Psychotherapists, the full training programme is available by completing all modules and meeting the additional academic and practice requirements. Entry to the full training program can be made at any point but it is recommended that this occurs by the end of Level 2. Levels, 1, 2 and 3 are open to both groups. Level 4 is for those entered in the full training.

Level 1	Level 2	Level 3	Level 4
<ul style="list-style-type: none"> • 5 day module • CPD certificate of attendance 	<ul style="list-style-type: none"> • Comprises 4 x 3 day modules • CPD Certificates of Attendance are provided after each module 	<ul style="list-style-type: none"> • Requirement: A minimum of 15 personal Radix sessions • Comprises 5 x 3 day modules • CPD Certificates of Attendance are provided after each module 	<ul style="list-style-type: none"> • 2 training modules • 160 hours of experiential work • 200 hours of supervised practice • Lecture material and written assignments • Exams and practical assessments • On completion of all requirements participants gain a Certificate in Radix Body Centered Psychotherapy

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For full details about the Radix training program visit: www.radixtraining.com.au