

# Grounding

The foundation for presence  
and the antidote to anxiety



**October 16 –18, 2020**

**Time**

9:00 am–5:00 pm

**Place**

To be advised  
on enrolment

Radix theory understands that being grounded is the basis of being able to feel safely embodied, have clear thinking, and be present in the here and now with an alive engagement. Being ungrounded results in anxiety, depression, apathy, inflexibility, confusion, numbness, rumination, boredom, and inability to satisfy one's needs.

In this training module participants will deepen their understanding of the significance of grounding for mental and emotional health and experientially discover the subtle somatic processes that interrupt and enhance the capacity to ground. In particular the chronic and unconscious patterns of physical and emotional holding that truncate deep connections with self and other. The workshop will be a blend of didactic and experiential learning. On the final day there will be supervised practice in the application of the concepts presented.

This workshop is the third in a series of training modules. The modules can be taken by themselves, or can lead to certification as a Radix Somatic Psycho-therapist. 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: \$720.00  
(register and pay full fee  
before September 11)

September 11 – October 2:  
\$850.00

**Deposit**

\$360.00  
(non refundable unless place is taken)

**Closing date for  
applications: October 2**

**Registration**

Email: [narellemck@icloud.com](mailto: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](http://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.