



# Somatic approaches for deepening client work.

**Actively exploring embodied emotional experience with accessible techniques.**

Recent developments and research in neuroscience indicate that direct attention to and work with the emotions is necessary for effective therapeutic change. More particularly, 'affective embodied experiences are central for change to occur' (Schoore 2012).

Working with the emotional as well as cognitive and behavioural aspects of a client's functioning can be daunting and challenging. It becomes more complex when such work needs to be embodied.

This seminar is designed to give beginner therapists the opportunity to learn about the importance of affect regulation in the therapeutic setting and experienced therapists a deeper understanding of how they might facilitate appropriate emotional experience and expression for different client populations. It is hoped that both beginner and experienced therapists will gain more insight into their own affect tolerance and how this determines and shapes the range, types and intensities of emotions that are explored or disavowed in the transference /counter-transference relationship and therapeutic alliance. A synopsis of current research, in particular the work of Allan Schoore will be explored including exercises and case studies.

Particular attention will be given to:

- therapeutic impact between talking about emotions, and facilitating the experience and expression.
- current views on the effectiveness of catharsis.
- the importance of differential diagnosis in terms of adult attachment styles or personality structures for determining when to facilitate emotional experience or emotional expression with a client.
- As the seminar progresses, participants will be determining when to facilitate emotional experience

or emotional expression with a client.

Participants will be encouraged to reflect on and share their own history of affect regulation. We will explore topics such as when was the experience /expression of affect effective both personally and in the therapeutic setting either as a client or a therapist? Which emotions are challenging? Which are easy? Enabling more insight into their own affect regulation and how it impacts on their effectiveness in the therapeutic setting.

Finally, with demonstrations, case studies and exercises, participants will be taught how to identify embodied indicators of appropriate emotional expression or containment, and learn some simple yet subtle techniques for the facilitating effective affect regulation with clients.

By the conclusion of this seminar participants will:

1. be more conversant with the latest research into affect regulation and name how actively working with emotions contributes to effective therapeutic change;
2. describe the different therapeutic impact of talking about emotions versus actively working with them;
3. list the necessary requirements for effective cathartic work;
4. understand the interplay between personality structures and attachment styles and affect regulation. have more insight into their own affect tolerance and how this impacts on their work with clients;
5. apply some simple techniques to ascertain the embodiment of clients;
6. apply some simple techniques to deepen emotional experience and expression in the therapeutic setting.



**Narelle McKenzie** is the Director and a Senior trainer of the Australian Radix Body Centered Training Centre and the Radix Institute, USA and Canada, which offers a three-year training program in Radix Body Centered Psychotherapy. She is a registered psychologist with over thirty years' experience working in private practice with adults, adolescents, 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 and the USA. From 1975 - 1983, she was a full time tenured lecturer in psychology in the School of Education, at Sturt College of Advanced Education, later Flinders University, South Australia developing curriculum and teaching courses in developmental psychology and communication and group work skills for nurses, teachers and speech therapists at an undergraduate and graduate level. More recently she has been a part time lecturer for the Masters in Clinical Psychology programme at the University of South Australia and the Development, Learning and Teaching programme at Flinders University. She is a Clinical Member on the Psychotherapy and Counselling Association (PACFA) Register, a member of the Society of Counselling and Psychotherapy Educators and a member of the United States Association of Body Psychotherapists as well as a member of Peer Review Committee for the International Journal of Body Psychotherapy.

**MELBOURNE: 5<sup>th</sup> May 2017 | MANTRA ON RUSSELL 222 Russell Street, Melbourne VIC 3000**



**ACA** : Members can accrue 14 OPD points  
**Endorsed**



**AASW**: Members can accrue 7 CPD hours  
**Endorsed**



**ACWA**: Members can accrue 7 CPD hours  
**Endorsed**

**PACFA**: Members can accrue 7 CPD hours  
**Category A**

**APS**: Activities do not need to be endorsed by APS. Members can accrue 7 hours

### **Morning Session (9:00am – 12:40pm)**

Presentation of current research on affect regulation.

Exploring the different impact of talking about emotions versus actively working with them.

Reflecting on the role of catharsis in current therapeutic practice.

Adult Attachment Styles and Personality Structure and how they impact on Affect Regulation.

### **Afternoon Session (1:30pm – 4:30pm)**

Affect Tolerance in the Therapeutic Setting. Exploration of Participants Affect Tolerance.

Facilitating Embodied Emotional Experience and Expression.

Evaluation and closing.

***“This workshop will strengthen your ability to facilitate your client’s exploration and awareness of their strong emotions whilst bringing awareness to your own affect tolerance. The goal is to deepen the therapeutic process with an accessible embodied approach.”***

Narelle McKenzie.

### **How will you benefit from attending this training?**

- Experienced therapists wishing to develop more skills for facilitating a deepening of clients affect.
- Beginning therapists unsure of when and how to facilitate emotional experience.
- All therapists interested in learning how working with the body can increase their skills in affect regulation.

### **Register now at [www.PDPseminars.com.au](http://www.PDPseminars.com.au)**

Standard: **\$334**

Early bird: **\$264** (ends 30 days prior to event)

Students and New Graduates: **HALF PRICE (apply)**.

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.

We accept payment by Visa, MasterCard, Amex PayPal, cheque and EFT.

**This training workshop is suitable for mental health practitioners including psychologists, psychotherapists, counsellors, social workers & psychiatrists and allied health workers.**

### **Here’s what participants said about Narelle’s most recent presentation of this training.**

*“Would love to have Narelle do a seminar on Touch and its application with the therapeutic process”*

*“Really great PD full of excellent information to think about and apply. Good to know that I am on the right track by having it reinforced in this PD.”*

*“This is excellent training. Narelle is an excellent presenter. I feel excited by what I’ve learnt and I intend on exploring this area to increase my skills. Very exciting, informative seminar. Experiential is the best.”*

*“I find the PD’s very informative and educational for me as a beginner in this field.”*

*“Brilliant – lots of small GP exercises – working through.”*

*“Excellent! So glad I came”*

*“Good use of practical exercises/role-plays”*

*“This was my first PD and I was impressed with everything! The content was useful and insightful and Narelle was very engaging as a presenter.”*

*“The highlight for me was the application of the theory into the real action by exercising it in the training day (PD). Very insightful and without doubt beneficial. “*

*“Great workshop. I particularly liked the experiential and observational learning. I feel this was only dipping a toe in the water and would love to learn more!”*

*“Excellent Seminar, relevant, experiential, informative and challenging.”*

*“Fantastic day. Feel very inspired with the new theory and ways of working. Thank you!”*