

## Time

9:00 am–5:00 pm  
each day

## Location

Adelaide

## Venue

Sophia Centre  
225 Cross Road  
Cumberland Park  
SA 5041

# The relationship between early development and character structure



**May 2022, Friday 27 – Sunday 29**

In this training workshop you will deepen your understanding of working with a client in their long term patterns, expressed physically, emotionally, behaviourally and cognitively.

Aspects of our exploring “character” will include:

- The structural and functional aspects of character structure from a Radix perspective which offers a fluid and non-judgmental perspective of body structure and function.
- Theories of character structure and how they relate to the Radix characterology.
- Working with character strengths and defences.
- Identifying and working with different character structures from a somatic and energetic perspective.
- Determining factors that contribute to decisions regarding working with character or here and now emerging processes.

*“If body structure and temperament are related, as anyone who studies human nature can determine, the question then is: Can one change the character of an individual without some change in the body structure and in its functional mobility? Conversely, if one can change the structure and improve its mobility can we not effectuate those changes in temperament which the patient demands? In his emotional expression, the individual is a unity. It is not the mind which becomes angry nor the body which strikes. It is the individual who expresses himself. So we study how a specific individual expresses himself, what is the range of his emotions and what are his limits.”*

Alexander Lowen

The workshop will be a blend of didactic, experiential learning and supervised practice. It is the seventh 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.

### Early Bird: \$750

(Register & pay before April 22)

### Full Fee: \$880

(Register & pay April 23  
to May 13)

### Deposit \$450.00

(non refundable unless place  
is taken)

### Closing date for applications: May 13

### Registration

Email: [narellelmck@icloud.com](mailto:narellelmck@icloud.com)  
with name and contact information

### Payment

BSB 805 050 Account No: 2353332  
Account Name: Australian Radix  
Training Centre

### Enquiries

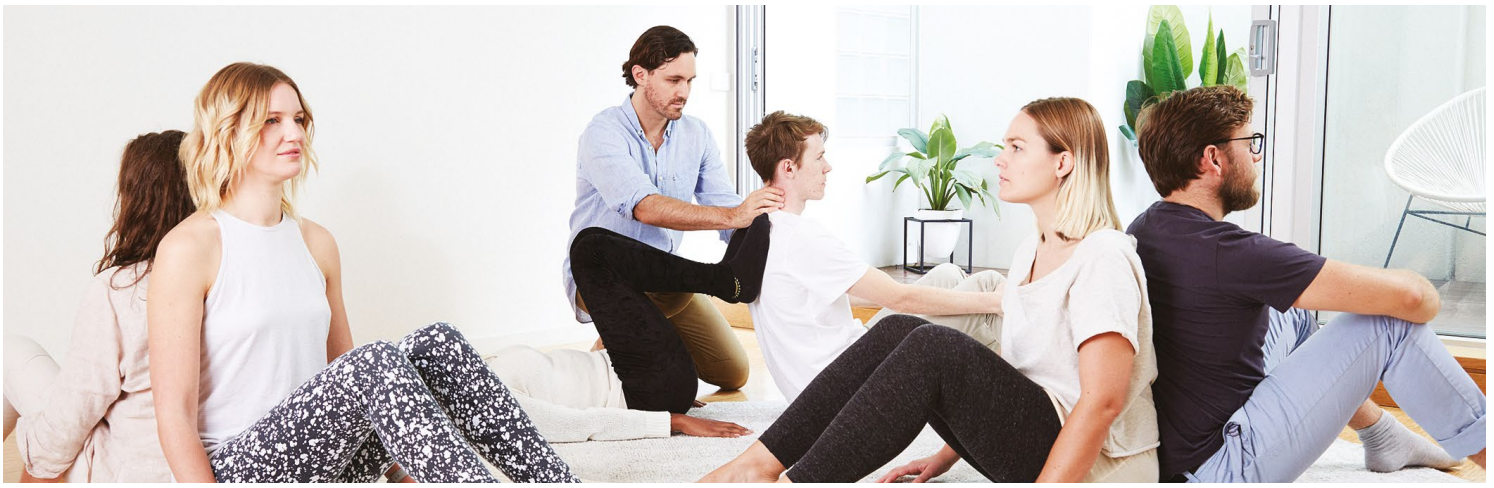
For more information about  
the Modular program:  
[www.radixaustralia.com.au](http://www.radixaustralia.com.au)

### Narelle McKenzie

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## About Radix

### Radix Somatic Psychotherapy is a holistic 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 more than 20 years.