

Somatic Psychotherapy Training

'Healing,...depends on experiential knowledge. You can be fully in charge of your life only if you can acknowledge the reality of your body, in all its visceral dimensions.' Bessel Van der Kolk, *The Body Keeps the Score* (pp 27)



The foundations of Radix Somatic Psychotherapy: Module 1, March 2025

Dates

5 Days:

Thursday 27th March
– Monday 31st March

Time

9am–5pm daily

Venue

Sophia Centre
225 Cross Rd
Cumberland Park
SA

This five-day workshop will teach participants to apply a Radix somatic approach to counselling, therapy and personal development through didactic and experiential learning. Participants will have the opportunity to learn the foundational concepts underpinning Radix mind-body therapeutic work and experientially learn how the application of these concepts can deepen their own embodiment and that of their clients. Participants will explore the significance of dissociation vs embodiment, grounding, centering, building self contact and contact with others and how to physically apply these important concepts in the form of therapeutic interventions. The concept of muscular armouring and its relationship to emotional expression and containment, will also be addressed. On the final day there will be supervised practice in the application of the concepts presented.

This workshop is open to:

- Mental health practitioners interested in developing or refining a body-centered approach to their practice
- Body-workers wanting to explore the energetics of emotional health
- Case workers, Group workers, organisational facilitators and educators
- Anyone who wishes to deepen their own personal development through a body-centered modality
- Those wishing to Certify in Radix Body Centered Psychotherapy

Fees

Early Bird: \$1350.00
(register and pay full fee
by February 19, 2025)

Full fee: \$1500.00
(February 20 – March 20)

Deposit

\$650.00
(non-refundable unless
place is taken)

Registration

Email: antheaf@internode.on.net
with name and contact information

Payment

BSB: 805 050
Account No: 102318779
Account Name: Anthea Fraser

For more information
about Certification in
Radix Psychotherapy

www.radixtraining.com.au

Narelle McKenzie

narellemckenzie@radixtraining.com.au
0408 809 357

Anthea Fraser

antheafraser@radixtraining.com.au
0411 852 692



About Radix

Radix Somatic Psychotherapy is a wholistic and comprehensive approach. What happens in the mind is reflected in the Body (Reich, W).

Differing from other psychotherapies that are somatically informed, Radix Psychotherapy holds the body as its central focus and explores 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 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



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 a private psychotherapy practice in Blackwood, SA.



Jacquie Cliff

Jacquie Cliff is a Radix Somatic Psychotherapist and Trainer, 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 18 years.