

Radix Body Centred Psychotherapy

What is Radix ?

A unique approach to psychotherapy which uses vision, breath, sound, movement, touch and verbal therapy to assist you to fully engage with life.

A powerful personal development programme which deepens and develops your emotional experience.

An energetic process which works with the radix or life force for change, growth and healing.

A therapy promoting deep embodied inner contact and flexible boundaries.

A potent psychotherapeutic process bridging the physical, psychological and spiritual which integrates thinking, feeling and action.

The Radix Logo

The two arrows in the Radix Logo represent energy and spirit, objective and subjective, action and consciousness. It is the radix or life force which gives rise to these and is the bridge between them.



Australian Training Programme
The Australian Radix Training Centre

Contact.

For further information please contact:

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Training Director

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Are you interested?

5. How long are the training workshops and how often?

There are five training workshops per year. However each year, in the middle of the year, June /July, two of these workshops are collapsed into one long one. If there are six or more trainees, there would be three training workshops that are five days and one training workshop that would be ten days. If there is a group of four trainees training workshops will be three days long and six days for the June/ July workshop. Training workshops are run across weekends so as to reduce the amount of time off work required. So a three day workshop would start Friday night and finish on Monday afternoon. A five day would start Thursday evening and finish late Tuesday afternoon. The training workshops are scheduled in First year around Nov/Dec(3 -5 days), Feb/ Mar,(3- 5 days) Jun/Jul (6- 10 days) and Oct (3- 5 days). In second year they are March, Jun/ July, October and February.

6. Is this course accredited with any University or tertiary body?

At present, the course is not accredited with any tertiary body. The course is accepted by PACFA as satisfying their training standards and graduates of the course, having completed two more years of supervision post training, are then eligible for the National PACFA Register of Psychotherapists and Counsellors.

7. Should I do a basic counselling course or massage course before I do the training?

We all enter the course with different experiences and expertise. The Radix training course teaches some anatomy and physiology as it applies to our work and it also teaches counselling skills as you are supervised in working with your contract group. As part of the training programme we have a section called Outside Work. During first year, in consultation with your primary supervisor, you reflect on the areas in which there are gaps in your development. If you have come from formal study in the helping professional area, you might find a couple of short courses in massage will give you more confidence in working actively with the body. If you are trained in the body area, you may find it useful to do some short courses on counselling skills. However it is often best to enrol in the course and through engagement in the work determine where your gaps may be.

The Radix training programme is a course for psychologists, psychotherapists, counsellors and other allied health professionals who wish to extend their professional experience to incorporate the role of the body and emotions into psychotherapy.

By helping practitioners to greatly increase the presence and emotional depth of their work, Radix training can be a powerful adjunct for existing verbal and body work practices or can be the basis of a professional practice in its own right.

Psychiatrists, psychologists, clinical social workers, marriage and family counsellors, dance therapists, holistic health practitioners, chiropractors, and massage therapists have all found training in Radix of great value to themselves and their clients.

The training programme is also an excellent course for new graduates who wish to obtain a solid grounding in some of the essential qualities and skills underpinning any effective counselling and psychotherapy practice as well as the fundamentals and application of somatic psychotherapy.

Non professionals seeking a career change who are able to demonstrate an ability to master conceptual and technical material at a professional level of competence are also welcome to apply. Acceptance into the training programme is based on an openness to learning and self understanding rather than academic or professional qualifications.

Graduates of the programme have found that this training has increased their effectiveness as therapists and counsellors. It has enlivened and developed their practices and enhanced their personal development.



What is the focus of the training?

The Radix Training Programme is designed to give its trainees a very comprehensive education in the theory and practice of Radix body psychotherapy, the relationship of Radix to other somatic therapies and its place in clinical practice.

It requires trainees to develop their skills through three focuses:

The trainee's own ongoing experiential work, which begins prior to or at beginning of the formal programme and continues at least to the conclusion of training. The heart of Radix training is the emphasis on the personal experiential work of the trainee. It is important to the process of a client that the therapist has explored the depths of their own experience, and is able to surrender to, and to be supportive of, their own deepest primary processes. This provides a solid grounding for the encouragement and support of these developments in their clients and creates a firm base of self knowledge to underpin one's work as a psychotherapist.

The study and application of theoretical and conceptual concepts underlying Radix body psychotherapy. These concepts are experienced, discussed and integrated into a clinical understanding. Teaching methods include cd's and written reading materials, short seminars, experiential and training workshops, research and written assignments, group presentations, practical and written exams and supervision.

Supervised clinical practice. During the first year of training, each trainee must establish a small practice group with whom they work individually and in group and workshop settings. This enables the specific concepts, applications and interventions taught to be practised and supervised in depth.

This is the equivalent of a postgraduate level course. Participating in the course and successfully completing it requires a strong commitment to your personal and professional growth and development.

For each of these clients after each session, you complete forms describing what you did, whether you stuck with the session plan or chose to do something else and what you noticed etc. Specific questions are given for this. In the beginning stages, trainees find the completion of the forms takes quite a bit of time until they get used to the process.

On this basis you can probably estimate that you would have two nights per fortnight taken up with individual sessions and one night per fortnight taken with running a group session and one six hour day a month with the workshop.

3. What would be the approximate time I could expect to spend on readings each week?

In the first year of the training you receive by mail a monthly packet of readings. The first three months packets include a lot of information about setting up a clinical practice. In addition to that there are probably four to five papers about 12 pages long on Radix theory and practice. After the first three months, the packets contain on the average four or five 12 page papers/articles and some session plans for your clinical practice and usually some small written or verbal assignment to be completed before attending your monthly supervision. If you put in a concentrated four to five hours each week you would probably do fine.

4. Are there any formal exams or assessments during this course? What about written assignments?

Toward the end of first year, you complete two formal exams. The first is a three hour written, short answer exam. The second is a take home exam requiring essay type answers to applied therapeutic situations. Towards the end of second year, you complete another take home exam which requires more critical analysis of the theory and applications of Radix work.

In addition to this, there is one major written assignment at the end of first year and three major assignments in second year.

Frequently Asked Questions

1. Is this a full time course? Can I work and do this course? How many hours of study per week would be required?

The answer to these questions is not simple. Many trainees who have completed the course have said it requires the same commitment as a Masters or Doctoral programme. Most trainees completing the programme have done so whilst working at another job and participating fully in their family life. However it has been quite demanding to do all of it. People study in different ways but you would need to consider doing at least four to five hours of personal reading and study each week in addition to the clinical work which commences four months after the start of first year.

2. It seems that there is a lot of clinical practice in this training. How much time does this involve each week?

The training course commences in November. In the following March trainees are required to set up a 'contract group' of 4 - 6 clients. This is your clinical practice group. Quite a bit of time is spent in the early months of the programme giving you ideas about how to set up this group. Each month you receive a monthly packet, and for the first six months of first year these packets contain recommended session plans for this group. There are two individual session plans, two group plans and a one day plan given each month. It is expected that you will give each of your contract group members, two individual sessions per month, two three hour group sessions and one six hour workshop day per month where you attempt to apply these plans as a focus for your learning.

For example, if you have four people in your group, in the first week of the month you would give four individual sessions each an hour long, at a time that suited you. In week two of the month you would run one three hour group, in week three you would give four one hour sessions and in week four you would run another three hour group and finish with two three hour sessions on one day which is a workshop.

Course Overview

This course consists of one, fourteen month period of structured learning followed by one twelve month period. However, most trainees find that it takes around three years to satisfy all the requirements for certification.

Leave of Absence from the program for fixed limited periods may be granted under special circumstances, provided the trainee practises no Radix or neo-Reichian work while on leave. Sometimes, trainees are asked to take leave if their personal work or conceptual understanding is not progressing to enable them to attend more fully to these areas.

Throughout training and until certification, the trainee is expected to commit to regular personal Radix sessions and to attend a selection of experiential weekend workshops.

In the first year, trainees also establish an ongoing Radix clinical practice group. Working with this group, they address a range of therapeutic concerns from a Radix perspective.

Regular ongoing supervision is part of the programme. Supervision sessions focus on the application of the Radix approach to members of the contract group in individual, group and workshop settings. If for any reason certification in the programme is delayed, the trainee continues with supervision until successfully completing the programme.

The trainee attends five training workshops* in first year and five in second year. In these workshops, opportunities are provided for practice teaching, development of theory and some limited personal work.

In the next two pages, some of the significant focuses of the course content are described. For each of these areas, the teaching methodology involves written materials, didactic teaching, experiential learning and application.

*Where possible these are residential.

Course Content

Year One: The Basic Concept of Radix Work

Developing Observation Skills

Reading and listening to the body non judgementally.
The art and significance of observation, reflection and mirroring in psychotherapy and counselling.
Basic body awareness.

Contact

Using the body to identify the presence and absence of contact in the client and self.
Physical contact and touch as an intervention in therapy.

Pulsation- Working with the radix (energetic flow)

Identifying and developing an energetic flow in the body.
The relationship between emotion and energetic flow.
Pulsation and pain/pleasure, anger/love and fear/trust.
Working with the Reichian body segments and pulsation.
Working with pulsation to integrate feeling, thinking, behaviour and the body/mind split.

Boundaries

The significance of vision for boundaries.
Embodying the psychological, physical and emotional experience.
Working with the body to develop boundaries and containment.
Developing flexible boundaries.

Grounding and Centering

Working with the body to prevent overwhelm/acting out Grounding the emotions.
Using the body to bring a client into the here and now.

Deepening and Developing Emotional Experience and Expression

Working with the Radix process to identify and enliven stuck and repressed emotions.
Facilitating appropriate emotional expression.
Working with anger effectively and safely.
Differentiating grief and depression

Anthea Fraser

Anthea has 30 years experience as a clinical social worker, counsellor and group worker. She has worked in a broad range of fields including mental health, community health, relationship and family work. She is a highly experienced personal growth facilitator and has run radix experiential workshops, relationships workshops and personal growth groups for many years.

Throughout her career Anthea has supervised allied health professionals and students. Anthea was certified in Radix in 1997 and has been involved in the Radix Training Program for 12 years.

In 1999 she was certified in Imago Relationship Therapy. Anthea has been running a busy psychotherapy practice in Mt Barker, Adelaide, for over 15 years.

Who are the trainers?

Narelle McKenzie and Anthea Fraser are the current full time members of the Training Faculty.

As trainers and supervisors with complimentary areas of speciality and competence, Anthea and Narelle bring a true balance and synthesis of the body/mind to the Radix programme.

Narelle McKenzie

Narelle is the Director and Senior Trainer of the Australian Radix Training Centre. She completed her training with the Radix Institute, USA, in 1982 and established a private psychology and psychotherapy practice in Adelaide, Australia. In 1987 Narelle and Jacqui Showell (now retired), were invited by the Radix Institute, USA to become trainers. After completing their trainer training Narelle and Jacqui established the Australian Radix Training Centre.

Narelle is a registered psychologist with thirty years experience working in private practice with adults, adolescents, families, couples and groups. She has a Masters degree in developmental psychology and extensive experience and training in psychology and psychotherapy. As part of her consultancy, Narelle has led experiential and training workshops throughout Australia and in the USA and has taught courses in these areas at undergraduate and graduate level at universities in Australia. She is a member of the USA Radix training faculty. In her private practice and training, Narelle draws from a wide range of personal work and professional training in psychotherapy.

Year Two: Development of Concepts and Integration

Radix Characterology

The structural and functional aspects of character structure.
The notion of pain, anger and fear structures.
The application of characterology.
Working with character strengths and defences.
Characterology vs process work. Is there a conflict?
Radix structures/Reichian/neo - Reichian character structures.
Body psychotherapy characterology vs mainstream.

Radix and Human Development

Applying Radix concepts to developmental theories/perspectives

Radix and Relationships

Applying radix concepts to the group process/relationships.
Merging and differentiating as a bodily experience

Transference, Counter transference and the Therapeutic Relationship

The function of the body in the transferential process

Integrating Radix work into a Clinical Practice

Applying Radix concepts to current therapeutic issues. E.g. Depression, Dissociation and Trauma, Emotional Containment and Expression, Anxiety and Panic Attacks, Sexual Aliveness.

Certification

Within six months of completing all requirements of the of the course structure, the trainee, in consultation with their supervisor nominates a date for a final practical assessment. Upon successful completion of this assessment, certification is granted.

Licensing as a Radix Practitioner

When certified by the Australian Radix Training Centre, the trainee applies to become a member of the Australian Radix Body Psychotherapy Association (A.R.B.P.A.), the licensing body for all Australian Radix practitioners. A.R.B.P.A. is a constituent member of the Psychotherapy and Counselling Federation of Australia. (P.A.C.F.A)

When does training commence?

The training course usually commences in November for Year One and in March for Year Two. Training applications should be received by the beginning of September for the year you wish to commence training. For a course to commence there needs to be a minimum of four trainees.

How do I apply or obtain further information?

Anyone interested in applying for the course or seeking further information should contact the Training Director:

Narelle McKenzie: narellemckenzie@internode.on.net or 0408 809 357

Further information will then be provided. If you are still interested a formal application form will be sent to you. On completion and receipt of this form, a face to face interview or extended phone interview will be arranged to discuss your application. An application and processing fee of \$100 is charged for this process.

Where is the training held?

Residential training workshops will be held in Melbourne unless there are six or more trainees resident in another state.

The structure required for completion of personal work and ongoing supervision is individually negotiated, in consultation, with each interstate trainee. This will involve some travel if there is not a Certified Radix practitioner resident in your state holding a Current Practising Certificate.

Personal work in the programme can be completed with any Certified Radix practitioner who is currently licensed with the Australian Radix Body Psychotherapy Association. A.R.B.P.A. A list of current licensed practitioners in Australia will be given at the application interview.

What is the cost of Training?

Year One (14 mos) \$8920* Year Two (12 mos) \$9080*

This information is current as of January 2013. Fees keep approximate pace with the cost of living.

Upon acceptance into the training programme trainees are required to pay a \$500 entry fee. Trainees may then pay the balance of tuition costs in full or by instalments. If paying by instalments, each years' first and last month's fees must be paid by November 1st of Year One and March 1st of Year Two.

Training fees include.

- Supervision, including at least twelve monthly individual supervision sessions and two, three hour in situ supervisions per year
- All the tuition fees for the ten scheduled training workshops
- Materials (tapes, printed materials, etc.)
- Marking of written examinations and assignments
- Administration and Program Planning
- Trainer fees for training workshops

Not included in the costs are:

- Experiential sessions beyond that given in any training workshops
- Any extra supervision sessions that may be required before certification
- Personal room and board at the training workshops
- Travel by the trainee to workshops, supervisions or sessions, where applicable
- Telephone calls for those getting supervision by telephone
- Supplies, books, rental space for your own practice group
- Travel costs and expenses for supervisors for the in situ supervisions
- Travel costs for assessors for the final practical assessment
- Any extra supervision required between completion of the formal structure of the course and the final practical assessment.
- The Final Practical Assessment fee.

*NB. Every trainee must recruit a 4-6 person Radix practice group. If you charge an adequate and realistic fee for this group, it will cover a large part of your training costs. After the successful completion of first year, trainees may increase the size of this group and therefore potentially earn more towards their training fees.