



# Introductory Certificate in Embodied Counselling

Berlin May 15 to July 19, 2020

## COURSE OVERVIEW

Effective practitioners engage all aspects of the living body (soma), including emotion, for real change to happen. We need simple, effective practices that develop embodied awareness and capacities to fully show up and pay attention at increasingly subtle levels, for both practitioners and clients to live more choiceful, connected and vibrant lives.

The Introductory Certificate in Embodied Counselling is an introduction to somatic psychology and bodymind therapy for holistic, somatic, and spiritual practitioners, including massage therapists, kahuna bodyworkers, somatic sex educators, and yoga teachers. It is valuable professional development for counsellors, psychotherapists and other psych practitioners who want to learn to work more somatically.

The course provides practitioners with practice in effective embodiment skills, a broad understanding of psychotherapeutic theory leading to the development of body-based approaches, and practice in conducting embodied counselling sessions.

Building on what you do well, the course develops your capacity to work with the

emotional and psychological content that arises during bodywork sessions. You will develop greater confidence to work with your clients' emotional and psychological selves, expanding and developing your skill set in this direction, and enhancing your capacity to articulate the complex systems in process for human beings, as you further grow in embodied awareness.

**“The training was fantastic. It filled**  
in many gaps in my knowledge,  
gave me new spaces to fill up with  
the knowledge I will continue to  
gather, and affirmed, consolidated  
and linked together my existing  
**abilities.”**

## DATES FOR BERLIN 2020

May 15 to July 19, 2020. The Embodied Counselling Intensive is in Berlin on July 17, 18 and 19.

## OVERVIEW

Participants develop the skills of embodiment coaching and embodied counselling, and the in-depth supporting knowledge necessary to enhance effective practice. The course is taught somatically, and utilizes embodied exercises, coaching, conferencing, tutorials, research projects, journaling, practice counselling sessions, reflection and feedback to support you to further develop the skill and knowledge base to work effectively with the emotional and psychological content your clients bring to your sessions and classes.

It is a 9-week program, divided into four units. All units involve embodied learning. Units 1 to 3 are in two parts focusing on embodied theory and skills practice. In unit 4 students consolidate their learning through conducting embodied counselling sessions, and attending a 3-day intensive in Berlin.

**“A great introductory course that gives you a wide understanding of the counselling world and the skills to integrate embodied counselling into your practice.”**

## LEARNING OBJECTIVES

Using effective somatic learning strategies, you will:

- engage in regular embodiment practices that build awareness
- develop a broad toolbox of embodiment practices to support yourself and your clients
- study the development of somatic psychology and bodymind therapy
- develop practitioner qualities necessary to work effectively with clients
- practice embodied counselling skills
- explore the connection of somatic systems and consciousness
- develop basic skills for working with strong emotion and trauma
- practise embodied counselling sessions
- grow in embodiment, feel more vibrantly alive, connected and competent

## COURSE STRUCTURE

### UNIT 1 ARRIVING AT EMBODIED PRACTICE

#### LESSON 1.1 - COMING INTO THE BODY

You engage in at least 5 days of guided practice in body awareness, before developing your own embodiment exercises and coaching friends or colleagues in embodiment.

#### LESSON 1.2 – WHAT IS SOMATIC PSYCHOLOGY AND BODYMIND THERAPY, AND WHY NOW?

An exploration of the developments leading to the discipline of somatic psychology, and its applied aspects in bodymind therapies. The learning is further integrated through guided research into 1 of the 3 main psychological forces preceding somatic psychology.

### UNIT 2 FOCUSING ON EMBODIED PRACTICE

#### LESSON 2.1 – BE HERE NOW – ENHANCING THE QUALITIES OF EFFECTIVE PRACTICE

We focus on the qualities that characterize healing relationships, as well as concepts underlying ethical practice, and attitudes employed in effective counselling. You engage in embodied exercises to explore these qualities, concepts and attitudes in yourself, to further grow competency as practitioners.

#### LESSON 2.2 – EMBODIED COUNSELLING SKILLS

We practice foundational embodied counselling skills in a Zoom class. You further explore these skills with practice partners, before we meet again via Zoom to integrate and expand the learning.

**“I learnt many new skills, and gained language for the things I already know and use.”**

### UNIT 3 EMBODIED PROCESSES

#### LESSON 3.1 – WHERE IS THE BODYMIND?

You complete a guided summary outlining neurological, physiological, and anatomical information as it pertains to somatic psychology, and the implications of developing views of consciousness. Embodied exercises of embodied attending – fully showing up to processes in the body - enriches your ability to connect somatically with clients.

#### LESSON 3.2 – AN INTRODUCTION TO THE NEUROBIOLOGY OF EMOTIONS, RELATIONSHIPS AND TRAUMA

We study interpersonal neurobiology and current somatic approaches to working with emotion. During a Zoom class, we explore the neurobiology of trauma, and how to initially support clients when trauma is present, as well as developing professional referral networks. Students then research and develop somatic practices to create safety in the body.

### UNIT 4 EMBODIED COUNSELLING

#### LESSON 4.1 – EMBODIED COUNSELLING SESSIONS

You conduct an embodied counselling session, with a friend or colleague in the role of a client, working on a genuine issue. We reflect on your work, identify strengths and learning edges, and develop a learning plan.

#### LESSON 4.2 – EMBODIED COUNSELLING INTENSIVE

We gather in Berlin for 3 days of exploring embodiment practices to come more fully into your own body, deepen your learning, and practice embodied counselling skills and embodied counselling sessions.

PLEASE NOTE: COMPLETION OF THE EMBODIED PRACTICE AND RESEARCH FOR ALL FOUR UNITS IS A PRE-REQUISITE TO ATTENDING THE EMBODIED COUNSELLING INTENSIVE.

**“It was a wonderful opportunity to invite more embodiment into my life. I loved the load and pace of the learning.”**

## PRICE

The price of the training is €1500

There is an early bird price of €1250 available for full payment received by March 15, 2020

Students who have completed a certificate training with the Institute of Somatic Sexology within the last 2 years receive a €100 discount on the course fee.

**In addition, you need to purchase the following two texts:**

Aposhyan, S. (2004). *Body-Mind Psychotherapy: Principles, Techniques, and Practical Applications*. W. W. Norton & Company.

Barratt, B. (2010). *The Emergence of Somatic Psychology and Bodymind Therapy*. Palgrave Macmillan.

**The price does not include** transport to, or accommodation or food during the Embodied Counselling Intensive.

After an entrance interview a non-refundable deposit of €200 secures your place in the training. Payment in full is required by April 20, 2020.

## REFUND POLICY

There is a non-refundable deposit of €200 which secures your place in the training.

If you are paying off your tuition before April 20, 2020 and decide you cannot participate in the training you will be refunded your money minus the non-refundable deposit of €200. There is no refund if you withdraw after the training commences on May 15, 2020.

In the unlikely event we do not reach the minimum number to run the training, your tuition fee will be refunded in full.

## FACILITATED BY DEEJ JUVENTIN

Deej Juventin (CSSE; MA) is a leader in the fields of somatic education and embodied therapies, with over 30 years' experience in adult education. He supports the development of somatic therapies internationally through professional trainings for embodied counsellors and somatic sex educators, and providing professional supervision for therapists who work somatically. Deej brings wisdom, humour, and a passion for somatic learning to his work. He was named Somatic Sex Educator of the Year at the Sexual Freedom Awards in London. He is the founding president of the Somatic Sex Educators' Association of Australasia, and co-director of the Institute of Somatic Sexology.

Deej welcomes people of all genders, sexualities, cultural backgrounds and relationship choices to work with him.