



## Introductory Certificate in Embodied Counselling 2019

### Course Overview

Effective practitioners need to engage the full lived body, including emotional aspects, 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, sex workers, somatic sex educators, and yoga teachers. It is also useful for counsellors, psychotherapists and other psych practitioners who want to learn to work more somatically.

The course provides practitioners with practice in effective embodied 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 lots 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.”**

## Learning Objectives

By the end of the course students will have:

- Engaged in regular self-practice of body awareness exercises
- Created practices that support increased awareness in the body
- Studied the development of somatic psychology and bodymind therapy
- Studied and developed qualities that support practitioners in working effectively with clients
- Practiced embodied counselling skills
- Studied the connection of the body's systems and consciousness
- Developed basic skills for working with strong emotion and trauma
- Practised embodied counselling sessions
- Grown in embodiment to feel more connected and vibrantly alive



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

## Dates for 2019

**February 4 to April 7, 2019.** The Embodied Counselling Intensive is in Brisbane on April 5, 6 and 7.

## Course Structure

The course provides clear instruction in using embodied counselling skills, develops the necessary knowledge base to enhance effective practice, and provides practical practice of embodied counselling. The course makes use of collaborative learning, embodied exercises, coaching, video conferencing, research projects, journaling, practice counselling sessions, reflection and feedback in supporting you to further develop the skills and knowledge base to work effectively with the emotional and psychological content your clients bring to your sessions and classes.

The course is 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 Brisbane.



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

## **Unit 1 Arriving at Embodied Practice**

### **Lesson 1.1 - Coming Into the Body**

Students engage in at least 7 days of guided practice in body awareness. Students journal on their learning and experience from this practice. Students develop embodiment exercises and coach friends or colleagues in practising body awareness.

### **Lesson 1.2 – What is somatic psychology and bodymind therapy, and why now?**

Students participate in a lecture detailing developments leading to the discipline of somatic psychology and its applied aspects in bodymind therapies. Students engage creatively in the lecture by producing a timeline representing developments in a personally meaningful way. Students in groups complete guided research into 1 of 3 main psychological forces in modern psychology, and participate in a collaborative tutorial via video conferencing.

## **Unit 2 Focusing on Embodied Practice**

### **Lesson 2.1 – Be Here Now – enhancing the qualities of effective practice**

Students read about qualities that characterize healing relationships, concepts underlying ethical practice, and attitudes employed in effective counselling. Students engage in embodied exercises to explore these qualities, concepts and attitudes in themselves, and further their exploration and learning in a tutorial via video conferencing.

### **Lesson 2.2 – Embodied Counselling Skills**

Students practice foundational embodied counselling skills in a Zoom class. Students further explore these skills with practice partners, complete a report on their experiences, and engage in further reflection and practice via video conferencing.



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

## **Unit 3      Embodied Processes**

### **Lesson 3.1 – Where is the Bodymind?**

Students complete a guided summary outlining neurological, physiological, and anatomical information as it pertains to somatic psychology, and implications on developing views of consciousness. Students engage in embodied exercise of listening to processes in their bodies. Students share their findings and experiences in a collaborative tutorial via video conferencing.

### **Lesson 3.2 – An Introduction to the neurobiology of emotions, relationships and trauma**

Students study interpersonal neurobiology and current approaches to working with emotion through the body. During the zoom class, students explore the neurobiology of trauma, how to initially support clients when trauma is present, and developing professional referral networks. Students research and develop somatic practices to create safety in the body.

## **Unit 4      Embodied Counselling**

### **Lesson 4.1 – Embodied Counselling Sessions**

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

### **Lesson 4.2 – Embodied Counselling Intensive**

We gather in Brisbane 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.**

## Price

The price of the training is AUD \$2400 (including GST).

There is an early bird price of \$2100 (including GST) available for full payment received by December 17, 2018

Students who have completed a certificate training with the Institute of Somatic Sexology within the last 2 years receive a \$150 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 AUD \$250.00 secures your place in the training. Payment in full is required by February 4, 2019.

## Refund Policy

There is a non-refundable deposit of \$250 which secures your place in the training.

If you are paying off your tuition before February 1, 2019 and decide you cannot participate in the training you will be refunded your money minus the non-refundable deposit of \$250. There is no refund if you withdraw after the training commences on February 4, 2019.

## The Introductory Certificate in Embodied Counselling is facilitated by DeeJ Juventin

Deej Juventin is a leader in the field of embodied therapy within Australia. His work supports clients to mobilize their capacities for growth, learning and change through embodied counselling, bodywork, meditation, sex coaching, and Tantric Practice.

He holds qualifications in psychology, sociology, counselling, adult education, kahuna bodywork, somatic sex education and professional supervision. He has an MA in Somatic and Spiritual Psychology.

Deej supports the development of body-based therapies in Australia through teaching professional trainings for embodied counsellors and somatic sex educators, and offers professional supervision for therapists who work somatically. 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, and relationship choices to work with him.



*unleash your body's wisdom*

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