

Embodying Wholeness: The Healing Power of Emotions

Sponsored by the Mass Society for Bioenergetic Analysis

Nov 1 - 4, 2018

Essex Woods Conference Center & Retreat, Essex, M

Program presenters include:

Violaine DeClerck, Psychologist, Certified Bioenergetic Therapist, IIBA International Trainer; Susan Kanor, MA, Certified Bioenergetic Therapist, IIBA International Trainer; Peter Fernald, PhD, Certified Bioenergetic Therapist, IIBA International Trainer Emeritus; Laurie Ure, LICSW, Certified Bioenergetic Therapist, MSBA Local Trainer; Leslie Ann Costello, PhD, Certified Bioenergetic Therapist, ACSBA Local Trainer; Terry Hunt, PhD, Certified Bioenergetic Therapist; Stephanie Shelley, LICSW, Certified Bioenergetic Therapist; Paola Alessio, LSW, LICSW, Certified Bioenergetic Therapist; Sarah Putnam, LMHC, Certified Bioenergetic Therapist

Target audience: Mental Health Professionals, Social Workers, Psychologists, Clients of Bioenergetic Therapy

Program separated into groups to address Beginning Level, Intermediate Level & Advanced Level of Bioenergetic Therapy

16 CEs/Continuing Education Hours offered.

Cancellation policy: Refund less \$100 fee for cancellations prior to Sept 1, Refund less \$200 fee for cancellations prior to Oct 1. No refunds after Oct. 1.

For complete program schedule:

FRIDAY, 11/2/2018

7:15-8:00am	Bioenergetic Exercise Class <i>Led by Laurie Ure, LICSW, CBT, MSBA Local Trainer</i>	<i>Ledge Room</i>
9-10:00am	Keynote Talk “The Healing Power of Emotions” Violaine DeClerck, Psychologist, IIBA International Trainer	<i>Juniper Room</i>
10-10:15am	Break	
10:15-Noon	Therapy Demonstration Group Meetings	

Group 1 *Ledge Room*
Group 2 *Juniper Room*
Group 3 *Cedar Room*

Noon-12:30pm **Free Time**

1:45-3:15pm **Workshops (choose 1)**

I - You - Us: Pleasure, Intimacy, and the Bioenergetic Pursuit of Connectedness
Terry Hunt, Ed.D, CBT *Juniper Room*

#Me Too/#You Too *Ledge Room*
Sarah Putnam, LMHC & Stephanie Shelley, LICSW, CBT, DDP

3:30-5:45pm **Therapy Demonstration Group Meetings**
Group 1 *Ledge Room*
Group 2 *Juniper Room*
Group 3 *Cedar Room*

SATURDAY, 11/3/2018

7:15-8:00am **Bioenergetic Exercise Class** *Ledge Room*
Led by Sarah Putnam, LMHC, CMT, Bioenergetic Therapist

9-10:00am **Keynote Talk** *Juniper Room*

“Bioenergetics & the Aging Process”
Susan Kanor, MA, IIBA International Trainer

10:15-Noon **Therapy Demonstration Group Meeting**
Group 1 *Ledge Room*
Group 2 *Juniper Room*
Group 3 *Cedar Room*

1:45-3:15pm **Workshops (Choose 1)**

YOU TOO? *Ledge Room*
Peter Fernald, PhD, IIBA International Trainer Emeritus &
Peter Shelley, Esq

Emotions in Motion *Juniper Room*
Laurie Ure, LICSW, CBT & Leslie Ann Costello, PhD, CBT

3:30-5:45pm **Therapy Demonstration Group Meetings**
SUNDAY, 11/4/2018

7:15am **Bioenergetic Exercise Class** *Ledge Room*
Led by Robin Goldstein, PhD, Bioenergetic Trainee

9-11:00am **Therapy Demonstration Group Meetings**
 Group 1 *Ledge Room*
 Group 2 *Juniper Room*
 Group 3 *Cedar Room*

11:15-Noon **Closing** *Juniper Room*

Grievance Policy

Commonwealth Educational Seminars (CES) seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to: [Mass Society for Bioenergetic Analysis, info@massbioenergetics.org](mailto:info@massbioenergetics.org) Grievances would receive, to the best of our ability, corrective action in order to prevent further problems.

Accommodations for the Differently Abled

MSBA training facilities are handicap accessible. Individuals needing special accommodations, please contact: Mass Society for Bioenergetic Analysis, info@massbioenergetics.org

Program full description:

50 years ago Dr. Alexander Lowen developed Bioenergetic Therapy - a body-based approach to psychotherapy. At that time he incorporated tools for emotional work with a dual purpose: to help clients achieve emotional discharge and grounding. Today, we know more, from therapeutic experience and research, about the importance of attachment experiences in developing emotional regulation. From this perspective, bioenergetic analysis as a clinical approach has recently evolved to be more relationally oriented. Further, current trauma theory and advancements in neuroscience address the need for emotional regulation and the challenge of emotional dis-regulation which often occurs as a result of many types of trauma, including early childhood traumas and attachment issues. In this conference, through keynote talks, discussion, experiential workshops which include allowing clinicians the opportunity to work in dyads, and therapeutic demonstrations we will explore the topic of emotional regulation, its clinical implications, along with the role of both emotional expression and containment within the therapeutic relationship. We will explore contemporary approaches in Bioenergetic

Therapy which includes the relational use of Bioenergetic stress exercises for emotional expression and an aim towards helping our clients develop a more embodied sense of wholeness with grounded emotional discharge to aid in improved mental health and satisfaction in relationships.

*The Bioenergetic approach to psychotherapy, including an emphasis on body awareness, grounding and exercises fostering appropriate emotional discharge

*The value of emotional discharge within a safe, supportive psychotherapeutic relationship to lead towards a sense of embodied wholeness and improved satisfaction in relationships and in life

*The impact of aging and the physical changes which result from this as it impacts on one's relationship with their body and their sense of wholeness

*The link between common mental health issues including depression, anxiety, addictions, and PTSD and inhibited emotional expression

*The connection between chronic physical tensions and emotional repression

*The relationship between early childhood trauma, including attachment issues, to chronic physical tensions, emotional repression and mental health diagnoses

*The value of a supportive therapeutic relationship where safe emotional discharge is fostered, in order to restore vitality, mental health and positive relationships with oneself and others

Program Objectives:

1. Participants and mental health professionals will demonstrate an understanding of how emotions affect the body.
2. They will be able to discuss how working with the body can lead to wholeness and heal emotional pain and trauma.
3. Participants will be able to utilize 3 specific Bioenergetic interventions that can be employed in their practice.
4. They will be able to design treatment plans that include safe emotional expression and emotional regulation.
5. Participants will be able to describe how Bioenergetics can address early attachment issues and trauma.
6. Participants will be able to prepare appropriate treatment strategies for clients, using grounding and breathing.
7. Participants will be able to explain the link between inhibited emotional expression and mental health issues such as depression, anxiety, PTSD, and addictions.

8. Participants will be able to list three ways in which Bioenergetic approach can assist clients in developing healthy relationships to their bodies and the aging process.
9. Participants will be able to assist their clients in developing greater emotional regulation.
10. Participants will be able to describe three ways in which healthy emotional expression can foster mental health.
11. Participants will demonstrate the ability to use the therapeutic relationship as a foundation for effective therapy.
12. Participants will be able to discuss the importance of grounding in Bioenergetic theory.

Date: 10/30/18

The following program has been approved for continuing education credit:

Title: Embodying Wholeness: The Healing Power of Emotions

Sponsoring person or organization: Mass Society for Bioenergetic Analysis

Date(s): November 1-4, 2018

Location: Essex Woods Meeting and Retreat Center, MA.

Presented by: Violaine DeClerk, Susan Kanor

Professions approved:

Psychologists Social Workers Licensed Professional Counselors/Licensed Mental Health Counselors

Number of CE hours credit per program: 16.0

Approval Number: 89542

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Continuing Education credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions:

Please note: It is the participant's responsibility to check with their individual state boards to verify CE requirements for their state.

Psychologists: Commonwealth Educational Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. Commonwealth Educational Seminars maintains responsibility for this program and its content. Psychologists receive 16.0 hours of continuing education credit upon completing this program.

Social Workers: Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Social Workers. Please visit [CES CE CREDIT](#) to see all states that are covered for Social Workers. CES maintains responsibility for this program and its content. Social Workers completing this program will receive 16.0 clinical hours of continuing education credit.

Licensed Professional Counselors/Licensed Mental Health Counselors: Commonwealth Educational Seminars (CES) is entitled to award continuing education credit for Licensed Professional Counselors/Licensed Mental Health Counselors. Please visit [CES CE CREDIT](#) to see all states that are covered for LPCs/LMHCs. CES maintains responsibility for this program and its content. LPCs/LMHCs completing this program will receive 16.0 hours of continuing education credit.