

## Continuing Education Information

1. Bioenergetic Basics: Introducing the basic concepts and techniques of Bioenergetic Therapy  
Sponsored by the: Massachusetts Society for Bioenergetic Analysis Sat, Jan 16, Sat, Feb. 13, Sat,  
March 13, Sat, April 10, Sat, May 8

2. Presenter(s): Leslie Ann Costello, PhD, Certified Bioenergetic Therapist.  
David Jordan, LCPC, CCS, Certified Bioenergetic Therapist.  
Susan Kanor, MA, Certified Bioenergetic Therapist.  
Carol Melnick, MSW, Certified Bioenergetic Therapist.  
Laurie Ure, LICSW, Certified Bioenergetic Therapist.

3. \$350 if paid by Jan. 10. \$50 fee for CEs. Cancellations received prior to Jan. 10 refunded with  
\$30 administrative fee. No refunds after Jan. 10.

4. Program schedule:

Saturdays 9:00am - 12:15pm eastern time on Zoom

Topics:

1. The concept of grounding with its relationship to being in reality
2. The role of chronic tensions which inhibit breathing and emotional health
3. The energy of the body regarding depression & anxiety
4. Working with personal boundaries, including physical exercises to build boundaries
5. The Bioenergetic concept of character structure - including the impact of developmental issues

5. Content/Description.

Bioenergetic Therapy is a highly effective therapeutic approach that combines work with the body and mind in the context of a therapeutic relationship to help people change at a deep level. Bioenergetic theory and techniques will be taught through lecture, demonstration and experiential exercises.

6. Learning Objectives:

At the conclusion of this program, participants will be able to:

- describe 2 basic grounding exercises from Bioenergetic Analysis.
- explain the concept of grounding from modern Bioenergetic Analysis
- describe the importance of grounding in mental health
- identify the impact of chronic tension on a person's energy and mood
- explain the impact of physical health in depression and anxiety.

- demonstrate 3 specific exercises to strengthen personal boundaries
- explain the value of boundaries in relationship satisfaction.
- discuss the impact of early developmental issues on a person's body and psyche from the perspective of modern Bioenergetic Analysis
- explain the importance of a healing relationship in recovery from developmental trauma

7. Target audience. Mental Health Professionals, Social Workers etc.

8. Advanced Level.

9. 15 CEs/Continuing Education Hours offered.

10. Accommodations for the differently abled.

#### Accommodations for the Differently Abled

MSBA training facilities are handicap accessible. Individuals needing special accommodations, please contact: Laurie Ure, LICSW, [laurieure@aol.com](mailto:laurieure@aol.com), 978-283-6733

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

12. Continuing Education Credit is pending through Commonwealth Educational Seminars for the following professions: LMHC

13. Credits for social workers pending approval through the National Association of Social Workers, MA chapter

There is no known commercial support nor conflict of interest for this program.

For further information please contact Commonwealth Educational Seminars, 1 (800) 376-3345, [CommonwealthSeminars@gmail.com](mailto:CommonwealthSeminars@gmail.com).

