

# An Embodied Psychotherapy CPD Training

## The Embodiment of Relational Stances, Spaces & Modalities

March 30th - 31st 2019

September 14th - 15th 2019

February 8th - 9th 2020

This training provides 36 hours of CPD

Michael Soth



Michael Soth is an integral-relational Body Psychotherapist, trainer and supervisor (UKCP), living in Oxford, UK. Over the last 30 years he has been teaching on a variety of counselling and therapy training courses, alongside working as Training Director at the Chiron Centre for Body Psychotherapy.

### Ongoing embodied relational psychotherapy CPD Group

Our ongoing EMBODIED-RELATIONAL PSYCHOTHERAPY CPD GROUP has a consistent and growing pool of participants and is now entering its fourth year of development. We have been reviewing your feedback and discussing the programme. Satisfaction with the venue and learning environment is high. In terms of course content, we are departing this academic year from the usual format and offering a ongoing series of three-weekend workshops which will build on each other, on a central theme of current psychotherapy.

### Relational Stances, Spaces & Modalities in Integrative Psychotherapy

The notion of 'relational modalities' originated in the early 1990's with Petruska Clarkson, and was one of the most coherent manifestations of the paradigm shift towards two-person psychology. However, whilst it usefully shifts the 'talking cure' towards the 'relating cure' (thus organising the therapeutic profession around the principle that "it is the relationship that matters"), what is lacking in this formulation of relationality is the bodymind connection.

That particular lack of embodiment then tends towards lending all the diverse kinds of therapeutic relating - and the search for meaning through them - a decidedly mental-reflective bias across the talking therapies. Without embodied presence, we can reflect on relational dynamics until we are blue in the face, it's unlikely to engender sustained bodymind process and development, let alone holistic transformation. Embodied trauma and character defences are unlikely to yield towards recovery or wholeness through the dominance of insight. Circular, disconnected thinking, intellectualising, rationalising and plain dissociation are then given too much weight in the therapeutic process, depriving it of spontaneity, authenticity and emergent process, as well as the felt sense of depth and coherence.

## **An expanded model of relational modalities**

Clarkson originally differentiated five modalities: working alliance, person-to-person, reparative, transference-countertransference, transpersonal. We will add to that the 'medical model' as a valid way of helpful relating in therapy, and then explore how our habitual assumptions and positions – inherited down the generations of therapeutic subcultures – open up, limit or close down particular relational spaces between client and therapist. Michael has been extending and developing further Clarkson's model into his 'diamond model', which will be the foundation for this course.

## **The bodies' spontaneous, pre- and non-verbal perceptions as the ground of relational reflections**

Our main avenue into such exploration will be via attention to the bodymind detail of relational stances of client and therapist in relation to each other, leading to reflections on relational dynamics between them. These dynamics manifest and are represented in our mind and communicated between our minds in terms of metaphors and images: largely of figures and characters and their scenarios and stories. However, these images, fantasies and narratives which populate our therapeutic descriptions and reflections are rooted in bodymind gestures, feelings and sensations - the ground and raw material of our imagination lies in spontaneous, pre- and non-verbal perceptions and body awareness.

## **Learning through our bodies**

As is the case with character, it is only when we grasp relational stances and positions in our own bodymind that relational modalities start to become meaningful and useable tools for the therapist. It is only our moment-to-moment bodymind experience which gives us full access to the co-creation and co-construction of the relational space. Therefore this short course will be strongly experiential in its focus, and rooted in attention to bodymind processes.

## **Rooting and grounding the relational dynamics of the helping relationship in the body**

The course is open to any interested practitioners of psychotherapy, counselling and/or other bodymind approaches, indeed anybody who wants to ground their understanding of the relational dynamics of the helping relationship in bodymind process, at every step of the therapist's stream of consciousness: perception, understanding and reflection, as well as therapeutic responses and interventions.

## **Course enquiries**

Content discussion contact: Judy Shaw:  
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Administrative enquiries contact: Clare Brook:  
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## **Fee Structure**

Each workshop costs £230.  
Book the whole series of three weekends  
for a discount of £45.