



ACCESSING SOMATIC INTELLIGENCE:

EMBODIED PRESENCE FOR PSYCHOTHERAPISTS

WITH DR. KIM SARGENT-WISHART

1ST-2ND OF NOVEMBER 2018


9:30AM-4:30PM

THE MONASTERY, 15 CROSS RD, URRBRAE, ADELAIDE 5056

There is an emerging understanding, supported by the last 20 years of attachment and trauma research, that a relational embodied approach to therapy supports experiences of co-regulation and a felt sense of safety for clients. This is becoming part of our understanding of best practice in the trauma field and is protective of both client and therapist well being.

This two-day workshop draws on the somatic methods of Body-Mind Centering® and contemplative arts to support a deep inquiry into embodiment in the therapeutic space. Through guided somatic movement explorations, hands-on exchange, reflective dialogue and writing, participants will be introduced to “bottom-up” approaches to access the body’s wisdom.

The workshop will include;

- Space and time to deepen and reflect upon individual experiences of embodiment
 - Methods for resourcing somatic intelligence and ease
 - Aligning physiological, cellular experience with outer expression and communication through touch, movement, and feedback
 - Increasing awareness and support of “the mind of the room” as a resource for facilitating optimal healing environments
 - Simple practices to return to embodied sensation and presence – working with breath, weight, centres of attention, and modes of perception – to support yourself as well as your client
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DR KIM SARGENT-WISHART

Kim Sargent-Wishart (RSME, PhD) is an artist, researcher and educator specializing in embodiment, presence, perceptual processes, creative development and leadership. She is a certified practitioner of Body-Mind Centering® and a Registered Somatic Movement Educator (ISMETA). She has a Bachelor with Honors in Dance from Wesleyan University (Connecticut, USA) and a PhD in Performance Studies from Victoria University (Melbourne, Australia).

Cost:

Early Bird (registration & payment before August 31) \$450.

After August 31 \$490.

Catering will be provided on the day and dietary needs can be catered for

Please arrive at 9am to register for a 9.30 am start

Kim has taught movement education since the early 1990s in San Francisco and before that trained as a massage therapist and bodyworker. For over 20 years Kim has been a student of the Tibetan Buddhist tradition and as an artist, she is influenced by the practices of Miksang photography, experimental video, screendance, pedestrian dance and dance/movement improvisation.

Register online at: <https://www.trybooking.com/WCUH>

For all enquiries please email info@adelaidetraumacentre.com.au