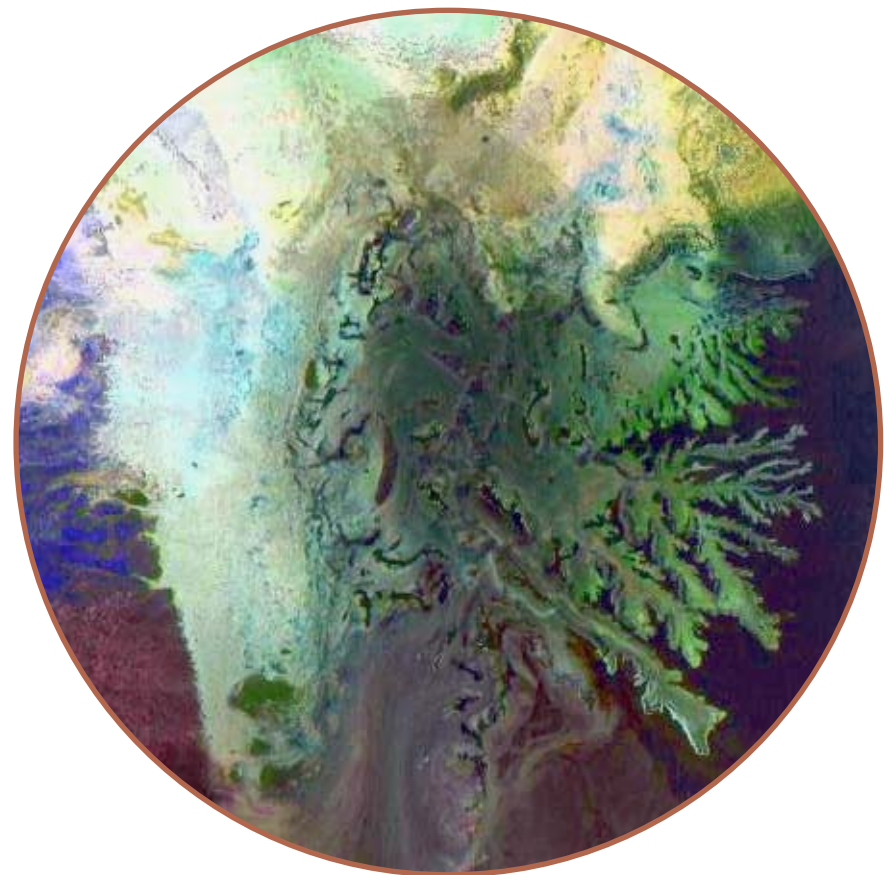


# Embodied Awareness: A New Anatomy



*“The senses long accustomed to habitual modes of perception begin spontaneously to see, hear, smell, feel things anew . . . we begin to discriminate more finely, attend more closely, and experience more fully. We come back regenerated.” Maxine Sheets-Johnstone*

**This ten month course is designed to give an integrated understanding of the body and brain as discovered through experiential anatomy.**

The framework is a synthesis of contemporary neuroscience, intersubjectivity theory, body psychotherapy and bodymind centering. Drawing from both established traditions and new research, we will learn more about how body awareness works, how to cultivate it, the neural networks involved and how this is linked to self-regulation, imagination and mentalisation (the ability to perceive oneself and others as subjective agents).

The body systems offer different modes of organising experience - there is a difference in engaging with the world through bone or through fluid or through muscle. Not only that but there are multiple points of access into body awareness - following breath, attending to sensation, noticing spontaneous images, moving in space or being moved by another. We become refreshed by shifting focus. We discover how to go beyond habitual patterns of being in the body into new ways of knowing.

The course has a strong practical experiential component utilising group, individual and dyadic explorations involving different ways of accessing and developing embodied awareness. A compendium of illustrative and engaging reading material will be given to participants for study between sessions so that when we meet there is space to discuss, share and refine our understanding of our bodies.

## What relevance does it have for therapists?

### **The Body is our Ground Reference**

An important aspect of psychotherapy is the ability to entertain a full awareness of one's embodied subjectivity. This course puts the emphasis on the therapist's body for its own sake, rather than for its function as a container for others' process. It will help you find not just your clients in your body but yourself, your intrinsic and flexible capacities for sensing, and your core resources.

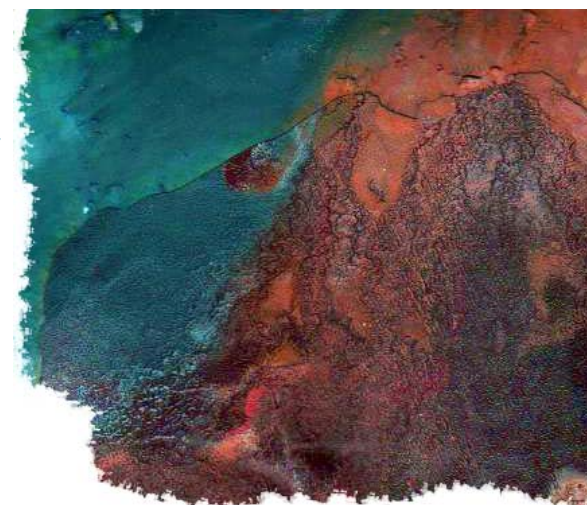
Body awareness is both a receptive and a dynamic, active art. Just as we sometimes don't know what we are trying to say until we let ourselves just speak, so we need sometimes to move, sound, breath, receive touch to discover more clearly what it is we are sensing and feeling. Embodied self-knowledge is deepened through feedback from a variety of sources.

### **Enhancing vitality and renewal**

As therapists, we may be well-developed in our capacity to attune to others, but we must also be able to 'come back home' and find security, pleasure and well-being in our own bodies. Our bodies are not so much an instrument as a whole orchestra, capable of (playing) an enormous range of registers, resonances, rhythms and melodies.

### This course offers:

- ◆ a new map of the body and brain partnership in a relational context
- ◆ ways to heighten and elaborate body awareness
- ◆ specific means of developing perceptual skills & intermodal reflexivity
- ◆ an opportunity for restoration and refinement of the senses
- ◆ an ever-expanding, open and continuous spiral of inquiry into internal sensation, flow, movement, visceral change etc
- ◆ experience, feedback, experiment, fun, focussed learning and an expanded awareness of your own embodied subjectivity



### Seminar 1: Ways Into the Body

Breath, sensation, movement, image, sound, affect, impulse, transitions  
Friday 21 January, 6.45pm-9.45pm

### Seminar 2 : The Development of the Body Schema

Infant-adult movement patterns and the organisation of the body  
Friday 25 February, 6.45pm-9.45pm

### Seminar 3: Bones and the Skeletal System

Structure and support: the feeling of being 'in' bone  
Friday 25 March, 6.45-9.45pm

### Seminar 4: Muscle and the Action Systems

Posture, gesture, intentionality and agency  
Friday 27 May, 6.45pm-9.45pm

### Seminar 5: Rhythm and the Fluids

Forms of vitality, affect and flow  
Friday 24 June, 6.45pm-9.45pm

### Seminar 6: Skin, Touch and Spatial Sensing [Weekend]

The proximal senses: taste, smell, & tactility. The human social engagement system: face, eyes, ears, voice, hands  
Saturday 16 and Sunday 17 July, 10am-5.30pm

### Seminar 7: The Autonomic Nervous System

Cycles and states of arousal, restoration, dissociation and engagement  
Friday 23 September, 6.45pm-9.45pm

### Seminar 8: Head, Heart, Belly, Pelvis

A differentiated dialogue  
Friday 21 October, 6.45pm-9.45pm

**For more information see: [www.thinkbody.co.uk](http://www.thinkbody.co.uk)**

## This course is NOT:

- ◆ a bodywork training
- ◆ a medical anatomy study group
- ◆ a creative arts forum
- ◆ a psychotherapy group
- ◆ a movement and music course
- ◆ a seminar on mindfulness, focussing or visualisation

*(though it may have elements from these)*

## Rather . . .

An experiential journey through the brain and body as it relates to a psychological process

## . . . Within

A contemporary relational neuroscience framework

*For more information see: [www.thinkbody.co.uk](http://www.thinkbody.co.uk)*

*All seminars will be led by Roz Carroll, and supported by guest tutors Jon Blend and Thérèse Melville*



### Roz Carroll

Roz Carroll is a body psychotherapist with an interest in movement, neuroscience and relational psychoanalysis. She teaches on the MA in Integrative Psychotherapy at The Minster Centre, as well as at The Bowlby Centre and Terapia. She is the author of numerous articles and chapters, including most recently 'Self-regulation – an evolving theory at the heart of psychotherapy' in *Contemporary Body Psychotherapy: The Chiron Approach* (2009) ed. L Hartley.

Roz Carroll specialises in interdisciplinary thinking and experiential practice. This course draws on her one year training with Linda Hartley in Body Mind Centering. It reflects her interest in a variety of body-based awareness practices including improvisation, authentic movement and yoga. [www.thinkbody.co.uk](http://www.thinkbody.co.uk)

### Guest tutor Jon Blend

Jon Blend MA Dip Psych is a Gestalt psychotherapist, supervisor and trainer. He teaches introductory courses on working with children and adolescents using the creative arts at the Gestalt Centre. He is also an external trainer at Terapia. Jon has many years experience of working with adults, children and families in various community mental health settings, also in private practice. He is resident musician with an improvisatory theatre group ([www.playbacksouth.org](http://www.playbacksouth.org)), retains a keen interest in "Communicative Musicality" (Trevarthen, 2009) and has published several articles concerning therapeutic use of music. email: [life-changes@ntlworld.com](mailto:life-changes@ntlworld.com)

### Guest tutor Thérèse Melville

Thérèse has taught Eutony in the U.K. and on the Continent for over 30 years. The essence of Eutony - created by musician, dancer and therapist Gerda Alexander (1908-1994) - lies in an attitude of observation of the finest sensations experienced in the body, from the surface of the skin to the resonance of the bones, in relationship with the outside world. Thérèse is a potter, sculptor and permaculture designer.

## Booking Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_

### Course Dates and Venue:

#### Seven Friday Evenings(6.45pm-9.45pm)

21 Jan, 25 Feb, 25 Mar, 27 May, 24 Jun, 23 Sep and 21 Oct 2011

#### One weekend (10.00am-5.30pm)

Sat 16-Sun 17 July 2011

### Course Fees:

£799 (includes 7 evening seminars and one weekend, plus the Embodied Awareness Compendium).

A deposit of £399 is required by 20th November 2010 to secure your place. The second instalment is due in April.

The course is limited to 20 participants and early booking is advised. Further information and sample pages of Compendium on [www.thinkbody.co.uk](http://www.thinkbody.co.uk).

Email: [thinkbody@lineone.net](mailto:thinkbody@lineone.net)

Please make cheques out to *Thinkbody* and post to 17 Myrtle Road, London W3 6DX

Venue: The Minster Centre, 20 Lonsdale Road, London NW6 6RD (nearest tube: Queen's Park, overground and Bakerloo line)

*Thinkbody presents*

# Embodied Awareness: A New Anatomy with Roz Carroll

*"The body is neither the origin, nor the end point of self-knowledge. Rather it is part of a continual feedback loop, that connects us to ourselves, and our physical and relational environment."*

*Venue: The Minster Centre, 20 Lonsdale Road, London NW66RD  
Fee £799. Starting January 2011.*