

THE PRESENCE OF THE BODY IN THERAPEUTIC PROCESSES.

Embodiment and Subjective Presence in Psychotherapy

Workshop for psychotherapists, social workers, pedagogs.

Our very existence is only possible with the organic continuity of our so called body. Whether we attend to it or not, our body is continually present.

Our sensory and somatic awareness underlies every function in which we engage ...Our body responds in every relationship with another person. We are continually monitoring our emotions through our body and its sensations. Our organism anchors us in Here and Now states of awareness.

During the 1960s, Esalen Institute in California, was at the foreground of developing methods of psychotherapy which began to use the full presence of the organism in psychotherapy, inspired by the work of Wilhelm Reich and Fritz Perls.

Seymour Carter writes: “at Esalen, we expanded our field of inquiry from just listening to narrative stories in therapy to also examining our clients presence as revealed in their non-verbal expressions, especially the presence or absence they show with their emotional states.

During the therapeutic session, we are being mindful to the signals from our client's physicality and body language.”

Using the body as the gateway to a deeper awareness, and the entanglement of surface and depth in body language, buried feelings and memories can be evoked. This can help free our clients from old patterns and energy blocks which keep them feeling stuck and unable to live life to its fullest. Their defenses may avoid certain emotions and memories, but their body remembers and represents them in their entirety.

Body/Mind Gestalt Therapy is a psychotherapeutic process that works with the relationship between the body and the emotional processes of the client, and is intended to address deep-seated and old patterns of relating to self and other, that are not easily accessible to change through talk therapy alone.

Seymour Carter's workshop in Moscow will concentrate on aspects of our Body processes and its use in Psychotherapy, in the classic Fritz Perls' Gestalt style. Charlotte Selver's Sensory Awareness, will be introduced, a mindfulness practice of experiencing our own bodies, breathing patterns, and relationships with another person.

The workshop offers:

- Sensitivity training in the form of body work through movement
- Small group practice in Body/Mind intervention techniques
- Individual sessions in the Gestalt Group Process.



Seymour Carter, a somatic philosopher, teacher, and a surviving member of Esalens team of Gestalt Therapists who revolutionized Psychotherapy in the 1960s. He is Esalens Senior Gestalt Process teacher, was one of the early students of Fritz Perls at Esalen Institute, 1966-70. For the last 40 years, Carter has been developing Perls' Gestalt concepts, connecting them with Sensory Awareness and other psychosomatic practices.

More information about Seymour Carter: www.seymourcarter.com