

Module 6: Embodiment and Body Psychotherapies

Saturday 3 and Sunday 4 June 2023

Presenter: Pernilla Siebenfreund

SATURDAY 3rd of June 2023

8.30 - 8.45	Director of Training (DOT) Welcome Address, acknowledgement of country, silent meditation (5 mins) and introduction to seminar leader.
8.45 - 9.20	Group Check In-DoT
9.20 - 9.45	Guided meditation – Awareness of Body & Somatic resourcing
9.45 - 10.05	Embodiment Overview
10.05 - 10.20	Morning tea break
10.20 -11.05	The Embodied Seat - Introduction & Practice in pairs
11.05 -11.20	The Body Remembers - Experiential
11.20 - 11.30	Tracking the body - Introduction
11.30 - 12.20	Tracking the Body - Practice in groups of 3
12.20 - 12.30	Group Debrief
12.30 - 1.30	LUNCH
1.30 - 1.45	Impulse Movement
1.45 - 2.05	Embodied Contact - Introduction
2.05 - 3.15	Embodied Contact - Skills Demo and Practice in groups of 3
3.15 - 3.30	Group Debrief
3.30 - 3.50	Afternoon Tea Break
3.50 - 4.15	Safe Use of Touch - Introduction
4.15 - 4.35	Compassionate Self Touch - Experiential
4.35 - 4.45	Final Group Reflection

SUNDAY 4th of June 2023

8.30 - 9.00	Guided Meditation
9.00 - 9.20	Overnight Reflections Group Discussion
9.20 - 10.20	Demo session of Hakomi Mindful Somatic Psychotherapy
10.20- 10.40	Demo debrief
10.40- 11.00	Morning tea break
11.00-11.30	Wisdom of the Body - Introduction
11.30 - 12.15	Wisdom of the Body - Skills Demo & Practice in pairs
12.15 -12.30	Group Discussion
12.30 - 1.30	LUNCH
1.45 - 3.15	Group supervision
3.15 - 3.30	Afternoon tea break
3.30 - 4.10	Group Discussion on Similarities and Differences of Buddhism and Somatic Psychotherapy
4.10 - 4.25	Closing circle
4.25 - 4.45	Closing blessings by trainer and closing comments by DOT