

## Two-Day Workshop

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# Embodiment and Therapeutic Space

Embodiment as a creative resource in working with stuck or overwhelming therapeutic and 'borderline' relational processes

Facilitated by Tim Sheard

CAT Psychotherapist

## A Two-Day Workshop, Friday 12th May 2017 & Saturday 13th May 2017

This workshop will

- Give a taste of how engaging with our own embodiment as therapists can begin to free up stuck or difficult therapeutic process
- Introduce and practise specific embodiment techniques that participants can take away and begin to use in their work
- Give insight into ways we may be taking on burdens from clients and carrying them in our bodies, resulting in tiredness, exhaustion, even burnout
- Begin to explore how self embodiment skills may reduce this burdening that may be damaging to therapists and the therapeutic process

The workshop is mainly experiential, focused on individual exercises and the number of participants will be limited to a maximum of sixteen. Some theoretical understandings will be woven in to the process. These will be largely within a CAT and relational frame. To be trained in or familiar with Cognitive Analytic Therapy (CAT) is not a prerequisite. Please see workshop notes for more detail of this approach and the facilitator. This is an introductory workshop and can lead on to further workshops.

### **CPD Training CAT Scotland**

Friday 12th May 2017

Registration @ 9.30 am

Workshop from 10.00 am –  
5.00 pm

Saturday 13th May 2017

Workshop from 10.30 am –  
5.00 pm

**The Gillis Centre  
100 Strathearn Road  
EDINBURGH  
EH9 1BB**

**COST £150.00 (Includes lunch on Friday &  
Saturday)**

**Cheques payable to : Dhuana Affleck, 8 Mains  
Place, East Whitburn, Bathgate, EH47 8RB**

**BACS Payment: HALIFAX, Sort Code: 110919**

**Account No: 00382674**