

A SOMATIC PERSPECTIVE ON EMOTIONAL REGULATION

Advance Notice of Clinical Workshop November 10 - 11th 2018

This workshop will focus on the bodily basis of emotional regulation. It will also examine how emotion is inhibited by somatic and psychic defensive patterns. In Bioenergetic Analysis we understand that chronic muscular tension is a protective pattern and that it is related to defences against deeply held fear, anger, grief and anxiety. When the muscular tension is worked with, these defences reveal themselves to be a protection against embodied memories relating to developmental relational trauma and its conflicts.

When self-expression through feelings has to be inhibited, we get blocks in specific areas of the body; these act as a form of over-adapted emotional regulation. This constriction in the body leads in the long run, to emotional numbing and deadness, whereas opening the body leads to the ability to experience and tolerate more sensation and feeling. An expressive body reveals emotional truth: it displays very specific emotional patterns in posture, gesture, breathing, voice, facial expressions and bodily movements, and it involves the motoric level in the brain. True emotional expression leads to the vibrancy of emotional and sexual aliveness – the life force of the person.

Participants in the workshop will have the opportunity to experience these principles for themselves, learn about their own muscular holding patterns and practise releasing exercises. Vita Heinrich-Clauer will also lecture about the basic concepts of somatic psychotherapy and Bioenergetic Analysis. And, of course (says Vita), there will be many opportunities for pleasurable encounters with yourself and other participants.

Dr Vita Heinrich-Clauer

Dr Heinrich-Clauer is a registered psychologist and Certified Bioenergetic Therapist. She has been an IIBA International trainer since 2010 and has trained therapists in Germany, Russia, Scandinavia, Poland and Brazil. She has special interests in diagnosis, working with resistance, somatic resonance, psychosomatics, developmental trauma, self-care for therapists, working with the voice, and body work with couples. She has published numerous articles in German and English and is the editor of the "Handbook Bioenergetic Analysis" which has been translated into German, English, Italian, Portuguese and French. She has been sought as a lecturer for German Psychoanalytic Societies. She is a vibrant teacher and we are very fortunate that she has agreed to come to New Zealand to offer a public workshop. Don't miss this!



This workshop is open to Counsellors, Psychotherapists, Health Professionals and Psychologists. **REGISTER YOUR INTEREST** by sending your contact details to: pye.bowden@gmail.com
Postal Address: NZSBA, PO Box 25-128, Featherston St., Wellington 6164.

Dates: Sat and Sun 10/11 November 2018
Times: 9.30am to 5pm: to be confirmed
Venue: to be advised
Fees: \$395