

PSYCHODRAMATIC BODYWORK®

Psychodramatic Bodywork® combines psychodrama, a psychotherapeutic method that uses dramatic action, and bodywork, to free and reintegrate spontaneity blocked by earlier trauma. *Safe Touch* helps individuals connect with messages held in the body as pain, numbness and/or illness. A skilled team of assistants demonstrate the theory and the process of Psychodramatic Bodywork®. The atmosphere is relaxed to foster easy, natural learning. A spiritual component incorporated into the workshop, deepens the effectiveness of the work.



Barbara Guest-Hargin, M.S.W. R.S.W. T.E.P. is certified both as a Psychodramatic Bodywork® trainer and as a Trainer Educator and Practitioner of Psychodrama and Sociometry. She is a trainer at The Toronto Centre for Psychodrama and Sociometry. Barbara is also a registered member of the Ontario College of Social Workers. She has worked with Susan Aaron for 20 years providing Psychodramatic Bodywork® workshops both in Canada and Internationally. In addition to her training in psychodrama she brings to this work bodywork training in Reiki and Shiatsu. When not leading training workshops, Barbara has a psychotherapeutic private practice, working with individuals and groups in the Stratford area

Dates: Friday – Sunday Barbara Guest-Hargin 59 Cambridge Ave. Toronto, ON October 13, 14, 15, 2017

Stratford, ON barbaraguest@ (3 full days) 9:30am – 5:00pm

Location: Toronto, 59 Cambridge Ave, Broadview and Danforth area

Trainer: Barbara Guest B.Ed., M.S.W., T.E.P.

Costs: Registration before Sept. 1, 2017 - \$450.00 - Registration after Sept. 1, \$500.00

Cancellation Policy: Full refund before September 1st, no refund after September 1st 2017.

The Introductory Level Workshop focuses on:

- Understanding and witnessing the emotional release of anger, sadness and fear from barely expressed to fully released.
- Providing facilitated opportunities to experience the release of each emotion safely.
- Learning where the body holds each of these emotions.
- Learning and practicing guidelines for safe touch and increasing comfort in using safe touch for therapeutic purposes.
- Experiencing the integration of emotional release and bodywork into the structure of psychodrama.
- Learning and practicing the six aspects of closure theory

Registration Form: for Introductory Workshop

First Name _____ Last Name _____ Name I'd like on my name tag _____

Full Address _____

Phone(s): Home _____ Work _____ Cell _____

E-mail _____

How I heard about this workshop _____

This is an experiential workshop. Although deep personal healing may occur, it is not a therapy group. Participants will need support to complete and integrate what was begun in the workshop.

I have therapeutic resources in place to support me outside of this workshop. I understand that this is a requirement for attending the workshop.

_____ signature required (by signing here I agree that I have therapeutic resources in place)

Mail Payment and Completed form to:

Barbara Guest-Hargin, 249 Douglas St.

Stratford, On N5A 5R1 —Cheques payable to: Barbara Guest

e-mail: barbaraguest@cyg.net phone 519-271-5542

For information about other workshops: Visit our web site at www.youremotions.com