

OCTOBER 26–31 SUNDAY–FRIDAY

SAMPLER SERIES IN SOMATIC PSYCHOLOGY

FOR mental-health professionals, yoga teachers, bodyworkers, and everyone who wants to experience the psychology of their bodies. **CE** credits.

The United States Association for Body Psychotherapy presents a mini-conference on somatic psychology—a discipline that combines somatic, psychic, and interpersonal dimensions. Somatic psychology treats the body as a source of wisdom to which we must listen.

This sampler presents four distinct body-mind therapies within the field of somatic psychology: Bioenergetics; Somatic Experiencing®; Core Energetics; and a dynamic blend of yoga, mindfulness, and neuroscience.

CONFERENCE TOPICS INCLUDE

- Ways to become conscious of what’s being held in your body
- The implications of working in a somato-psychic model as a client or clinician
- Various styles of somatic psychotherapeutic practices
- How somatic psychology techniques are different from traditional counseling and talk therapy
- What this field and these practices can do for you and your clients.

Discover what your body might be trying to teach you and experience the gifts of somatic psychology for your life and work. During breaks between conference sessions, enjoy all that Kripalu has to offer, including yoga and dance classes, hiking trails, sauna, and more.

Copresented with



NOTE For conference schedule and workshop descriptions, please see this program on the Kripalu website.

TUITION \$495. Add 5 midweek nights room & meals; see page 96. (web code SOMPSY-141)

FACULTY



Peter A. Levine, PhD, is the developer of Somatic Experiencing®, founder of the SE Trauma Institute, and author of the best-seller *Waking the Tiger: Healing Trauma*.



Scott Baum, PhD, ABPP, has been a bioenergetics therapist since the 1970s and developed a practice based on that foundation with psychodynamic, feminist, and other influences.



Lisa Loustaunau, MFA, CCEP, is director of education at the Institute of Core Energetics and has been in practice for more than 20 years. www.lisaloustaunau.com



Bo Forbes, PsyD, E-RYT 500, is a clinical psychologist, yoga teacher, founder of Integrative Yoga Therapeutics, and author of *Yoga for Emotional Balance*. www.boforbes.com



Dave Berger, LCMHC, PT, MA, has practiced physical therapy and psychotherapy for nearly 30 years, using a diverse array of traditional and complementary healing practices.



Beth L. Haessig, PsyD, president of the United States Association for Body Psychotherapy, is a licensed psychologist, Core Energetics practitioner, and Kripalu Yoga teacher. www.bethhaessig.com