

NOVEMBER 1-6 SUNDAY-FRIDAY

SOMATIC PSYCHOLOGY CONFERENCE

Jaci Hull, Ann Weiser Cornell, Brian and Marcia Gleason, Joe Weldon, and Beth L. Haessig

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 conference on somatic psychology—a discipline that combines somatic, psychic, and interpersonal dimensions. Treating the body as a source of wisdom, this symposium presents four distinct body-mind therapies within the field of somatic psychology: Hakomi, Focusing, Embodied Couples Therapy, and Rubenfeld Synergy.

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 is trying to teach you and experience the gifts of somatic psychology for your life and work.

NOTE See this program on the Kripalu website for conference schedule and workshop descriptions.

TUITION \$495. Add 5 midweek nights room & meals; see page 108. (web code SOMPSY-151)



JACI HULL, MA, LMFT, certified Hakomi trainer and licensed psychotherapist in practice for 30 years, leads workshops and trainings internationally. jacihull.com



ANN WEISER CORNELL, PHD, one of the best-known Focusing teachers in the world, is author of *Focusing in Clinical Practice: The Essence of Change*.



BRIAN GLEASON, LCSW, senior faculty at the NY Institute of Core Energetics, originated the Exceptional Marriage approach, the first body-based approach in couple's therapy.



MARCIA GLEASON, LCSW, a body psychotherapist for 35 years, developed the Embodied Couples Training (Exceptional Marriage Mentoring®) with her husband, Brian.



JOE WELDON, MS, licensed psychologist, master Rubenfeld Synergist, and codirector of the Rubenfeld Synergy Training Institute, is a gifted teacher with more than 30 years' experience. rubenfeldtouch.com



BETH L. HAESSIG, PSYD, is president of the United States Association for Body Psychotherapy, a licensed psychologist, Core Energetics practitioner, and Kripalu Yoga teacher. bethhaessig.com

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