

# Embodied-Relational Therapy

Relational Body Psychotherapy

Introductory weekend workshop

Saturday and Sunday 12<sup>th</sup> and 13<sup>th</sup> October 2019

The Energy Centre, Hebden Bridge, West Yorkshire

Jayne Johnson  
Stephen Tame



# ***Embodied-Relational Therapy (ERT)***

## ***The Meeting Place of Body, Process, and Relational Psychotherapy***

This 2-day non-residential workshop will support you to explore working relationally with body experience.

We will introduce, through experiential and theoretical practice, the 4-stage model of ERT:

- **Contact** – how do we make good contact both initially and through client sessions?
- **Information gathering** – how can we use all our senses and different channels to orientate ourselves with clients?
- **Amplification** – How can we encourage amplification of movements, relationship, sounds, feelings, breathing?
- **Integration** – How do we integrate client sessions, our own work, this workshop?

We encourage risk taking, within the safely held container of this structure, to find the edges of your own process and related work, and to experiment with new and embodied ways of working with clients.

This workshop is suitable for anyone working one to one in a therapeutic setting i.e. counsellors, shamanic practitioners, body/physical/massage therapists, homeopaths etc.

It is also a good taster for the Embodied-Relational Therapy Training starting in April 2020.

Cost: £180 – **early bird booking price £155 before 1<sup>st</sup> September 2019**

**More info and booking form at: [www.earthworks.co.uk](http://www.earthworks.co.uk)**

**or contact Stephen on 01626 438 279 - email: [stephentame@gmail.com](mailto:stephentame@gmail.com)**

### **Stephen Tame**

After 20 years of therapy practice, I continue to find this model exciting, and empowering for my clients and myself. I look forward to us all learning from our shared workshop experience. **[www.stephentame.co.uk](http://www.stephentame.co.uk)**

### **Jayne Johnson**

I love how accessible ERT has been for me in my life and in my work and continue to be inspired and alive with the joy and edges of exploration with groups and in community. **[www.shamanismembodied.com](http://www.shamanismembodied.com)**