

UNCERTAIN GROUND

The Body as Resource

in the Face of Modern Life

Experiential Workshop for Psychotherapists, Counselors,
Body Workers and others in the helping professions

August 16, 2017 9:00 am - 5:00 pm

Sandman Suites on Davie, Vancouver, B.C.

Registration Fee: \$125



Today we live in a world where nothing is certain. We no longer live in small communities where everyone is known. No longer is there a job for life. We don't know what to trust in the media—is it true or is it false? Our lifestyles have become more fluid, which can be challenging for our personal relationships.

Living in such a world brings unsettling disturbances to our sense of the ground beneath our feet. We long for more certainty in our lives and less unpredictability. Perhaps, however, the question is not “How can I make my life more predictable?” but “How can I develop confidence in living when I don't know or trust that I have the resources to deal with the unpredictable?”

For those of us in the helping professions, this issue is even more complex. How do we suspend our training and knowledge and the transference pressures of our clients, to be truly present in every session while still being with them in their uncertainty? What assists us to enter the world of our clients with an openness to their experience and process, at times not knowing where we are going?

This one day workshop will be a blend of didactic and experiential sessions for members of the helping professions. We will explore how we can access our body and its inner resources so that we may develop greater confidence in living with both “knowing” and “not knowing,” and trusting in our capacity to deal with the unpredictable, as it will inevitably arise. We'll explore how we might work with others to develop this capacity for themselves. Participants will experience how working from this framework enhances their comfort with not knowing, empowers the process of the client and embodies the spiritual with the emotional and the physical. In particular, emphasis will be given to how attending to our body and theirs can help us be able to sit with our clients in their difficult feelings without necessarily trying to make them feel better, but in fact, to be able to increase their tolerance for those uncomfortable feelings.



Presenter: Narelle McKenzie, MA, is a Registered Psychologist and body psychotherapist in private practice in Melbourne, Australia, and is Director of Training of Radix Body Psychotherapy [in Australia](#) and of [The Radix Institute in North America](#).

Radix is a process-oriented approach in which practitioners work with clients to restore the rhythmic flow of the life energy throughout the body, using breath, movement, sound, touch and vision to increase awareness and aliveness. Radix practitioners are trained to work with somatic approaches to trauma, affect regulation and expression, sensory and motor activity, mindfulness, hypo and hyper arousal states, characterology, attachment patterns, object relations, dissociation and developmental trauma. However, the Radix approach is fundamentally an educational model of personal growth. The practitioner and client work together in a process of mutual discovery developing a deep curiosity about the client's process and its uniqueness.



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