

Advanced Clinical Training: Cultivating an Embodied, Contemplative Approach to Psychotherapy

Presented by the **Training Institute for Integrative Psychotherapy®**
An exciting program of **Noeticus Counseling Center and Training Institute®**

General Description:

Having basic counseling skills and an intention to be of service provide an excellent foundation for beginning therapists, however, being a well-meaning therapist is usually not enough when working with clients who present with a complex array of psychosocial challenges. The skill set that is required in these situations requires an understanding of the self of the therapist, the developmental processes that shape the client's sense of identity, and the intersubjective field that exists between the therapist and the client. Comprehending and cultivating these abilities demands an advanced level of clinical training that is rooted in a deep therapeutic presence, keen theoretical understanding of human development, and nuanced application of skills in creative and spontaneous ways that are adapted to the uniqueness of each individual.

Day One: The Inner Journey (Saturday, June 5 from 9:00 am – 6:00 pm; 7.5 Contact Hours)

Research suggests that therapeutic presence and the ability of the therapist to create a secure relationship with the client are the crucial factors that affect the healing process. The focus of the first day therefore centers on experiential activities that cultivate the primary ingredients of the therapeutic relationship: presence, resonance, attunement, trust, and the capacity for repair. Essential material based in contemplative practice will be shared in an embodied and engaged way that is substantiated by contemporary psychological theory and neuroscientific research.

Day Two: The Outer Journey (Sunday, June 6 from 9:00 am – 6:00 pm; 7.5 Contact Hours)

Having sound techniques for bridging personal knowledge and theoretical understanding into sound clinical practice is an important part of therapeutic training. The focus of the second day is on developing the self-awareness skills and theoretical constructs explored during the first day into a coherent model of clinical decision-making that supports the client and the therapeutic relationship at each stage of development. Essential material in attachment theory, mindfulness, somatic patterning, dialectics, object relations, and self-psychology will be integrated.

NOTE: This workshop is designed for advanced practitioners or those who have had some prior supervised counseling experience, thus it is not appropriate for individuals with no clinical training.

Dates: Saturday, June 5 and Sunday, June 6, 2010

Time: 9:00 am to 6:00 pm

Location: Naropa University | Paramita Campus
3285 30th Street | Boulder CO | 80304

Continuing Education: 15.0 Contact Hours

Cost: \$175 for the weekend; \$95 per day (student rates below)

Phone: 303-399-9988 | **Fax:** 303-399-9977

Email: info@tiip.org | **Web:** www.tiip.org

Zoë Avstreich, MS, LPC, BC-DMT, NCPsyA

Zoë is core faculty in the Somatic Counseling Psychology Department at Naropa University and serves as the director of its Dance/Movement Therapy Program. She is a Licensed Professional Counselor and a Board Certified Dance/Movement Therapist and is also a licensed psychoanalyst and licensed creative arts therapist in New York State. In addition, she is the founder/director of the Center for the Study of Authentic Movement and founder and former director of the Dance/Movement Therapy Program at Pratt Institute in Brooklyn, New York. A pioneer in the development of Authentic Movement, she lectures and teaches internationally and has published widely.

Ryan Kennedy, MA, LPC, LMFT, RN, BC-DMT, CACIII

Ryan is core faculty in the Somatic Counseling Psychology Department at Naropa University and serves as the director of its Body Psychotherapy Program. He is a Licensed Professional Counselor, a Licensed Marriage and Family Therapist, and a Board Certified Dance/Movement Therapist. Ryan's clinical background includes extensive work in treating trauma, addictions, and life-threatening illnesses. He has also completed specialized trainings in Gestalt psychotherapy, the Laban/Bartenieff system of movement analysis (LMA) and in the Kestenberg Movement Profile (KMP). Ryan also maintains a private psychotherapy and consultation practice in Denver, Colorado.



Zoë Avstreich and Ryan Kennedy, Boulder CO

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Participant Information:

Name: _____

Mailing Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____

Email: _____

Degrees/Credentials: _____

Graduate School/Program: _____

Are you a New Graduate within the last year? Yes No

Are you a grad student with prior experience? Yes No

Registration Information:

Both Days-General = \$175.00 Both Days-Stud/New Grad = \$150.00

Day One-General = \$95.00 Day One-Stud/New Grad = \$80.00

Day Two-General = \$95.00 Day Two-Stud/New Grad = \$80.00

Payment Information:

Amount Enclosed/Charged: \$ _____

Credit Card Check Money Order

• Card Number: _____

• Expiration Date: _____ Security Code: _____