



# **Integralbody**

*Integrative Psychotherapy*  
*Relational Body Psychotherapy*

## **An Introduction to Body Psychotherapy**

A CPD Training Programme in Zagreb

Spring & Summer 2011

### **Seminar 2 - Grounding**

with Tom Warnecke

Zagreb, 11 – 13 March 2011

The Biosynthesis concept of motoric fields provides a framework to explore our affective motor patterns. Motor patterns are learned from experience and unique to each person. They determine our individual abilities to manage the continuum between grounded and anxious states of being. They inform our sense of autonomy, our expressive gestures and the qualities of our impulses. We also explore grounding as a central principle of somatic meditation and as an important aspect of spiritual practice.

### **Seminar 3 - Centering**

with Tom Warnecke

Zagreb, 17 – 19 June 2011

This workshop seminar will focus on pre- and perinatal aspects of experience. Breathing patterns and the polarities of containment and release are central aspects of centering. The process of inhabiting ourselves, the 'lodgement of psyche in soma' as Winnicott phrased it, begins in the womb, through birth and with our early encounters of gravity and the world at large. We utilise the work of Boadella and Grof to explore the range of pre- and perinatal experiences and trauma.

**Tom Warnecke** (UKCP, ECP, EABP) is a relational body psychotherapist, supervisor and trainer. In his workshops, he utilizes movement work to explore psyche-soma dynamics and make mind- body relations accessible. He also developed a relational - somatic approach to borderline dynamics (Contemporary Body Psychotherapy: The Chiron Approach, Ed. Hartley) and he teaches contemporary body psychotherapy in various settings. His publications include several journal papers and book chapters. He is a vice chair of UK Council for Psychotherapy.