

CHIRON

Centre for Body Psychotherapy



OPEN PROGRAMME

2009/2010

**26 Eaton Rise, Ealing
LONDON W5 2ER
Tel.: 020 8997 5219
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www.chiron.org**

The Chiron Centre is a member of the UK Council for Psychotherapy

ABOUT THE OPEN PROGRAMME

Welcome to our Open Programme 2006/2007, which gives you an avenue into the work of the Chiron Centre and the diverse ways it is being applied in a variety of settings. Chiron was established in 1983 as a Centre, Training Institute and Clinic in Body Psychotherapy, and has grown organically since then. More than 120 therapists have completed their training and are taking their expertise into diverse fields such as health care, education, social work, mental health and into organisations and business.

In Greek myth the centaur Chiron was the patron of the healing arts. Suffering himself from an incurable wound, he was known as the 'wounded healer'. The Chiron Centre was founded with the aim of teaching and practising therapy in a way that encourages and allows therapists to stay connected with their own wounds and vulnerability as the basis for understanding and meeting both the pain and the potential of those they work with. The fact that Chiron was a centaur - half-man and half-horse - reminds us of the polarity between animal and spirit, body and mind, spontaneity and reflection. Attention to the relationship between body and mind is at the heart of our work, and forms the backdrop to the workshops and events offered in this programme.

Whether you are interested in self-development and personal growth or are a helping professional looking to evolve within your role at work, you will find opportunities here to explore more deeply all aspects of yourself - body, mind, feelings and spirit, and your relationship to yourself and others.

Courses are listed in date order, giving the title and a brief description of the content and structure of each course, along with details about dates, times, fees, venue and booking information. Most courses will be held at our main centre at 26 Eaton Rise in Ealing, W5; only some will take place at the Chiron Clinic in NW6, 90 Harvist Road. To book a place on a course, you will generally need to send in a third of the total fee at least three weeks before the course is due to take place. As there are some exceptions to this guideline, the booking arrangements are mentioned at the end of each course description, including the booking deadline for each course. It is important to adhere to these deadlines as courses may already have been cancelled if your booking is received in the last minute.

Please use one of the booking forms or send an informal letter or e-mail to book a place to:

Chiron Centre for Body Psychotherapy, 26 Eaton Rise, LONDON W5 2ER
Tel.: 0208 997 5219; e-mail: chiron@chiron.org

Besides a Certificate course in Biodynamic Massage, Chiron offers a Continuing Professional Development Programme for qualified psychotherapists and counsellors. We also run a clinic and have a referral service offering one-to-one psychotherapy, Biodynamic Massage, Psychotherapy groups and supervision. Please ask for details.

FAMILY CONSTELLATIONS THERAPY

based on the approach of Bert Hellinger with Alun Reynolds

“What is Family Constellations Therapy? Family Constellations Therapy, pioneered by psychotherapist and philosopher Bert Hellinger and his colleagues, has become increasingly recognised as an astounding, powerful and far-reaching approach to finding lasting resolutions in cases which before had seemed beyond reach. It brings to light our deep interconnectedness with family and community and leads to a deep experiential understanding of primordial love at the heart of all kinds of mental, psychosomatic and bodily suffering. Once that love is freed from unconscious entanglements dating back one, two or even three generations, it becomes a force for profound healing.” (Dr Albrecht Mahr).

What is an entanglement? An entanglement is where one family member follows the fate of an earlier family member.

When to do a Family Constellation? When one or more of the following is evident:

- an important life event has occurred (such as early deaths or separations of parents or siblings, exclusion or expulsion of a family member, early hospitalisation, major accidents or illnesses or disablements, complications during childbirth, adoptions, abortions)
- persistent body symptoms (such as obesity, anorexia, asthma, panic attacks, ulcer colitis, cancer)
- persistent emotional symptoms, such as rage, depression, not belonging, isolation
- persistent behavioural symptoms (such as addictions, accident proneness, eating disorders)
- there are patterns that seem resistant to change,
- one feels stuckness or weighed down in life, not able to be oneself
- there is a persistent sticking point in individual therapy
- there is an issue that frightens or plagues us
- when couples first get together or pregnant women before the child is born (preventative constellations)

Basic Principles that will be experienced and practised throughout the workshop include:

- the healing potential of what is, rather than what we would like it to be
- the group as a containing and healing circle
- the power of embodied presence
- blind love and loyalty versus enlightened love and loyalty
- solution orientation rather than problem orientation
- lightness, joyfulness and relaxation at the heart of reality
- honouring and integrating body psychotherapy and other psychotherapeutic approaches
- reconciliation of dead members of the family system
- healing through our ancestors
- practising solutions in everyday life

Will I have an opportunity to work?

- the workshop provides a space for all participants to work
- many wishing to constellate their current family or family of origin will be able to do so
- our soul is also moved in serving others as a representative
- being in the group and witnessing the work often touches us in a deep and healing way

This weekend will be offered five times during the year - possible dates to choose from:

Weekend 1

Dates: 17/18 October 2009

Times: 9.30am - 6pm

Venue: Eaton Rise

Fee: £ 180

The fee for this course is £ 180. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £60 by 25/9/2009. The remaining fee of £ 120 is payable by 9/10/2009.

Weekend 2

Dates: 12/13 December 2009

Times: 9.30am - 6pm

Venue: Eaton Rise

Fee: £ 180

The fee for this course is £ 180. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £60 by 20/11/2009. The remaining fee of £ 120 is payable by 4/12/2009.

Weekend 3

Dates: 23/24 January 2010

Times: 9.30am - 6pm

Venue: Eaton Rise

Fee: £ 180

The fee for this course is £ 180. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £60 by 1/1/2010. The remaining fee of £ 120 is payable by 15/1/2010.

Weekend 4

Dates: 6/7 March 2010

Times: 9.30am - 6pm

Venue: Eaton Rise

Fee: £ 180

The fee for this course is £ 180. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £60 by 12/2/2010. The remaining fee of £ 120 is payable by 26/2/2010.

Weekend 5

Dates: 12/13 June 2010

Times: 9.30am - 6pm

Venue: Eaton Rise

Fee: £ 180

The fee for this course is £ 180. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £60 by 21/5/2010. The remaining fee of £ 120 is payable by 4/6/2010.

INTRODUCTION TO BODY PSYCHOTHERAPY

An experiential one-day workshop with Bernd Eiden

Our understanding of the relationship between body and mind is shifting, body and mind are now seen as interrelated and as part of one system. Research has shown that during interpersonal communication only 7% of a message is transmitted verbally, while the remaining 93% is communicated non-verbally. Body psychotherapy pays attention to the non-verbal and subliminal.

In this workshop we will look at some basic principles of body psychotherapy through experiential work and theoretical discussions. We will create a space to explore our relationship with our body through a set of exercises. Unconscious material is held in the body and neurotic symptoms and defences have a psycho-physical correlation.

This workshop is open to everybody interested in discovering a more holistic approach to body psychotherapy. Please wear comfortable clothing which will allow you to move, lie down, stretch, etc.

This event will be offered two times during the year - dates to choose from:

Workshop 1

Date: Sun. 8 November 2009

Times: 10am - 5.30pm

Venue: Eaton Rise

Fee: £ 95

The fee for this course is £ 95. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £35 by 17/10/2009. The remaining fee of £ 60 is payable by 31/10/2009.

Workshop 2

Date: Sat. 20 March 2010

Times: 10am - 5.30pm

Venue: Eaton Rise

Fee: £ 95

The fee for this course is £ 95. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £35 by 26/2/2010. The remaining fee of £ 60 is payable by 12/3/2010.

WORKING WITH ILLNESS IN COUNSELLING AND PSYCHOTHERAPY

Who lives in the symptom? Who wants to get rid of it?

An evening with Michael Soth

Date: Fri. 20 November 2009

Times: 6.30pm - 9.30pm

Venue: Eaton Rise

Fee: £ 50

This evening is designed as a brief, but fairly comprehensive overview of the many ways in which we can approach physical and psychosomatic symptoms psychologically, as they present themselves in counselling and psychotherapy practice.

As officially they do not fall within our 'job description', the client's physical problems and illnesses pose some tricky questions for us:

- is there 'meaning' in illness ?
- does the client want to know about it ?
- and if so, how can we find out about it ?
- and if we do, will it make a difference to the symptoms ?

The field - including the complementary therapies - consists of a plethora of approaches and paradigms in pursuit of 'health', and all deserve to have some input into our therapeutic response to somatised and somatic symptoms. Based on the notion that "nobody can be wrong all the time" (Ken Wilber), we will find that they potentially complement each other and there is some purpose and meaning in each of them.

As an introduction to approaching the symptom relationally and holistically, I will suggest a simple categorisation of the many relevant approaches, in an attempt to expand Freud's 'talking cure' into a 21st century body/mind 'relating cure'. I will distinguish eight ways of relating to the symptom, drawing on a wide variety of often contradictory therapeutic concepts and techniques.

This evening will help you orient yourself in how to bring a bodymind perspective to your clients' symptoms without stretching beyond the psychological foundation of your therapeutic approach and work.

The fee for this course is £ 50. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £20 by 29/10/2009. The remaining fee of £ 30 is payable by 12/11/2009.

THE WORKING RELATIONSHIP BETWEEN BRAIN AND BODY

with Roz Carroll

Date: Fri. 27 November 2009

Times: 6.30pm - 9.30pm

Venue: Eaton Rise

Fee: £ 50

The body is neither the origin, nor the end point of self-knowledge - it is part of a continual feedback loop, that connects us to ourselves, and our social and physical environment. The more we learn about the organisation of the brain, the more we can appreciate how we think through the body: the systems of self-regulation, of automatic subliminal resonance with and reading of others' bodies, and the way this information overlaps with the multiple, fluid composite maps of our own states. Advanced research on different functions of brain regions can give us a new perspective on the dynamics of subjectivity and intersubjectivity.

This is a NEW introductory lecture to the seminar series on 'The New Anatomy: Exploring the Mind in the Body'

The fee for this course is £ 50. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £20 by 5/11/2009. The remaining fee of £ 30 is payable by 19/11/2009.

ENERGY FLOW AND CHAKRAS

with Bernd Eiden

Date: Sun. 10 January 2010

Times: 10am - 5.30pm

Venue: Eaton Rise

Fee: £ 95

This day is for those with interest/ some experience in chakra work. It's a day to be with yourself inside your body. We will use meditation and music to get in touch with our deeper sources and to learn some more means of maintaining a sense of wellbeing and connectedness to our essence - the most important quality to have when working with other people. We will make contact with our Chakras and use this to facilitate an internal energy activity and learn to expand with our energies, while at the same time remaining deeply anchored within ourselves. While psychotherapy works more on psychic defences and mental patterns of behaviour, this way of working tunes in to our intuition and to a different level beyond words and addresses spirituality, healing and energy work, an area which has been only touched upon in the basic training. This is largely an experiential day, not a training day as such. Please apply informally if you want to enrol as places are limited. The presented material is developed from Bob Moore's teaching.

The fee for this course is £ 95. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £35 by 19/12/2009. The remaining fee of £ 60 is payable by 2/1/2010.

EXPLORING THE MIND IN THE BODY

with Roz Carroll

We are living in exciting times. Radical breakthroughs in grasping the complex physiological basis of mind are emerging. For this seminar, Roz has drawn on body psychotherapy, psychoanalysis, holistic theories and recent neuroscientific research. You will explore both 'hard' facts and 'soft' processes to deepen our understanding of the body. Each evening will focus on the psychological function of a different body system through experiential exercises, theoretical input and discussion generated by the different perspectives of the participants.

There will be a syllabus, reading list and handouts given to those who enrol.

Seminar 1: Development

Date: Fri. 15 January 2010

Times: 6.30pm - 9.30pm

Venue: Eaton Rise

Fee: £ 50

Neuroscience, psychoanalysis and body psychotherapy all agree that patterns laid down in utero, infancy and childhood carry on into adulthood in the form of personality and its embodiment in physiological structure. This seminar provides an overview and introduction to the major themes of the course.

The fee for this course is £ 50. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £20 by 24/12/2009. The remaining fee of £ 30 is payable by 7/1/2010.

Seminar 2: Bones

Date: Fri. 12 February 2010

Times: 6.30pm - 9.30pm

Venue: Eaton Rise

Fee: £ 50

The skeleton is our framework. It mediates our relationship to gravity, a constant force affecting our lives. It effects and is a reflection of our capacity to co-ordinate, balance, and articulate in spatial, perceptual and conceptual fields. It contributes to the organisation of our thinking.

The fee for this course is £ 50. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £20 by 21/1/2010. The remaining fee of £ 30 is payable by 4/2/2010.

Seminar 3: Muscle

Date: Fri. 12 March 2010

Times: 6.30pm - 9.30pm

Venue: Eaton Rise

Fee: £ 50

Muscle enables us to act and react, to reveal or inhibit. Muscle is the convergence zone for habits, skills, and emotional learning, in other words, conscious and unconscious intention. Patterns and textures in muscle tone embody conflicts and resources which tell the unique story of an individual.

The fee for this course is £ 50. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £20 by 18/2/2010. The remaining fee of £ 30 is payable by 4/3/2010.

Seminar 4: Fluids

Date: Fri. 16 April 2010

Times: 6.30pm - 9.30pm

Venue: Eaton Rise

Fee: £ 50

Blood, lymph, and cellular fluid are the stream which carries our feelings through the body. The quality and intensity of our feelings depends both on the biochemical content of fluids (hormones, peptides, antibodies) and how connective tissue encysts, contains or disperses the fluids.

The fee for this course is £ 50. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £20 by 25/3/2010. The remaining fee of £ 30 is payable by 8/4/2010.

Seminar 5: The Senses and the Skin

Date: Fri. 14 May 2010

Times: 6.30pm - 9.30pm

Venue: Eaton Rise

Fee: £ 50

Via the senses and the skin we have contact with the world around us. How we transform, are nourished by, block or distort the world is intimately related to how we use our senses and our skin. The senses are dynamic and the interplay between them can create or reduce our sense of 'depth of field' in life.

The fee for this course is £ 50. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £20 by 22/4/2010. The remaining fee of £ 30 is payable by 6/5/2010.

Seminar 6: The Nervous System

Date: Fri. 18 June 2010

Times: 6.30pm - 9.30pm

Venue: Eaton Rise

Fee: £ 50

The autonomic nervous system, a key link between the internal organs and the brain, determines changes in arousal/relaxation and where energy is directed in the body. It articulates patterns relating to survival in both the short-term (flight, denial, aggression etc) and the long-term (processing, absorption, releasing).

The fee for this course is £ 50. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £20 by 27/5/2010. The remaining fee of £ 30 is payable by 10/6/2010.

BELLY DANCE THERAPY

with Ruth Cowan

In ancient times one of the places women danced together was in the harems, the women's quarters. Apart from entertaining men, they used the dance to share, entertain and support each other through their lives - whether it was a happy or sad occasion, whether they were in the pain of childbirth or just wanting to dance as light entertainment to pass the time. These two workshops can be taken together or separately as an exploration of the pelvis and belly in belly dance. With awareness we will explore how it is to focus on moving our hips, pelvises, bellies and bottoms. The pelvis has a vast reservoir of energy and creativity within it. The dance is about reclaiming our power as women, which includes our sexuality. It is about celebrating and being proud of our bodies exactly how they are now, and having fun!

We will learn some techniques of belly dance to help bring our centre of gravity nearer to the earth, making this dance a potentially grounding, enlivening and empowering experience. The session will include a sharing before and after the dance to give an opportunity for us to check-in and to give feedback on our experience to make it relevant to ourselves and our lives. These workshops are for women at any level of fitness, shape, size or age, timid or assertive, confident or shy, proud or ashamed of their body who would like to experience a taste of belly dance.

Please bring a long loose skirt to wear and a scarf to tie around your hips.

This event will be offered two times during the year - dates to choose from:

Workshop 1

Date: Sun. 17 January 2010

Times: 2pm - 5.30pm

Venue: Eaton Rise

Fee: £ 45

The fee for this course is £ 45. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £15 by 26/12/2009. The remaining fee of £ 30 is payable by 9/1/2010.

Workshop 2

Date: Sun. 23 May 2010

Times: 2pm - 5.30pm

Venue: Eaton Rise

Fee: £ 45

The fee for this course is £ 45. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £15 by 1/5/2010. The remaining fee of £ 30 is payable by 15/5/2010.

ENERGY AND BREATH

with Monika Schaible

Date: Sun. 31 January 2010

Times: 10am - 5.30pm

Venue: Eaton Rise

Fee: £ 95

We all breathe, but do we experience breathing? With each breath we take in the subtle life force carried to us by the air and that is the same energy, which animates all physical matter. Most of us are breathing unconsciously, unaware of the physical and emotional tensions that distort and cripple free and spontaneous breathing, making us prone to depression, anxiety and reduced energy levels. Slow, deep and conscious breathing allows us to make the best use of the life force that we breathe in with the air. Thus tension is released from the body and calmness returns to the mind, resulting in an uplifted consciousness.

We will explore ways of experiencing our life force through movement, sound, meditation and mindfulness of breathing and will look at how to use our new awareness of breath and energy in our work with our clients.

For this workshop I will draw from body psychotherapeutic and spiritual concepts.

The fee for this course is £ 95. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £35 by 9/1/2010. The remaining fee of £ 60 is payable by 23/1/2010.

ANNOUNCEMENT

Please make a note in your diary:

CHIRON will be hosting another 2-day Training with
Babette Rothschild

MAKING TRAUMA THERAPY SAFER

The Psychophysiology of Trauma and PTSD

An essential course for all health and helping professional as well as counsellors
and therapists

This event is a unique opportunity to become acquainted with Babette Rothschild's
approach to trauma and trauma training.

FAMILY CONSTELLATIONS - LIFE, WORK AND CAREER

with Yishai Gaster

Work and the work place are meant to bring personal fulfillment, self respect and an appropriate income.

However, at times we experience disillusion, difficult inter-personal dynamics, recurring problems in making the right decisions, and occasionally physical illnesses.

Family Constellations help to untangle difficulties that surround our working life.

Working in this way can bring us in touch with our potential, it can open new resources that were not available before, and help in clarifying and reaching our goals.

There will be an opportunity to work on personal issues.

This weekend will be offered two times during the year - dates to choose from:

Weekend 1

Dates: 27/28 February 2010

Times: 9.30am - 6pm

Venue: Eaton Rise

Fee: £ 180

The fee for this course is £ 180. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £60 by 5/2/2010. The remaining fee of £ 120 is payable by 19/2/2010.

Weekend 2

Dates: 26/27 June 2010

Times: 9.30am - 6pm

Venue: Eaton Rise

Fee: £ 180

The fee for this course is £ 180. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £60 by 4/6/2010. The remaining fee of £ 120 is payable by 18/6/2010.

THE INTERSUBJECTIVE BODY

An experiential one-day workshop with Tom Warnecke

Date: Sat. 13 March 2010

Times: 10am - 5.30pm

Venue: Eaton Rise

Fee: £ 100

Whenever two people meet, a continuous exchange of signals takes place which influence and modulate the bodily and psychic states of both participants. Two sensory-motor systems and two autonomic nervous systems become aware of each other and begin to respond, interact and relate in some way or form. The open loop physiology of our limbic and motor systems is designed to compare our own emotional state with that of another which enables us to resonate, regulate, predict and respond. We activate our own limbic, somatosensory, and motor representations while perceiving the intentions, actions or emotional states of others. A functional self-other distinction is crucial to understand and relate to what we perceive in others.

In the therapeutic alliance, we can explore our bodily and psychic sense of self as an emergent phenomenon of intersubjective relatedness. We can watch and listen to the symphonies of mutual exchange and observe the internal adaptations, psychic and bodily, in ourselves and in the other. We can be curious about each others styles and patterns of relatedness, their embodied rhythms and intricacies, and how we impact each others psyche and soma. We can explore excess or lack of muscular armoring as disruptions of relational vitality within a two person system. We can rely on our psyche and soma to invite the other's body and psyche into relatedness, both with each other and in our relationship.

The workshop offers an opportunity to explore embodied intersubjectivity and the psyche-soma intricacies of self-other relations through movement and experiential group work. This event is also suitable for therapists who are not used to working directly with their client's body and who are open to experiential learning.

The fee for this course is £ 100. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £40 by 19/2/2010. The remaining fee of £ 60 is payable by 5/3/2010.

QUESTIONS OF SPIRIT

with Marion Winslow

Date: Sat. 27 March 2010

Times: 10am - 5.30pm

Venue: Eaton Rise

Fee: £ 95

Marion writes:

'I would like to provide a forum for a structured but partly informal discussion exploring how spiritual experience, practice, and belief interface in your life and therapy experience; especially in relation to bodily experience and metaphor.

Wellbeing research shows that members of the population who count themselves as having a spiritual or religious orientation enjoy higher levels of wellbeing. But what are the causal factors in this scenario?

A key question is: how do experience and cognition interact in this field?

In psychotherapy, certainly in body psychotherapy, we are likely to look at spirit as an 'emergent property', or an aspect that arises naturally from attending to the psyche and the body; and maybe an aspect that does not necessarily benefit from being discussed or brought into the room directly.

Meanwhile, historically psychoanalysis has tended to dismiss spiritual experience and belief as a smokescreen, defence, or delusion against facing the rawness of human existence as it is. At another end of the spectrum, variants of 'New Age' spirituality promote the view that we are all in some sense spiritually responsible for creating our own experience and existence.

Both ends of this spectrum generally fail to encompass the reality of our own experience. Do you find that your experience 'of spirit' is dissociated from your emotional life? Or very much part of it?

Another dichotomy in the field is between spiritual approaches that assume the 'ego' is to be transcended and not given any 'power' and the general psychotherapeutic stance that the 'ego' is to be explored and appropriately strengthened. Does this reflect a genuine dilemma and difference in approach? We may explore when there is a benefit in directly addressing spiritual matters in therapy, and, more fundamentally, what is meant by that phrase.

The structure of the day will build on the concerns of the participants and include relevant conceptual frameworks as well as some experiential work.'

The fee for this course is £ 95. Please register in writing (using the booking form in this brochure), enclosing a non-refundable deposit of £35 by 5/3/2010. The remaining fee of £ 60 is payable by 19/3/2010.

ABOUT THE TUTORS

Roz Carroll is a UKCP registered body psychotherapist, supervisor and trainer at the Chiron Centre and the Minster Centre and a popular speaker for Confer. She has specialised in exploring the relevance of neuroscience to contemporary psychotherapy practice and has given talks, workshops and seminars exploring this theme in a wide range of contexts including hospitals, counselling, psychotherapy, and psychoanalytic training groups. She has published chapters in *Body Psychotherapy* (ed Staunton, 2002), *Revolutionary Connections* (ed Corrigan, 2003) *How Does Psychotherapy Work?* (ed Ryan, 2005), *New Horizons in Body Psychotherapy* (ed Totton, 2005) and *About a Body* (ed Corrigan, 2006). Articles, lectures and details of other workshops are available on her website www.thinkbody.co.uk

Ruth Cowan has studied dance and movement in many forms from ballet, contemporary, jazz, improvisation, to teaching movement to special needs groups, the elderly and in mental health. She became fascinated by Egyptian dance in 1990 and went on to study it in further depth. She has performed in different settings as a solo artist as well as collaborating with other musicians. She is passionate about encouraging women to reclaim, reconnect and be proud of their bodies exactly as they are. Ruth has a private practice as an Integrative Body Psychotherapist (UKCP Reg) and has been running groups for 17 years. She has been facilitating Belly Dance Therapy groups since 2003. Her website address is: www.bellydancetherapy.co.uk

Bernd Eiden, MA, UKCP, has a longstanding background in the field of humanistic and transpersonal psychotherapy and 30 years of clinical experience. In 1983 he co-founded the Chiron Centre for Body Psychotherapy and since then has been working there as a trainer, supervisor and manager. In his work he is firmly rooted in the Body Psychotherapy approach and has developed an integrative practice which puts more emphasis on using the theory and technique of body psychotherapy in the context of the therapeutic relationship.

Yishai Gaster is a certified Systemic Constellations practitioner and an Integrative Psychotherapist. He has an extensive experience in working with Personal, Vocational and Organisational Constellations. Yishai provides private consultations, teaches and runs workshops in the UK, in Spain and in Israel.

Alun Reynolds is an experienced UKCP Psychotherapist, trainer and workshop leader. He has taught the second year Gestalt Body Psychotherapy course at Chiron for many years, as well as being a Chiron supervisor. He has developed a particular interest in work with borderline and narcissistic structures, as well as in the family constellation work of Bert Hellinger. He runs a private practice in Cambridge and regularly runs Family Constellation workshops in London and Edinburgh. His website address is www.constellationsolutions.co.uk

Monika Schaible is a UKCP registered Integrative Body Psychotherapist. She is a member of the Chiron staff, supervisor and has a private practice in West London. She has specialised in Biodynamic Massage and its integration into a relational psychotherapeutic process. Monika has explored and integrated eastern and western forms of body work and touch therapies into her work to restore physical and psychological wellbeing. She has an interest in working with chronic pain, illness and psychosomatic symptoms. She has worked in the past for a Hospice as a Complementary Therapist for people affected by HIV and Aids. She has also been engaged with Vipassana Meditation for the last 25 years. (monika.schaible@ntlworld.com)

Michael Soth is an Integrative Body Psychotherapist, trainer and supervisor (UKCP), living in Oxford, UK. He is Training Director at the Chiron Centre for Body Psychotherapy in London and over the last 20 years has been teaching on a variety of counselling and therapy training courses, including London City University and Oxford University. In his work and teaching, he brings together a variety of analytic and humanistic approaches. Other areas of work include organisational consultancy, group facilitation, work with men as well as a project applying Body Psychotherapy to illness, chronic symptoms and psychosomatic disease.

He has recently co-founded the Communitas Project, taking an integrative and integral depth-psychology into the world of organisation and leadership. He has written numerous papers and articles which can be found at www.soth.co.uk.

Tom Warnecke (UKCP, ECP, EABP) is a relational body psychotherapist, supervisor and trainer based in London. He is particularly interested in the intricacies of psyche and soma dynamics in the therapeutic relationship and teaches relational body psychotherapy in Croatia. He has also worked in community mental health services and is the author of several papers (www.integralbody.co.uk), two on somatic and relational perspectives of BPD (in the 'British Journal of Psychotherapy Integration' Vol 4-1, 2007 and in 'Contemporary Body Psychotherapy: The Chiron Approach', Ed. Hartley, Routledge 2009). He is a Vice Chair of UKCP.

HOW TO GET TO THE CENTRES

26 Eaton Rise:

The CHIRON CENTRE in Eaton Rise is easily accessible by public transport.

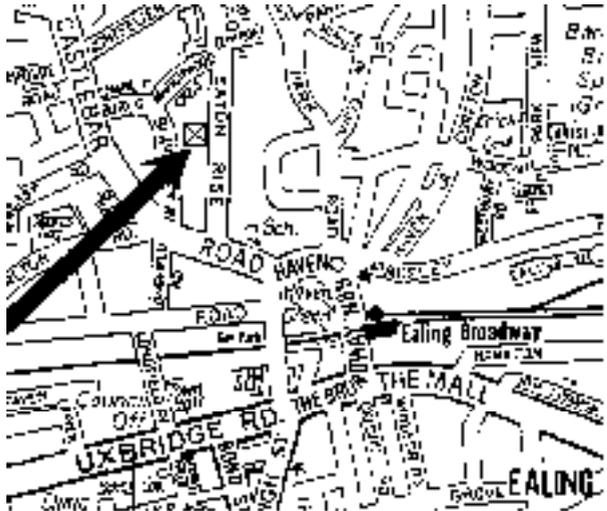
TUBE and TRAINS:

London Underground (District Line and Central Line) and BR trains from Paddington go to Ealing Broadway Station. The Centre is 5 minutes' walk from Ealing Broadway.

BUS ROUTES:

E1, E2, 65, 83, 112, 207, 274, 297.

26 Eaton Rise
LONDON W5 2ER



90 Harvist Road:

The CHIRON CENTRE in Harvist Road is easily accessible by public transport.

TUBE and TRAINS:

The nearest London Underground Station is Queens Park (Bakerloo Line) and there are two BR connections: Kensal Rise on the North London Link Line or Queens Park Station on another North London Rail Line. The Centre is 5 minutes' walk from Kensal Rise and 7 minutes' walk from Queens Park.

BUS ROUTES:

There are a number of bus routes to Kensal Rise, like No. 52.

90 Harvist Road, LONDON
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CONTEMPORARY BODY PSYCHOTHERAPY

The Chiron Approach

Edited by LINDA HARTLEY

“Essential reading for anyone seriously interested in body psychotherapy.”
Nick Totton, body psychotherapy trainer and author

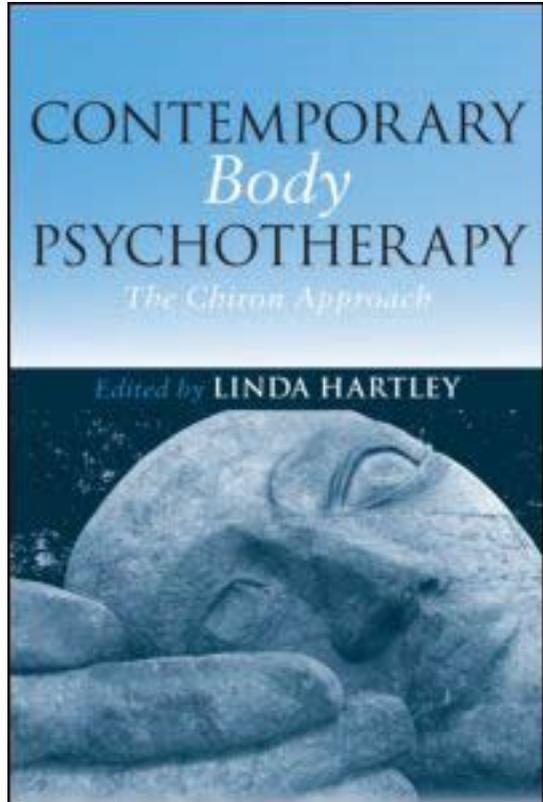
“Contemporary Body Psychotherapy: The Chiron Approach” looks at the ground-breaking work of the London based Chiron Centre for Body Psychotherapy, a training centre recognised worldwide by professionals in the field. The book brings together Chiron trainers and therapists, describing how their integrative approach has enabled cutting-edge thinking.

August 2008: 288pp.

**Hb: 978-0-415-43938-1:
£55.00/\$95.00**

**Pb: 978-0-415-43939-8:
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Divided into two parts, the book deals with topics including:

- the roots and the development of the Chiron approach
- self-regulation – an evolving concept at the heart of body psychotherapy
- the evolution of an embodied, integral and relational approach to psychotherapy
- moving towards an integrative model of trauma therapy.

At a time when the psychotherapeutic profession has turned its interest towards the body and its intrinsic psychological dimension, Contemporary Body Psychotherapy: The Chiron Approach offers a timely and valuable contribution to the literature. It will provide essential reading for those practicing or involved with body psychotherapy, offering a new synthesis with the psychoanalytic tradition, as well as appealing to a wider audience of mental health professionals and academics with an interest in the area.

Contents:

Hartley, Introduction.

Part I: The Development of Core Principles and Theory. Ground and Roots.

Eiden, The Roots and the Development of the Chiron Approach.

Schaible, Biodynamic Massage as a Tool in Body Psychotherapy.

Reynolds, Gestalt Body Psychotherapy.

The Crucible.

Soth, From Humanistic Holism via the 'Integrative Project' Towards Integral-Relational Body Psychotherapy.

Carroll, Self-regulation – An Evolving Concept at the Heart of Body Psychotherapy.

Asheri, To Touch or Not to Touch: A Relational Body Psychotherapy Perspective.

Ablack, The Body-mind Dynamics of Working with Diversity.

Part II: New Directions and Applications. An Intimate Perspective.

Stauffer, The Use of Neuroscience in Body Psychotherapy: Theoretical and Clinically Relevant Aspects.

Landale, Working with Psychosomatic Distress and Developmental Trauma: A Clinical Illustration.

Keary, Do We? Can We Look at the Disabled Body?

Heitzler, Towards an Integrative Model of Trauma Therapy.

Warnecke, The Borderline Relationship.

Clark, Facing the Abuser in the Abused in Body Psychotherapy.

Changing Socio-political Contexts.

Waterston, Body Psychotherapy, Social Theory, Marxism and Civil War.

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