

# Introductory Psychodramatic Bodywork®

July 27-29, 2018

9:30 am - 5:00 pm each day

Balboa Horizons • 129 Cabrillo Street, Costa Mesa, CA 92627

This Introductory Psychodramatic Bodywork Workshop, *for professionals only*, combines two forms of psychotherapy: bodywork and psychodrama. The former involves safe touch to help individuals connect with the messages that are held in the body as pain, numbness and/or illness, and to increase somatic and emotional awareness and build capacity for secure attachment and greater intimacy. In the latter, blocked spontaneity from earlier traumas is unblocked and re-integrated through dramatic action methods.

Based on the teachings of Chinese Medicine, this training will offer you information about how the emotions of anger, fear and sadness are stored in the body and teach specific techniques to recognize those feelings and clear that energy to make room for joy. Jean works with a skilled team of assistants who perform skits and demonstrations that help illustrate the theory, and the atmosphere is relaxed and fun and fosters learning in an easy, natural manner.

## The Introductory Level Workshop focuses on:

- Understanding, witnessing and experiencing the emotional release of anger, fear and sadness - from barely expressed to full released
- Increasing somatic and emotional awareness and building the capacity for healthy attachment and greater intimacy
- Learning where the body holds each of these emotions when they are unexpressed
- Learning and practicing guidelines for safe touch
- Increasing our comfort with the use of safe touch
- Increasing our somatic mindfulness
- Experiencing the integration of bodywork in the structure of a psychodrama
- Understanding how the holding of emotion affects the recovery process
- Closure theory

**Fee:** \$490 if registered and **paid** by June 27; \$565 thereafter. Payment plans and credit card payments available.

**Registration, Inquires & Accommodations:** Register online at [www.theactioninstitute.com](http://www.theactioninstitute.com); email [actioninstitute@mac.com](mailto:actioninstitute@mac.com) or call Jean at 310-909-9780 for more information. **Space is limited, so please register early.**

**Training Credits:** Course meets the qualifications for a total of 18.0 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. CAMFT approved CE Provider # 123417. Provider approved by CCAPP-EI, Provider Number 2N-10-135-0220 for 18.0 CEHs. Approved for 18.0 CEHs for CET and Psychodrama. There is a \$10 fee for CEUs. Visit [www.theactioninstitute.com](http://www.theactioninstitute.com) for cancelation/grievance policies, educational goals, special needs accommodation and information regarding course completion documents issuance.

## Facilitator:



### Jean Campbell, LCSW, CET III, TEP

is a Board Certified Trainer of Psychodrama and Sociometry, and a Practitioner and Trainer of Psychodramatic Bodywork®. She has worked in the addiction and mental health fields for more than 20 years, specializing in resolving trauma, addiction and codependency issues, with focus on the body. As

Director of the Action Institute of California, Jean is committed to using action to effect change on a body, mind and spiritual level, and creating safe spaces for professionals to train and to do their own healing and transformational work.

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_ Email \_\_\_\_\_

Yes, I have therapeutic resources in place (*this is a requirement for attending the workshop*) \_\_\_\_\_ (signature)

**Mail completed form to:** Jean Campbell, Action Institute of California, PO Box 1872, Costa Mesa, CA 92628. Enclose payment in the form of check or money order, payable to Action Institute of California.