

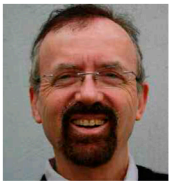
Spontaneity Freeing the True Self



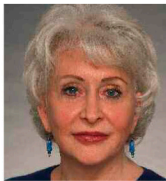
March 25-28, 2011

Spontaneity is a defining feature of authentic self-expression. From infancy, we all find ways to adapt to our environment in one way or another. Adaptation, essential to survival, requires that we modify our spontaneous, authentic self-expression. Chronic adaptation, especially in childhood causes us to develop a self that is guarded, controlled, and contorted around others in order to get our most basic needs met. This false self is not spontaneous or authentic. In order to feel alive and vibrant, we must have access to our spontaneous impulses. Whether we are aware of our spontaneous self-expression or not, if we follow the thread of spontaneity we will uncover the roots of our true selves.

Keynote Presentations



Bob Coffman is a Licensed Clinical Psychologist, a Certified Bioenergetic Therapist, and an International Bioenergetic Trainer, with private practices in Los Angeles and Redondo Beach. Bob became interested in Bioenergetics during his schooling at USC, which led to his training in 1973 with the first Bioenergetic training group in Southern California. As a clinician, he integrates the body and the therapeutic relationship with object relations. In his personal life, Bob pursues the expression of his true self by being active and enjoying hobbies outside the area of psychology and personal growth.



Pat Miya has both an eclectic professional history, and approach to therapy. She began her career as an RN, then became an

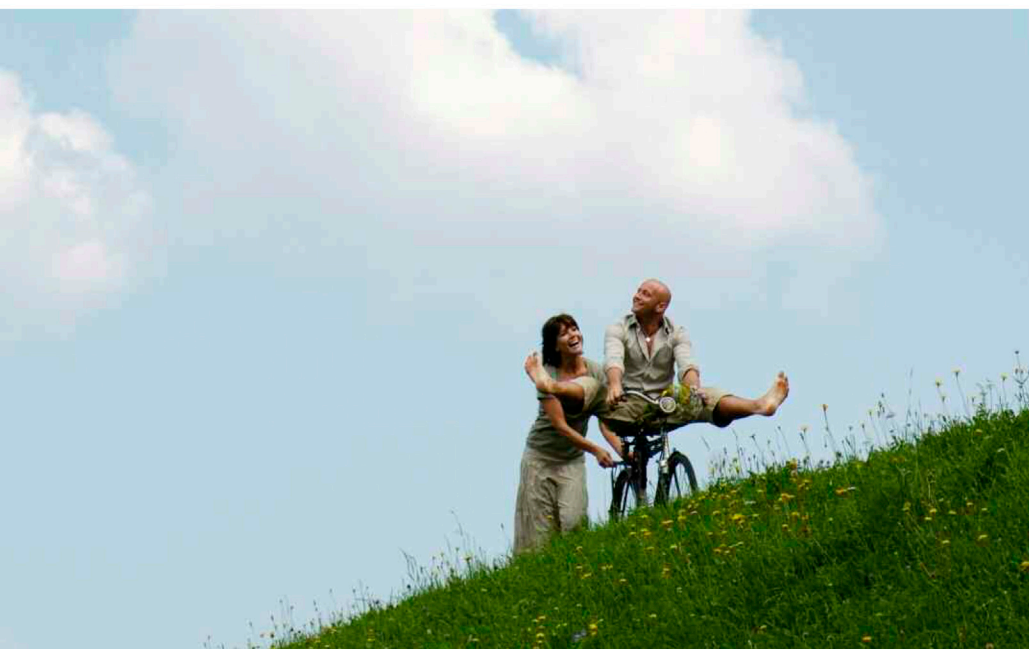
administrator, got licensed as an MFT, and earned her PhD in psychology. Pat is a Certified Bioenergetic Therapist, Chair of the Board of Directors, and a Trainer and Supervisor for SCIBA. She has a creative approach to treatment, integrating hypnotherapy, object relations, EMDR, psychoanalytic and attachment theories. Pat has always been able to find ways to express her true self. In her teens she was the drummer in the Nolte Brother's Band. In her later teens she spent three years in a convent.



Anita Madden's journey to freeing her true self began first with keeping her true self safe. She can consciously trace this

to about the age of three, when a decision to use the adaptations of masochism was made. Earlier, schizoid adaptations had already been incorporated. Her family and religious upbringing supported these adaptations. Longing for fulfillment as a young woman, Anita began working to actually free her true self through grounding and multiple levels of vibration. Anita is a Bioenergetic Therapist, a Professor Emeritus in Nursing at the State University of New York, as well as an energy worker.

Please Click Here to Register for the SCBC Conference



- **Inspiring Presentations**
- **Theme-Related Workshops**
A variety of didactic and experiential workshops will be offered, led by Bioenergetic therapists.
- **Skilled Bioenergetic Group Leaders**
- **Small Group Process**
You will have an opportunity to work bioenergetically in a group of your peers.
- **Beautiful Mountain Setting**
- **Great Accommodations and Food**
- **Singing and Dancing**
- **20 MFT and LCSW CEUs offered**