



# Attending to the Body in Psychotherapy:

## A Bioenergetic Perspective

Bioenergetic Analysis is a form of psychotherapy practiced by licensed therapists with specialized training. It blends traditional therapeutic methods with body-centered techniques to help people resolve their emotional problems and enhance their well-being. Symptoms of unhappiness and stress, such as insomnia, depression, anxiety, panic attacks and decreased sexuality, are often the result of blocked emotional expression and chronic muscular tension. Bioenergetic Analysis offers an integrated, effective approach to address these common manifestations of disease. Whether you are a mental health practitioner, preparing to be one, or are interested in learning more about Bioenergetic therapy and the mind-body-emotions connection, this workshop is for you. You will:

- *Learn the theoretical basis of working in a relational somatic modality.*
- *Participate in body awareness exercises.*
- *Experience body centering techniques.*
- *Observe an in-vivo therapy demonstration.*

### LOCATION:

**National University**

11255 North Torrey Pines Road,  
La Jolla, California 92037

### DATE / TIME:

**Saturday, February 25, 2012**

9 a.m. - 12:30 p.m.

### FEES:

**\$20**

**Students may attend for free.**

CEUs: \$5 - 3.5 CEUs for MFTs & LCSWs

### REGISTRATION:

Please **make checks payable to SCIBA.**

Send registration information, including

**Name, Email & Phone Number to:**

Diane Devore, LCSW  
1767 Grand Ave., Suite 4  
San Diego, CA 92109.

**Students may email registration**

**information** including educational

institution to: [attending2thebody@gmail.com](mailto:attending2thebody@gmail.com)

### SECURE YOUR SPOT!

If you are registering **after February 15th**, or for more information, please call **858.444.7126**.



**Southern California  
Institute for  
Bioenergetic Analysis**

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**619.295.8002**

[www.bioenergetics-sciba.org](http://www.bioenergetics-sciba.org)

**Join us March 30-April 2, 2012 for the  
Institute's Annual Conference**

**Healing Trauma:**

**A Bioenergetic Approach**

For more information go to our website:

[www.bioenergetics-sciba.org](http://www.bioenergetics-sciba.org)