

Somatic Psychology Fall Institute

Registration Form

Name _____

Address _____

City _____

State/Zip _____

Day Phone _____

Email _____

Full Institute: \$525

Individual Classes

Embodiment: \$75

Mind-Body Integration: \$125

Body and Emotion in Therapy Sessions: \$250

Movement, Essential Element to Somatic Psychology: \$125

_____ Total Enclosed

Refunds:

Cancellation by October 13, 2006 - all but \$200

Cancellation after October 13, 2006 - no refund

VISA Meard AMEX Discover Check Enclosed

Account Number _____

Expiration Date _____

Signature _____

Make checks payable to Prescott College.

Detach and mail to:

Frank Cardamone

Prescott College

220 Grove Avenue

Prescott, AZ 86301

Questions? Contact Cappi Comba at (928) 899-0827

Cappi@northlink.com

Should a presenter cancel, a qualified presenter will teach.

C.E.U.'s are available.

Class size is limited, so register today!



Prescott College

For the Liberal Arts and the Environment

Master of Arts Program

220 Grove Avenue

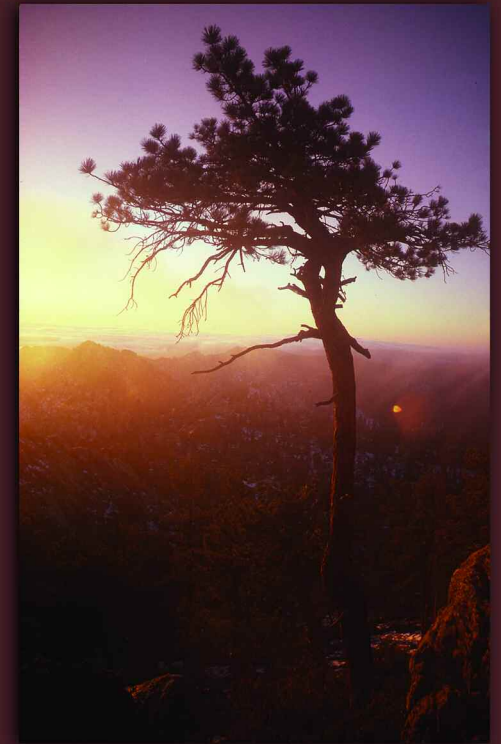
Prescott, AZ 86301



**Somatic
Psychology
Institute**

November 5-9, 2006

Somatic Psychology Fall Institute November 5-9, 2006 Prescott, Arizona



Prescott College

Master of Arts Program

220 Grove Avenue • Prescott, Arizona

877-350-2100 ext. 3214

www.prescott.edu

Art Therapy to Somatic Psychology • 2006 Fall Institute

Presenting at the 2006 Fall Institute

Ellen Cohen
Embodiment

William Heywood
Mind-Body Integration: Awakening the Heart

Rob Bauer
Body & Emotions in the Therapy Session

Cappi Lang Comba
Movement, Essential Element to Somatic Psychology

Michael Tomulty
Flow Yoga, Mindful Movement

Schedule

November 5 2 p.m. - 6 p.m.	Embodiment with <i>Ellen Cohen</i>
November 6 8 a.m. - 9 a.m.	Morning Yoga with <i>Michael Tomulty</i>
9 a.m. - 5 p.m.	Mind-Body Integration: Awakening the Heart with <i>Dr. William Heywood</i>
November 7 and 8 8 a.m. - 9 a.m.	Morning Yoga with <i>Michael Tomulty</i> (Tues.) with <i>Cappi Comba</i> (Wed.)
9 a.m. - 5 p.m.	Body & Emotions in the Therapy Session with <i>Rob Bauer</i>
November 9 8 a.m. - 9 a.m.	Morning Yoga with <i>Michael Tomulty</i>
9 a.m. - 5 p.m.	Movement, Essential Element to Somatic Psychology with <i>Cappi Lang Comba</i>

Embodiment with *Ellen Cohen*

As human beings in an increasingly disembodied world, it is a daily challenge to be in our bodies. They can be our home base and source of wisdom and power, but are they? How can we move fluidly through our environment in a stuck body? How does our perception influence what we feel? We will explore this process through movement, words, and hands-on partnering. Ellen draws from 35 years of addressing bodies with her hands, a life-time of improvisatory dance, and her studies and teaching in Continuum and Gestalt therapy.

Ellen Cohen, M.T., B.A., has a background in humanistic education as a teacher, practitioner of structural body work, massage therapist, somatic educator, and Body Psycho-therapist. She has taught Hawkins and Contact Improvisation, and conducted numerous Healing Bond and professional seminars. Ellen is nationally certified in Therapeutic Massage and Bodywork by NCBTMB, is a graduate of the Gestalt Therapy Institute of Philadelphia, and is a graduate advisor in Somatic Psychology at Prescott College.

Morning Yoga with *Michael Tomulty*

Michael Tomulty is a tri yoga instructor integrating meditation, movement, and mantras.

Mind-Body Integration: Awakening the Heart with *Dr. William Heywood*

The focus of this form of mind-body-spirit work is the awakening of the heart. The heart of sensitive clarity and warm, natural aliveness, the heart of hearing, the heart of vision, the heart which is the center of the self that reaches out to touch the other and comes into intimate contact with the fundamental pulsation of all living things. Emphasis on movement, breath, and sensations will allow participants to establish the body as the ground of their existence, to remember its basic intelligence, and to live that intelligence in their daily lives.

Topics covered: Didactic and experiential instructions of Reichian Bodywork; concepts; overview of body psychotherapies; dissolving the body's defenses through artistic expression; integration of body work concepts into conventional psychotherapy; re-evocation of the artist within; character structures as outlined by Wilhelm Reich, and function of armor and energy systems.

Dr. William Heywood is a Clinical Psychologist in private practice in Phoenix and faculty at the School of Design, Arizona State University. His training is in Reichian Bodywork, Craniosacral Therapy, Educational Kinesiology, Advanced Mind Body Integration, Gestalt and Jungian Depth Psychology.

Body & Emotions in the Therapy Session with *Rob Bauer*
Many practitioners have learned ways to communicate and be in relationship with their clients, yet still live in frustration at gaining a greater intimacy or understanding of them. Too often they are caught up in their client's words and miss the deeper mes-

sage or feelings hidden in the recesses of the psyche and soma. Clients will share that they have never been able to express their emotions. They will share they were not aware they were harboring feelings, they were buried so deeply. How do we get beneath the persona and to the true being? How do we get out of the head and into the heart?

You will be introduced to gentle and non-invasive touch as a way to release somatic holding patterns, thereby uncovering suppressed emotions and hear intentional dialogue as a means of helping the client to verbalize these feelings. Through hands-on practice, students will have the opportunity to understand the clients experience first-hand as well as learn new therapeutic skills.

Using Rubenfeld Synergy Method® you will learn body/mind awareness, conduct demonstrations, lead and hands-on exercises. You will discover the power of touch, develop a deeper understanding of how we lock up our feelings with body tension, and learn how touch can open gateways for contacting truth and expressing emotions. You will experience body-armor dissolving and witness captive feelings coming forward into expression. You will experiment with the potency of words. You will discover what happens when a client starts to release holding patterns of their body while being empowered with words.

Rob Bauer, LCSW, body-centered psychotherapist, conducts workshops across North America, including Esalen and Omega Institutes. He trained under Ilana Rubenfeld, Ph.D., and is a senior faculty member of the Rubenfeld Synergy training program, and has been designated a Master Synergist. He is a skilled couples therapist, trained under Harville Hendrix, and certified in Imago Relationship Therapy. He is featured in the bestseller *Bodywork* by Thomas Claire.

The Healing Element of Movement, Essential to Somatic Psychology with *Cappi Lang Comba*
Movement is an essential element in the healing of the body/mind; the heart, the soul. In this workshop movement is combined with listening touch as the self is touched, moved and healed and body, mind, heart and spirit engage, converse and create through touch, movement and creative expression. Thus healing and awareness is deepened.

Cappi Lang Comba, Ph.D., C.R.S., ATR-BC, REAT is a graduate and past faculty of Rubenfeld Synergy® training. She has practiced Rubenfeld Synergy for 12 years and also practices Yoga and meditation. She is an Expressive Art Therapist, practicing for the last 25 years in different settings and private practice using movement, art, drama and music. For the last 13 years she has been a faculty member and is now chair of the Somatic Psychology and Expressive Art Therapy Programs in the Master of Arts Program at Prescott College.