



Building Support & Community in Group Psychotherapy A Mind-Body Approach to Deepening Connection

Daylong Workshop with Kitty Chelton, MFT and Theresa Beldon, MFTI

**SATURDAY, JULY 25, 2009
10:00 AM – 5:00 PM
SANTA ROSA, CA**

**\$120 IF REGISTERED BY JULY 17
\$145 AFTER JULY 17 OR AT THE DOOR**

6 CEU'S FOR MFT'S & LCSW'S (PCE# 4150)

In this workshop, we will expose therapists to the depth and authenticity that can be achieved when body-sourced information and experience are integrated into the group process. Participants in this course will learn somatic techniques to develop body-centered awareness that focuses on moment-to-moment tracking of the process within, and between, the therapist and group participants. This kind of tracking fosters intimacy, safety, and a sense of belonging within the group.

This course will expand participant's ability to:

- deepen a client's body awareness through the exploration of sensations
- help clients reduce their overwhelm and stay out of their story by coming into relationship with themselves and others in present time
- deepen a client's relationship to themselves so that they can stay more grounded and centered while in relationship with others
- use somatic techniques to facilitate expression and containment of emotion in the group setting
- create a sense of safety for individuals within the group setting so they can express difficult emotions with a new sense of group support



Kitty Chelton, MFT #30322 has a private practice in somatic psychotherapy in Sebastopol and is a somatics trainer and supervisor at the Lomi Psychotherapy Clinic in Santa Rosa. She has trained and supervised therapists in body-oriented therapies for 15 years and has led groups with a somatic focus for 18 years.



Theresa Beldon, MFT Intern #35405, Supervised by Ellen Jordan, MFT #32139, is a certified Bodydynamic Analyst, teacher and trainer and has a private practice in Sebastopol. She has taught Bodydynamic psychotherapy in California and Canada, has been a Reichian teacher, and has led groups for 20 years.

To Register, Send payment to: Lomi, 534 B Street, Santa Rosa, CA 95401

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