

Centre for Biodynamic Psychotherapy



My Voice - My Voices A Body Psychotherapy Workshop

My Voice – My Voices
Anat Ben-Israel

This experiential professional Biodynamic Psychotherapy workshop is designed for body-psychotherapists, psychotherapists, and professionals from different therapeutic modalities who want to explore, and deepen the direct work with voice and the "voices within" such as the "Critic" as well as regressive work, in a therapeutic setting .

The human voice is unique, from speaking, singing and the ability to create a large variety of sounds. It connects between the inner world and the outer world and between the unconscious and the conscious levels.

Many clients are challenged with vocal expression of emotions. In the workshop we will observe and work with the body and its defense mechanism. The defense patterns may include held breath, constricted chest, contracted diaphragm, locked jaw, and held pelvis, to name a few. These contractions challenge the expression of feelings vocally like crying, shouting, laughing, sighing etc. Another challenge is speaking up, whether sharing one's truth, thoughts, speaking in public and more.

We will explore how humiliation, shame, insecurity, and fear can cause the "closing" of the throat influencing one's voice. We will learn about the connections between voice, tone and sound quality. As well how voices and sentences from early age of the mother and the father contribute to the "inner voice", i.e. the super ego and the critical voice which is part of negative self image.

We will learn various techniques for "opening" the throat, releasing sound and relaxing the jaw and diaphragm to enable energy flow, emotional expression, increased confidence and self-empowerment and how to work directly with the voice.

The theory, techniques and tools taught in this workshop are from Biodynamic Psychotherapy, the Gerda Boyesen Method

This is the first workshop of two, (the second workshop will be in April 2019) each workshop will explore different aspects of the topics mentioned above. They can be taken as a series or singularly

Tuesday 23 Oct • 10 am – 7 pm • £80

Highgate Library Civic & Cultural Centre, Croftdown Road, London N19 5DJ

Book online: www.centreforbodypsychotherapy.com

The London School of Biodynamic Body-Psychotherapy is a member of the UKCP.
A CPD certificate will be issued.



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