

Couples Body Psychotherapy

A Course for psychotherapists from the UK and Europe

With Gabriel Shiraz

Studies will be held at Emerson College, a charming rural location just an hour from London. Forest Row, East Sussex, UK
September 2020, December 2020, March 2021



This course is designed for experienced psychotherapists who want to broaden their field of expertise on individual and professional levels. It equips therapists to work with couples, using therapeutic tools from the world of Body-Psychotherapy, such as awareness techniques, therapeutic discourse, movement, touch, breathing and psychodrama. The course is held at Emerson College, a charming setting surrounded by nature, ideal for in-depth learning.

The learning process will provide the therapist with tools for working with couples, as well as a powerful personal process. On our journey of experiential and theoretical learning, we will learn about the complexity of couples therapy, in which four entities are present in the therapy room: each of the two partners, their relationship and the therapist, as well as the relational ties between everyone.

Studies will be held on three long weekends:

10-13 September 2020, 3-6- December 2020, 3-6 March 2021

Hours: Thursday 13.00-21.00, Friday 09.00-17.00

Saturday – day off and time for individual and couples practice,

Sunday 09.00-17.00

10-13 September 2020

The first meeting; the room in couples therapy. Various needs and desires, conflicts, and means of mediation. Working with personal and couple narratives. The broadening process of the couples therapist to encompass each partner and the relationship itself.

3-6 December 2020

Tensions, stress, situations of crisis and routine in a couple's relationship. Working with individual and couple patterns and narratives. The Primary Couple Personality and Couple Armour. Unique mind-body techniques for working with couples in conditions of distrust and crisis.

3-6 March 2021

Therapeutic work with couples on questions of intimacy and sexuality. Dealing with explosive issues such as struggles for control, money, aggression and others. Spirituality and beliefs in a relationship and their impact on the couple. The therapeutic space, and processes of understanding, closure and ending the therapy; recommendations for the future.

Body Psychotherapy is a mind-body-energy therapy method. Its approach to the couple and the family is holistic. It explores the different layers within us: thought and behaviour patterns, body structure and body image, our breathing, movement, and posture, physical and emotional expression, resonance within the couple and the family, mind-body relationships, psychosomatic and sexual problems, belief systems, personal and couple potential.

Each session is taught and practiced individually, in pairs, and in groups. The course draws on unique ways of working with couples from the world of body psychotherapy – through therapeutic discourse, movement, mind and body awareness, modelling from the world of Virginia Satir, and more. Through a process of personal learning and development, we will observe and explore different situations in couples therapy. Throughout the course, we will broaden our therapeutic capacities - from working with individuals, to working with couples - presenting case studies from therapy and using discussions and training. Once the course ends, we will progress to a group support and supervision structure and training, using Skype and other various media.



Gabriel Shiraz is 54 years old and married with four children. After studying Biodynamic Psychotherapy with the late Gerda Boysen in London during the nineties, Gabriel Shiraz has been practicing as a Body-Psychotherapist for the past 22 years. He is a trainer, lecturer, supervisor and psychotherapist for individuals, couples, therapists and groups. He founded and was a director of the Body Psychotherapy program at Reidman College in Israel from 2001 to 2008. He has also supervised and trained in mental health hospitals in Israel for ten years. Currently, he is a senior trainer at Reidman College, University of Haifa and teaches at other institutes in Israel and Europe, including the London School for Biodynamic Psychotherapy (LSBP). He is a qualified member of the European Association for Body Psychotherapy (EABP).

Gabriel teaches Body Psychotherapy and couples therapy. He works with trained psychotherapists who want to develop and expand their skillsets to become couples body-psychotherapists. He runs workshops for couples, with a focus on improving their communication and relationships. He believes that every experienced Body Psychotherapist can advance to working with couples as well.

Assistant course coordinator to - Keren Ghitis

Keren is a Senior Student (MA) of Mindfulness based Psychotherapy at the Karuna Institute/Middlesex University and a UKCP trainee therapist. She is an experienced yoga and movement teacher and has been leading international workshops and retreats for over 15 years

Price - per year of studies - per year of studies - for all three weekends in 2020/1 - GBP 1,350, including lunch, not including accommodation. (there are Airbnb options and small hotels for a range of budgets).

Classes are held at Emerson College, a beautiful rural venue, about an hour from London Forest Row, East Sussex, UK , <http://www.emerson.org.uk/>

To register please email: Keren Ghitis - kerenstories@gmail.com

For more information please email your CV, and I will be happy to schedule a Skype meeting with you

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