Emilyn Claid is professor of choreographic practices at Roehampton University and a Gestalt psychotherapist with a private practice, working across the fields of dance and psychotherapy. She worked as an independent dance artist, teacher and artistic director for 30 years and in 1997 was awarded a PhD and published Yes? No! Maybe… Seductive Ambiguity in Dance Theatre Performance (Routledge 2006). Emilyn’s current research focuses on somatic and existential practices of falling - as a creative process. This research has been co-presented internationally with Dr. Lynda Osborne. Emilyn is currently writing a book on the theme of falling in dance and psychotherapy.

How do you sense a client’s depression?
How is your body impacted when a client feels shame?
How do you bodily support yourself through silence and stillness?

In this two-day workshop, Dr. Emilyn Claid works with movement and kinesthetic imagery for therapists to experience a grounded yet fluid sense of presence. At the heart of the workshop is an emphasis on a felt sense of body in relation to gravity and ground, to provide self and environmental support. Building on this foundation, the workshop aims to nurture a bodily understanding of self in relation to others by developing awareness of the intersubjective impact of movement. As a practice this understanding can be useful for therapists and clients working with issues of stress, anxiety, depression, desensitization as well as shame and bereavement.

The workshop draws on Emilyn’s extensive history as a dancer and choreographer, combined with her experience as a Gestalt psychotherapist. Over the two days a range of non-verbal movement-based tasks – with imagery – will be introduced that enable participants to witness and bodily attune to each other’s presence. For instance, one task explores how movement and kinesthetic imagery offer participants different pathways through fixed physical manifestations of pride and shame.

Between You and Me is for therapists and counselors of all modalities and all abilities, who would like to develop a deeper experiential understanding of how therapists and clients are impacted by each other’s movements yet maintain a sense of ground. Dance or movement experience is not necessary.

Working with non-verbal movement tasks in a supportive environment, the workshop encourages experiment, imagination, spontaneity and creativity. Discussion happens in dyads and small groups and is designed for participants to contribute and share reflective thinking.

Sometimes participants will be lying on the floor; so wear comfortable clothing that allows freedom to move.

“I opened up on physical, emotional and mental levels…Support came not only from people but from the ground” – participant, AAGT/EAGT Taormina 2016.

Thursday 10th and Friday 11th May 2018
9:30am — 5:30pm
Metanoia Institute, 13 North Common Road, Ealing W5 2QB

Metanoia Members: £180
(Book before 22nd March 2018 for the Early Bird Discount: £140)
Non-Members: £220
(Book before 29th March for the Early Bird Discount: £180)