

5 Day In-Person Workshop

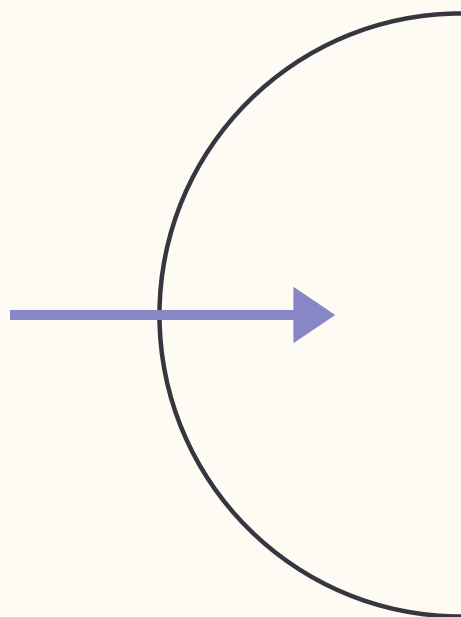
2027 April 30 and May 1-2-3-4

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Diagnosing Through Movement : A Somatic and Developmental Approach



With Ruella Frank, Ph.D

In Paris

Center for
Somatic Studies

This 5-Day workshop explores movement, the primary medium through which the building of experience is made possible.

Six Fundamental Movements, and their psychological functions, provide a universal and foundational non-verbal grammar describing how we live in the world.

Through our moving-sensing bodies, we recognize and move toward what is possible for us, and come to understand ourselves in the process.

Throughout the workshop, we investigate these interactive supports for contacting, how we reach for the patient through our postures, gestures, breathing patterns, vocal tone, and how the patient reaches back.

In reflecting on the situation we live, we encounter an indication of our primordial personal approaches to the world, our inter-corporeal history as it is stimulated in every new moment.

Such delicate interactions unfolding within therapy reveal the organizing of contact in ways that words cannot.

Lived bodily knowing is essential for therapists in the diagnosing of experience.



Ruella Frank, Ph.D

Ruella Frank, Ph.D. is the founder and director of the Center for Somatic Studies, a Fellow of the New York Institute for Gestalt Therapy, faculty at Gestalt Center for Psychotherapy and Training, adjunct faculty at the Gestalt Institute of Toronto, and teaches throughout the United States, Europe, East Asia, Latin American and Canada. She is the author of *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, co-author of *The First Year and The Rest of Your Life: Movement, Development and Psychotherapeutic Change*, and author of *The Bodily Roots of Experience in Psychotherapy*.

