

## Overview of modules

*Note that the themes might change according to the on-going learning process. At the start of each new module we will review the material from the previous modules.*

### **Workshop 1. September 25/26/27/28 2021** **Movement – our first language**

*This module will explore how movement is central to all experience and serves as the primary support for contacting. Participants will be introduced to the six fundamental movements and how they relate to the sequence of contacting. We will focus on the patterns of yielding with - pushing against.*

### **Workshop 2. December 9/10/11/12 2021** **The art of kinesthetic Resonance**

*Resonance is a way of encountering and connecting with the world –living beings, things, history, nature and life itself. Kinesthetic resonance is the reverberating feeling tones that are generated from one person to the other. We will attend to the rhythms and qualities of contacting and explore reaching patterns. Through this attention we will uncover embodied enduring relational themes.*

### **Workshop 3. April 21/22/23/24 2022** **Self in Motion**

*This module will attend to the aesthetic criterion, the reflexivity of contacting, and how we diagnose through the fundamental movement patterns. We will build on the yielding-pushing-reaching patterns and include grasping on to ; the act of enclosing and containing. We will explore postural dimensions and gestures.*

### **Workshop 4. August 25/26/27/28 2022** **Kinesthetic remembering**

*History emerges in relationship to an other and a specific situation, and it is directly felt and expressed through our moving bodies. We will address postural attitude – our readiness to respond. Developing a relational and movement based understanding of modifications to contacting, and specifically to retroflection, which will teach students how to apply a phenomenological approach within their clinical practice.*

### **Workshop 5. December 8/9/10/11 2022** **Practical Knowledge**

*Review of previous modules. This module will emphasise clinical application. We will study traumatic attaching, as a bi-directional therapeutic approach.*

# Institut Français de Gestalt-thérapie



**On Site**  
**France**

**2021/2022**

**Long Training**

**DSP**

**Developmental Somatic  
psychotherapy**

with

**Helena Kallner**



**Institut français de Gestalt-thérapie**

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Formation continue n° 72 33 003 09 33

Siret 323 813 022 00064- NAF : 8559A



## ***Long training*** ***Developmental Somatic Psychotherapy***

*Developmental Somatic Psychotherapy* is a relational and movement-oriented psychotherapy within a contemporary gestalt therapy framework. Movement is the ground for all contacting and the root of psychological functioning. The dynamic of every situation is primarily sensed, and we continue to communicate all the time through our sensing, feeling, moving bodies. Although our movement patterns will change over time, the movement repertoire that develops early in life continues to have a profound influence on our present daily life.

### **TRAINER**

**Helena Kallner**  
MA, M.Sc., UKCP reg. Psychothérapeute

practices Gestalt psychotherapy in Stockholm. Helena, is a Senior Teacher of Developmental Somatic Psychotherapy™, presenting workshops throughout Europe and Russia. She is presently a doctoral student at Metanoia Institute/ Middlesex University, researching psychotherapists use of movement and Kinesthetic Resonance in psychotherapy.

### **DATES**

See the detailed program on the back of the document

### **LOCATION**

*La Picotière*  
11 rue de la Picotière  
41100 Villetrun  
France  
<https://www.picotiere.com/>

### **PARTICIPANTS**

Practitioners in psychotherapy and Gestalt therapy who are interested by the movement and the embodied process in psychotherapy.  
Number of participants limited to 25

**Language of this seminar will be English with French translation.**

## **THE TRAINING PROGRAM**

Students of Developmental Somatic Psychotherapy are taught a comprehensive system of phenomenological analysis as well as how to diagnose and treat their clients through movement explorations.

In each module, participants will study a variety of developmental movement patterns and their relationship to psychological functioning. The core of this program is to teach the students to develop a greater awareness of their bodily experience. This is done through an in-depth personal exploration of fundamental movement patterns. The more sensitized we become to our own moving bodies the more we are able to pay attention to the subtle rhythmic, non-verbal and aesthetic exchanges that continuously emerge in relationship to each other.

This experiential learning will be thoroughly grounded in Gestalt therapy, theory, and phenomenology. A central theme for this training is to support the students to develop their practical knowledge (*phronesis*), that is the capacity to act in relation to the specifics of each situation. Each module will include therapy illustrations and supervision. Students are encouraged to be in peer supervision groups in-between modules to support their on-going learning process.

### **SCHEDULE**

From first Day, 2p.m to fourth Day, 4 p.m

### **REGISTRATION FEES**

*Participation to the workshop : 3600 €*

***On-site Accommodation not included.***  
***It must be pay directly.***

Registration Form

**Long Training DSP**

*Developmental Somatic Psychotherapy*

with **Helena Kallner**

**2020 /2021**



*Please fill in block capitals*

Name.....

First Name.....

Address.....

.....

Zip Code.....City .....

Country .....

GSM tel.....

email.....

Register to the workshop intitled «Long Training *Developmental Somatic Psychotherapy*”

Payment

Bank transfer to IFGT (mention “ifgt HK”)

IBAN : FR76 1330 6000 1508 7756 1300 072 BIC :  
AGRIFRPP833

Other

Date

Signature

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