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## **ANNOUNCING CONSULTATION GROUP FOR PSYCHOTHERAPISTS: AN INTEGRATIVE SENSORY APPROACH**

I am offering a consultation group for psychotherapists that focuses on integrating the body into the therapy process. Traditional psychotherapy relies on verbal expression almost exclusively. This consultation group incorporates movement, body awareness, and verbal communication in a group format. Group members meet weekly for 90 minutes. The focus of the first segment of the meeting will be sensory based expressive movement, The Nia Technique. The group will transition into presentation of case material so that members can develop their own ways of integrating the body into their psychotherapy practices. The goal is for participants to develop embodied attunement. There will be readings and homework assignments to supplement our work together.

By participating in this group, you will learn to assist your clients in individual, couples and group psychotherapy:

- to approach life and relationship issues in a new way, when traditional talking-only psychotherapy has been of limited value for desired changes
- to explore relationship difficulties with the added information from the body
- To access emotions and facilitate emotional expression
- To enhance body attunement and awareness of sensations
- To relieve symptoms of anxiety and depression at a physiological and emotional level and develop somatic resources for self-regulation

The group will meet every other Wednesday, from 1:30 to 3 pm in my Wellesley office, September to June, 2011-12. There is a limit of 5 members. The cost is \$350 for each term, payable 30 days prior to the beginning of each term.

- Fall term 2011 dates: September 21; October 5, 19; November 2, 16, 30; December 14.
- Spring term 2012 dates: March 14, 28; April 11, 25; May 9, 23; June 6.

Membership requirements: all master's and doctoral level professionals: nurses, social workers, psychiatrists, alcoholism counselors, marriage and family therapists, expressive arts therapists, and psychologists; students in advanced training programs. An individual session is required before joining at no additional charge.

About the group leader: I am a Certified Group Psychotherapist and a Fellow of the American Group Psychotherapy Association. I have been leading therapy groups for over 30 years. I have supervised and consulted on group therapy for the Northeastern Society for Group Psychotherapy Training Program, Massachusetts Mental Health Center and Harvard Medical School Residency Program; and faculty of both AGPA and NSGP institutes and conferences, leading workshops on somatic psychotherapy. A paper entitled "Coming to our Senses: the application of somatic psychology to group psychotherapy" will be published in the International Journal of Group Psychotherapy, July, 2011.

For the past twelve years I have taught classes and led workshops in The Nia Technique. I have led therapy groups that integrate body awareness and expressive movement with dynamic psychotherapy.

For more information, please feel free to contact me by phone or e-mail.

Warm regards,

Suzanne L. Cohen