

# Working with the Body in Mind: Embodied Presence in Practice

Dates **September 21-23, 2018**

**Begins Friday, 9am**

**Ends Sunday, 1pm**

Fee **\$995**

**GISC Members: \$945**

CE hours **19**

Faculty **Ann Carr, MS, MCC, GPCC™, and Archie Roberts, MA**



This highly experiential workshop will draw on knowledge from the frontiers of neuroscience and clinical practice to help practitioners exert a powerful, mindful influence on their client's conscious and unconscious experience.

The way in which we embody ourselves is integral to our experience of others and to others' experience of us—our impact. The messages we send before we even open our mouths are the ones that clients respond to most directly and most powerfully. Becoming more aware of these messages means becoming more aware of our physical carriage: the timbre, pace, and pitch of our voice; the speed of our gestures; the engagement of our facial expressions; the ebb and flow of our breathing; and more. Awareness of these typically unconscious aspects of our physical presence allows us to experiment with them, to gain greater and greater skill with them, and to recruit them as powerful allies in our work.

In addition, the body is an extraordinarily sensitive "register" of subtle events in the field. Attending to our own physical responses gives us a great deal of information about what's happening in our environment and offers insight into a client's reality that's unavailable through direct questioning.

This workshop will allow participants to understand and work with their embodied presence in new ways and to track their moment-to-moment physical awareness with growing precision. Using these foundations, participants will begin to build fundamental body-oriented observation and intervention skills.

## Benefits

Participants will:

- Gain insight into their own embodied presence
- Experience and practice new techniques to support their own embodied experience and awareness
- Develop a wider range of options in using their physical presence to heighten their impact
- Develop deeper access to relevant information in the field
- Start to build body-oriented intervention skills for heightened impact

## Participants

This workshop is designed for consultants, coaches, and therapists who are interested in learning more about their embodied presence, for themselves and their clients. It also may be of interest to those working in other fields who want to achieve a heightened sense of their own embodied presence.

*"How can such richness—inside and out—happen in just 2 1/2 days? Ann and Archie have done it again: led with respect, extraordinary sensitivity, wisdom, and willingness to be vulnerable in the creation of a remarkably nourishing community where intimate learnings could take place."*

John Durland, PhD  
Clinical Psychologist



# Registration Form

Name: \_\_\_\_\_ Male:  Female:

Company Name: \_\_\_\_\_ Position: \_\_\_\_\_

Preferred Mailing Address - Work  / Home : \_\_\_\_\_

City/State/Province/Postal Code/Country: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Current Profession (please check all that apply):

Coach  Consultant/OD  Psychotherapist  Leader/Executive  Nonprofit  Educator  Other  \_\_\_\_\_

Professional Affiliations/Associations:

ICF (Int'l Coach Federation)  OD Network  APA  Other (please specify)  \_\_\_\_\_

How did you hear about this program? \_\_\_\_\_

If by referral, from whom? \_\_\_\_\_

**Please register me for:**

Program Title	Date	Fee
_____	_____	_____
_____	_____	_____

I am a GISC Member:  I would like to join GISC:  \$125/year

**Total:** \_\_\_\_\_

Invoice my organization:  \_\_\_\_\_

I have enclosed a check or money order payable to GISC (US funds only):

Charge my: Visa  Mastercard  American Express

Name as it appears on card: \_\_\_\_\_

Account Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Cancellation Policy:** Refunds are available up to 21 days prior to a program, less a \$35 administration fee. When cancellation is made with a notice of 20 days or less, tuition will not be refunded, but may be applied to a future program within the next calendar year.

Mail or fax along with your payment to:  
**Gestalt International Study Center, PO Box 515, South Wellfleet, MA 02663-0515, USA**

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