

bringing the body into practice

EMBODYING THE HEART IN CLINICAL PRACTICE: A THERAPIST DEVELOPMENT INTENSIVE

with *lisa mortimore*, PhD

The craft of psychotherapy calls us to deeply embody ourselves and companion others as they traverse and stay present to the unbearable in their histories. To bear witness to that which has been endured but not processed demands us as therapists to develop the capacity to bear witness to the unbearable in our own lives and intergenerational histories. In this intensive, therapists come together in circle to touch into and process aspects of *what it means to be a therapist*.

Embodiment practices, creative and reflective process, dialogue, and live demonstrations with some group participants will be the vehicle for such exploration. Additionally, we will discuss the theory and practice of embodied, attachment-oriented, relational psychotherapy following the live demonstrations to deepen our personal understanding and experience of embodying the heart in clinical practice.

This intensive is non-residential and geared towards therapist's process and reflection rather than a clinical training. There will be discussion of clinical practice and exploration of demonstrations as they apply to clinical practice during the intensive. This intensive is open to therapists with a graduate degree(s) in a mental health discipline.

2019 - July 11th 6:30 - 9 pm; July 12 10 - 6 pm; , July 13 & 14, 9 - 5 pm

The Roundhouse Farm, 1506 Burnside Road West, Victoria, BC

Registration limited to 16 therapists

665.00 by May 30th; 765.00 thereafter



Lisa Mortimore, PhD

My teaching and clinical practice focus on the embodiment and transformation of self through relationally focussed somatic attachment therapy, affect regulation, and by deepening connections to the sentient and archetypal worlds and embodied wisdoms. As an educator, I have a strong orientation toward therapist embodiment and evolution; I am well versed in the art of linking academic research and theory to clinical practice; I have a community-building, holistic orientation; and I hold authenticity, humour and integrity paramount in relationship. I have had the privilege of training with Dr.'s Sharon Stanley, Allan Schore, Mary Main, Erik Hesse, Peter Levine, and at the William Alanson White Institute. I have taught somatic attachment complex trauma work across Canada and currently offer workshops, trainings and intensives for therapists in Victoria, BC. www.lisamortimore.com