

THE SOMATIC FOUNDATION OF ETHICS

An Ethics Workshop for
Psychotherapists

Decatur, GA
April 20, 2012

JOANNA COLRAIN, LPC, CGP
Psychotherapist

PAUL LINDEN, Ph.D.
Somatic Educator and Martial Artist

This workshop is designed for psychotherapists working with individuals, groups and couples. Participants will learn methods for sensing the ethical impact of their own behaviors. This workshop will provide the opportunity for experiencing and investigating how ethics are built into the human body.

Ethics are related to boundaries: this includes both the sensitivity necessary for perceiving boundaries and the power necessary to establish and maintain boundaries.

When we are stressed, challenged or threatened, we typically contract or collapse our breathing, posture, movement, and attention. This undermines the ability to think rationally and interact empathically. In this state of disconnection and dissociation, we are willing to hurt ourselves and others.

This **experiential** workshop will focus on somatic methods for developing a mindbody state of awareness, power and kindness and how to use that as a foundation for deciding what is effective and ethical action.

Friday, April 20, 2012 9:30 AM- 4:00 PM
At the Decatur United Church of Christ, near downtown Decatur

Application for **Five Ethics Credits (5 hours)** has been made to GSCSW.
(This is applicable for LCSWs, LPCs, and LMFTs.)

JOANNA COLRAIN, LPC, CGP, has been in practice for 32 years in Atlanta, specializing in treatment of dissociative and attachment [borderline] disorders, clinical supervision, and the ethics of self-care. She was Clinical Supervisor and Trainer for the Survivor Support Program of Prevent Child Abuse Georgia for 13 years. She served as Clinical Director of Metropolitan Counseling Services for its first 5 years. Joanna has authored articles, manuals, and chapters on the treatment of trauma and on supervision. In 1998, she developed a supervision course (24 CE hours) "The Art of Clinical Supervision: Facilitating a Discovery Process." She worked with the Center for Torture and Trauma Survivors and continues to provide consultation and volunteer services to agencies serving refugees and torture survivors. Joanna is a member of the International Facilitator Team for MaleSurvivor Weekends of Recovery (MaleSurvivor.org).

FOR MORE INFORMATION ABOUT SUPERVISION: Go to www.joannacolrain.com

PAUL LINDEN, Ph.D. is a body awareness educator, a martial artist, and an author. He is the developer of Being In Movement® mindbody education and co-founder of the Columbus Center for Movement Studies. He holds a Ph.D. in Physical Education, a sixth degree black belt in Aikido, a first degree black belt in Karate, and a certificate in the Feldenkrais Method® of somatic education. He has extensive experience teaching people such as musicians, athletes, pregnant women, adult survivors of child abuse, and children with attention disorders. Paul is a member of the International Facilitator Team for MaleSurvivor Weekends of Recovery (MaleSurvivor.org).

He is the author of a number of e-books, among which are:

- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*
- *Feeling Aikido: Body Awareness Training as a Foundation for Aikido Practice*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*
- *Breakfast Essays: Brief Writings on Body Awareness and Life*

FOR MORE INFORMATION ON PAUL'S WORK: Go to www.being-in-movement.com

"With only a few sessions, Paul helped me release deep, involuntary tensions that I had been carrying for 50 years and introduced me to a larger self understanding. Paul uses gentle movement and light touch to focus and re-intention your muscles. While Paul's teaching acts on movement, body awareness, and posture (the physical plane), the effects of his interaction radiate directly to one's mental-emotional-spiritual being." Tom.

"Paul starts with questions. These usually lead into a 'try this' action. The actions lead to introspection. By working on my awareness of a movement, I find I can change how I use my energy/body. Awesome stuff." Jack.

"Paul, Thank you so much for this opportunity for *healing*, learning, growth and joy!!! Much gratitude for your direct, accessible teaching, egolessness, kindness and humor." Ben

REGISTRATION AND PAYMENT

If your registration is received by March 15th, you will be sent a link for a free download of Paul's e-book *Embodied Peacemaking*. Information about the book is at

<http://being-in-movement.com/catalog>

Make a check to Joanna Colrain, LPC for the full amount. **Send with Registration Form to:**

Joanna Colrain, LPC, 150 E. Ponce de Leon Av., Suite 350, Decatur, GA 30030

COST

\$170 if your registration is received after March 15.

\$150 if registration is received by March 15.

\$125 if you have taken one of Paul's workshops already. (**Available only with early registration**)

Refunds, minus \$50, can be made until April 16, 2012.

REGISTRATION FORM FOR APRIL 20, 2012

Name: _____ License/Discipline: _____

Address: _____

Email: _____ Phone: _____

(You will receive confirmation and directions by email.)