

# Looking for the Self behind the Symptom

## Conscious Body Training

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**A 3 day residential training for Psychotherapists and Body-oriented Practitioners**

**By Judith Hendin**

**Geetbets, Sunday March 25 till Tuesday March 27, 2012**

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### **Content:**

#### What is Conscious Body?

Conscious Body is a comprehensive psychodynamic technique that goes deep into the unconscious to discover a particular buried self that is calling through a body symptom. When discovered, this new self floods the body with fresh energy. This energy provides medicine that often heals the symptom; it always brings needed transformation in life.

Conscious Body honors the link between the body and the unconscious. Together, facilitator and subject step into the land of the unconscious. When traveling in any foreign land, it is good to appreciate the local language. The unconscious speaks in the language of symbols—animals, places, colors, objects, people, spiritual figures, and fantastical creatures. We know this from dreams.

In Conscious Body, symptoms lead to symbols that emerge from the unconscious, and these symbols then lead to the buried self. Conscious Body waits for images, messages, or feelings that have no obvious connection to the body. This non-rational route assures us that we are in the unconscious, and it brings profound, and usually surprising, discoveries.

Conscious Body has three aims: (1) discover the self behind the symptom, (2) move the energy of this newfound self through the body to generate healing, and (3) ignite an Aware Ego process that honors the newly discovered disowned self.

#### What can you expect from this training?

In this 3 day training Judith Hendin will give several demonstration sessions and the participants will exercise the different steps of the Conscious Body Process.

You will become familiar with the 6 steps of the Conscious Body map. This map will guide you in helping your clients to discover important inner issues that are arising through their physical symptoms and diseases. You will learn to use these discoveries to actually heal the body, as well as bring needed change in the client's life.

#### This training is appropriate for:

Psychologists, Psychotherapists, Body-Oriented Practitioners, Energy-workers, Voice Dialogue Facilitators. Participants don't need to have a Voice Dialogue background but do need to read a book on Voice Dialogue ( see Literature list on [www.voicedialogue.be](http://www.voicedialogue.be)), watch Voice Dialogue sessions on Youtube or take an individual Voice Dialogue session with a facilitator prior to the training.

## **Trainer:**

The training is supervised by Judith Hendin, Ph.D. She directs the Conscious Body & Voice Dialogue Institute. She is the author of the book, *The Self behind the Symptom: How Shadow Voices Heal Us*. Judith Hendin has served on the staff of Shakti Gawain, as well as Hal and Sidra Stone, originators of Voice Dialogue. Judith Hendin has taught at centers in the U.S., Canada, Italy, Germany, Finland, The Netherlands, Belgium, and Estonia.

A senior Voice Dialogue facilitator and trainer, she has discovered a profound connection between physical symptoms and inner selves, called the Conscious Body method. Her research on the effectiveness of healing with inner selves has been published in the *USA Body Psychotherapy Journal*. A former principal dancer with major companies, her academic degrees specialized in cross-cultural movement, body perception, and the profound interplay of body and psyche.

## **When and where:**

Sunday March 25, 14:00 h till Tuesday March 27, 17:00 h.  
Belgium, Geetbets, Conference Center " Heerlijckyt van Elsmeren", Weg Op Halen 2. The website of the Center is [www.heerlijckyt.org](http://www.heerlijckyt.org). The center is beautifully located in nature and easy to reach (45 minutes from Brussels , 30 minutes from Leuven, 45 minutes from Antwerp, or via public transportation to the railway station of Diest where a taxi can come and pick you up)

### The working hours are:

Sunday: 14:00 till 17:00 ; 19:00 till 21:00  
Monday: 9:30 till 12:30 ; 14.00 till 17:00 ; 19:00 till 21:00  
Tuesday: 9:30 till 12:30; 14.00 till 16:30

## **Price:**

The fee is 790 Euro per person. This fee includes all meals ( breakfast, lunch, dinner ) and 2 nights stay in a room of 2-3 people. If you want to stay in a one person bedroom, the extra charge is 110 Euro. Please advise on your personal room requirements at the time of subscription.

If you want to subscribe to this training, you can subscribe via the website [www.voicedialogue.be](http://www.voicedialogue.be) and send a mail to [marijke.leys@skynet.be](mailto:marijke.leys@skynet.be). As soon as you have made the deposit of 150 Euro, you are officially subscribed. IBAN BE82 001489926868 BIC GEBABEBB

The rest of the amount is due by March 1st 2012. There is a maximum of 20 participants. No cancellation possible after February 1<sup>st</sup>.

This training is organised by **Voice Dialogue Institute**. Our institute obtained a QFor Quality label in 2011. Thanks to this label if you are working as an independent in Belgium, you can use the system of KMO portefeuille to get a 50% reduction of the cost ( excluding the deposit of 150 euro).