



March 14–16, 2012 Wednesday–Friday

Know Thy Selves: What Do We Do With All These Voices in Our Heads?

Judith Hendin

Have you ever wondered, “What are these voices in my head? One minute I feel this, the next I feel that. What’s really going on? Why do I react the way I do, and why can’t I relax?”

We are profoundly affected by an array of inner voices that shape our attitudes about who we are and who we should be. These voices, or “selves,” call out to us constantly in our daily activities, moods, dreams, relationships, and in our bodies.

Drawing on 20 years of experience, gifted guide Judith Hendin will lead you through demonstrations, interactive group participation, energetic movement, and voice dialogue. You will learn about the psyche and meet your various selves. Some will be startlingly familiar—the Pusher, Caretaker, Perfectionist, Inner Critic—while buried opposites wait to be discovered: the Beach Bum, the voice of Self-Caring, Sensuality, and more.

Getting to know the voices within illuminates all aspects of life from everyday situations to major stress and trauma. This work is suitable for everyone, and can be powerfully applied by therapists in clinical practice.

This program is eligible for CE Credits



Judith Hendin, PhD, directs the Conscious Body & Voice Dialogue Institute of Easton, Pennsylvania, and New York City. A beloved teacher and Voice Dialogue facilitator for 20 years, she has taught in the United States and abroad, and presented at the U.S. Association for Body Psychotherapy. Drawing on her discoveries of healing the body through inner selves, Judith wrote the book, *The Self Behind the Symptom: How Shadow Voices Heal Us*. Her teaching is enriched by her background in psychological energetics, deep bodywork, and sacred choreography. Author and visionary Shakti Gawain calls Hendin, “a wonderful healer whose work I highly recommend.”
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