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March 11–14, 2012 Sunday–Wednesday

# The Self Behind the Symptom: How Shadow Voices Heal Us

## Judith Hendin

For everyone, including therapists and yoga teachers.

Underneath many physical or psychological symptoms, a part of you is struggling to be heard. Somatic therapist Judith Hendin teaches a process that uses subtle energy work, soulful movement, and insightful dialogue to access those messages. A powerful adjunct to medical treatment, this dynamic approach can enhance recovery from a host of ailments, including musculoskeletal conditions, pain, rashes, intestinal problems, cancer, sexual dysfunction, and insomnia.

In a workshop designed for both personal and professional growth, you use experiential exercises and demonstration sessions to:

- Gain access to the subpersonalities that make up the psyche

- Learn to recognize your “gatekeepers”—those cultural and personal selves that protect you so well that they can hold you back from inner work

- Delve into the body through imagery and movement

- Discover buried “shadow” voices that offer you pure gold as you expand into who you truly are.

Everyone can learn to follow the body as a guide to important inner issues.

Recommended reading In the “Articles/Resources” section of Judith Hendin’s website, [www.consciousbody.com](http://www.consciousbody.com), “The Energy Medicine of Selves” and “Embracing All Our Selves.”

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.” [www.consciousbody.com](http://www.consciousbody.com) and [www.voicedialogue.com](http://www.voicedialogue.com).



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