



Judith Hendin

The Self Behind the Symptom: How Shadow Voices Heal Us

March 14–17, 2010 Sunday–Wednesday

Underneath many physical and psychological conditions, a part of us 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. Her dynamic approach reveals inner issues and points the way to life-changing shifts.

A powerful adjunct to medical treatment, this work can enhance recovery from a host of ailments, including musculoskeletal conditions, pain, rashes, intestinal problems, cancer, sexual dysfunction, and insomnia. We will use experiential exercises and demonstration sessions to learn to follow the body as a guide to important inner issues; gain access to the subpersonalities that make up the psyche; recognize the cultural and personal selves that protect us so well that they hold us back; delve into the body through imagery and movement; and discover buried “shadow” voices that offer us pure gold as we expand into who we truly are.

Accessing All That We Are: An Introduction to Voice Dialogue

March 17–19, 2010 Wednesday–Friday

Voice Dialogue is a simple yet revolutionary method of speaking with the diverse inner voices or selves that are vibrantly real in everyone. These selves express as a continuous stream of energy moving through us, shaping our bodies and experiences at all times. Voice Dialogue is a great tool for therapists to complement their work with clients, and it is profoundly useful for anyone on a path of self-exploration and healing.

Using experiential exercises and demonstrations, you will meet important inner figures, including: the Achiever, the Pleaser, the Inner Critic, the Spiritual Voice, Vulnerability, and Power. As you learn to facilitate these selves, you will listen to opposites and ignite a center that honors both sides; practice nonjudgment as you accept every self; access archetypal forces; and gain in-depth understanding of your inner world.

Voice Dialogue can be easily integrated into any profession. Because of its simplicity and clarity, it is used throughout the world by psychotherapists, health-care practitioners, bodyworkers, somatic therapists, and individuals pursuing personal development. **CE credits are available.**



Judith Hendin, PhD, directs the Conscious Body & Voice Dialogue Institute of New York City and Pennsylvania. A beloved teacher and Voice Dialogue facilitator for 20 years, she has taught in the United States and abroad. 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 and www.voicedialogue.org



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