



Authentic Movement: Understanding embodiment and Somatic counter-transference

Authentic Movement is a wise and generous teacher, a portal into the school of the body. It asks only that we be true to ourselves in the present moment, look within, and trust the teacher that resides there (Avstreich, 1993)

This course is designed to support therapists in their process of working with clients in order to support their own embodiment and awareness of somatic counter-transference. Authentic Movement is a mindfulness practice in which a person moves with eyes closed in the presence of a witness. The mover allows her attention to “drop in” to the embodied experience of sensation, impulse, emotion, and imagery, allowing movement to unfold from a deep inner wisdom. The witness holds the space by keeping eyes open and creating a safe container for the movement to unfold. By coming into contact with ones own embodied experience with curiosity, openness, and acceptance, therapists are better equipped to be conscious of and work with the somatic countertransference present in the therapeutic relationship.

Dates

Thursdays from 6-7:30pm
Beginning March 1st

\$40 per session

LifeCare Wellness
45 S. Park Bld. Ste 200 Glen Ellyn, IL

For group information and registration
Email rothwell.lifecare@gmail.com

Kimberly Rothwell BC-DMT, LCPC, CADC, GL-CMA: While working in the counseling field over the past ten years, Authentic Movement has been a resource of healing and recuperation. In addition to her private practice, Kim teaches in the Department of Creative Arts Therapies at Columbia College Chicago.