

# Therapy's Embodied Styles

taught by Susan Gregory, M.A.

## Weekend Workshop

April 30 - May 1

London, UK  
Gestalt Centre, King's Cross



### Breathe, Move, Create

This participatory workshop is an opportunity to learn and deepen therapists' abilities to design experiments with breath, movement and creativity in individual sessions and in groups. The use of these experiments importantly reinforces the client/therapist relationship; we will look at how that occurs.

Five distinct styles of working with body experience in therapy will be explored; and participants will have opportunities to find which styles best fit their own ways of meeting clients in the moment.

This supportive weekend will include mini-lectures, therapy demonstrations, skills practice in dyads, discussions in small groups, and large group question and answer periods.

Susan Gregory, former president of NYIGT, has written on this subject in BGJ and has offered workshops around the world. [www.GestaltSing.com](http://www.GestaltSing.com)

### Weekend Highlights

#### Saturday morning

Discussing our goals for the weekend.  
Breath work for self and with others.

#### Saturday afternoon

Noticing our own and our clients' movements.  
Designing and processing experiments.

#### Sunday morning

Working with creative modalities;  
differentiating arts therapy from Gestalt therapy.

#### Sunday afternoon

Understanding therapeutic touch. Reinforcing what we have learned together in this workshop. Identifying next steps.



### Workshop Fee: £190

To hold your place, a deposit of £50 is requested, to Susan's PayPal account: [beethoven81@aol.com](mailto:beethoven81@aol.com)  
or by contacting Susan directly.

For more information, please contact Susan at [GestaltSing@aol.com](mailto:GestaltSing@aol.com)