

Track Descriptions - 2023-2024

WORKSHOPS WILL TAKE PLACE VIA ZOOM

November 18, 2023 – Sage Brody – One Day track Somatic Expressive Therapy

One of the beauties of HFI's Body Psychotherapy is its capacity to use language and non-verbal means of processing as a powerful way for the therapist to reach the client and the client to explore and express the truth of what they feel. Somatic Expressive Therapy helps people access the wounds and blocks that lives within our body-mind and move limitation towards freedom and painful or difficult emotions toward acceptance and transformation. In this workshop participants will:

- Learn unique, non-verbal means of processing developed as a part of Somatic Expressive Therapy.
- Experience an integration of mindfulness with the intuitive vehicle of the expressive arts as a way to open yourself up to the truth of what you feel.

Experience a primary way of knowing your experience that is preverbal, that involves imagery, movement, sound and eventually words

December 2 & 3, 2023 - Adria Diel & Paul Lambert – Sometime in December - A Cross-Cultural Approach to Healing, Balance, and Wellbeing.

A Cross-Cultural Approach to Healing, Balance, and Wellness

The Circle is part of life for many peoples around the world, and part of the ongoing evolution of human culture.

Drawing on the model of having our four aspects; Physical, Mental, Emotional, and Spiritual, placed around the Wheel, we can weave and re-weave our experiences and process, into more wholeness and wellbeing.

Using various Shamanic approaches, we will:

- Create a personal Mandala for working with our aspects
- Learn and practice ways for 'shifting' perspective
- Explore using these teachings in relationship, for helping others, and as applied with the layers and victimizer work
- Nurture the integration of Body, Mind, Heart, and Soul

January 13 & 14, 2024 - David Gilroy & Donna Baker- Gilroy– The Impact of Mindfulness on Healing Trauma - CONFIRMED

The practice of mindfulness helps us develop and deepen a peaceful space of awareness where we can observe and welcome our moment-to-moment responses. These responses serve as our sense of direction in the work with clients in order to:

- Create a mindful practice where you can observe and welcome your moment-to-moment responses
- Maintain balance in the face of your client's imbalance
- Teach your clients mindfulness as a way to maintain center and ground

Give yourself and your clients a second chance at healthy attachment.

January 27 & 28, 2024- Stuart Alpert - CONFIRMED- The Emotional & Energetic Roots of Physical Pain and Illness...The Pathways to Healing

Our life struggles include our illnesses and all of our aches and pains. In our culture, the most common view is that we "get" a disease or illness, as if it happened to us as some sort of accidental, bad luck. We tend to say "I got arthritis" or "I got tinnitus," or "I've developed a pain in my neck." This idea feeds the belief that we have no control and are a victim of whatever pain or illness happens to strike. The opposite extreme purports that we have created our own health problems, so we should be able, if we were aligned enough, to "un-create them." This latter concept can lead to self-blame and guilt. These feelings can be counterproductive, creating even more stress.

In truth, we are not to blame for the symptoms and illnesses we develop, nor are the symptoms accidental.

In this workshop we will:

- Explore abusive childhood bonding and its impact on DNA and the development of tension, pain and illness
- Learn how to work with clients to positively impact their physical symptoms

February 3 & 4, 2024 - Beverley Bass & Tina Walsh - Bonding and Attachment...The Foundation of Healing

The bonding we received as children is the basis for how we attach and form relationships as adults. This workshop will help us understand the general nature of bonding and the specific bonding that you received that impacts every aspect of your life.

Through discussion and experiential work participants will:

- Learn to appreciate the impact of your early childhood bond on their lives
- Release old negative bonding
- Create the kind of bonding that supports aliveness, compassion, and faith
- Understanding that positive bonding is essential in developing compassion for clients

March 2 & 3, 2023 - Beverly Blass & Tina Walsh – Body Centered Psychotherapy and Embodied Spirituality.

By blending body-centered psychotherapy and spirituality, this online workshop empowers participants to access their inner wisdom, strengthen their intuitive abilities, and embark on a transformative journey toward healing and self-discovery.

We will explore the profound connection between body-centered psychotherapy and spirituality. We will engage in experiential exercises to help us understand the concept of embodied spirituality, highlighting how our bodies are vessels of wisdom and conduits for spiritual experiences.

April 13 & 14, 2024 – Donna Baker-Gilroy & David Gilroy – Conflict Resolution for Couples...A Buddhist Perspective-

CONFIRMED

Conflict is an inherent and necessary part of all relationships. We will explore a Zen Buddhist approach to working through and growing from these conflicts. This process was developed by Thich Nhat Hanh and the monks and nuns at Plum Village in France.

We will:

- Practice creating peace between spouses, partners, friends, relatives, co-workers, and groups
- Learn the difference between blame and responsibility
- Learn how to integrate this approach in conjunction with what you are learning about embodied healing

March 16 & 17, 2024 – Naomi Lubin-Alpert & Stuart Alpert – Animal Imagery

Throughout history, art, dreams, myths, and legends have intimately connected animals and humans. In this workshop we will invite an image of an animal to appear from each Chakra. With their special gentle humor, unexpected directness, and startling wisdom these animals may guide us on crucial next steps for healing and moving forward. The workshop is experiential. There will be an opportunity to share journeys (if you choose) and discuss the parallels between this work and what you are learning from the theories of In-Depth Body Psychotherapy and Subtle Energy Healing. The ability to image and a fondness of animals is neither necessary nor required for the weekend!

Working with animal imagery will:

- Build a pathway to higher consciousness
- Learn to trust your own inner wisdom
- Create supportive connections with other participants for your own healing