

Attending to the Body



Join us for an introductory workshop on modern Bioenergetic Analysis focused on the somatic impact of arousal and affect regulation.



Upcoming
March 23

Participants will:

- explain three benefits to working somatically with clients;
- demonstrate "grounding" exercises to center you in your body;
- describe three dynamics of a therapy session and;
- describe how to weave body-centered techniques into the therapeutic process

Increase your knowledge base about somatic work.
Attend to Your Body!

Stressful times

More people are coming into our offices with increased anxiety, panic, fear and trauma. The latest findings in neuroscience support working somatically to decrease this stress.

Join us and increase your knowledge of how Bioenergetic Analysis, relational, somatic psychotherapy brings more significant potential for beneficial change.

Intended for licensed & pre-licensed mental health professions & master & doctoral-level clinicians, physicians & psychiatric nurses.

Registration: Download from www.sciba.org, on the events page.

Cost: General: \$20
Students: Free w/valid ID
Cert of Attendance \$5
3 CEU's for additional \$10

When: Mar. 23, 2019, 10:00am - 1:00pm

Where: National University
11255 N Torrey Pines Rd
San Diego, CA. 92017

Schedule: 9:30-10:00 Registration
10:00-10:30 Intro & Grounding
10:30 - 11:30 Theory & Technique
11:30 - 12:30 In-Vivo Demo
12:30 - 1:00 Discussion & Q&A

More info: Jennifer York 760.525.6442
jenniferyorklmft@gmail.com

Mail registration & check to SCIBA
% Jennifer York ,
1767 Grand Ave. #4, San Diego, 92109

Bioenergetic Analysis is a unique and effective psychotherapy that helps resolve emotional issues by engaging the wisdom of the body in a safe and caring relationship with a trained therapist. With a long and established history, Bioenergetic Analysis finds itself on the cutting edge of contemporary psychology as rapid advances in neurobiology highlight the intricate and intimate relationship between body and mind.

*Facilities and programs are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact Jennifer York at jenniferyorklmft@gmail.com or 760.525.6442. Please allow as much advance notice as is possible to ensure we have ample opportunity to meet your needs.

*No refunds available less than 7 days prior to event. All **refund** requests and **grievances** must be submitted in writing to workshops@sciba.org.

Diana Guest, LMFT is a certified Bioenergetic Analyst, IMAGO Relationship Therapist, and Level 2 EMDR trained. She is the President of the International Institute for Bioenergetic Analysis (IIBA), and both a local SCIBA and International faculty member. She has presented workshops and trainings in the US, Europe, South America and China.

Ms. Guest earned her MA in Clinical Psychology from Antioch University and her undergraduate degree from the Uni. of Nebr., Lincoln.

More info: <http://dianaguest.com>

*Southern California Institute for Bioenergetic Analysis is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. Southern California Institute for Bioenergetic Analysis maintains responsibility for this program/course and its content. Approval # 57012. Course meets the qualifications for 3 hrs of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Certificates of attendance will be provided after the evaluation is completed. CEU's will be awarded for attendance at all three hours of the presentation.

