

Fear of Life: Increasing our Capacity for Aliveness



2019 Southern California Bioenergetic Conference
<http://conference.sciba.org>

Thursday-Sunday, Feb. 21-24, 2019
A Personal Growth Retreat in Lake Arrowhead, CA

During the four days of the conference, we provide an environment of acceptance and curiosity to allow us to identify how fear impedes our lives and creates chronic tension. Bioenergetic techniques and interventions allow you to return to your body through grounding, relational and body work and ultimately surrendering to the process of re-awakening our aliveness.

Throughout various segments of the conference some of what participants will learn include:

A fundamental knowledge of Bioenergetic group dynamics and interventions to facilitate intimate interactions.

Participants will gain a basic understanding of the effects of early muscular contractions resulting from fear and anxiety.

Participants will assess the effects of fear on the development of body awareness and openness to intimate contact in their own bodies.

Additional learning objectives will be available in each presenters description on the website.

*CAMFT approved CEU Provider, SCIBA Approval # 57012 Certificates of attendance will be provided after an evaluation is completed. Attendance at the conference meets the qualifications for earning up to 15 hrs of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Add CEU's to your registration fee for \$25.

2019 Southern California Bioenergetic Conference

More Than A Conference...

- Dynamic keynote **presentations** from experts in the Bioenergetic Analysis field.
- **Clinical workshops** offered in line with the conference theme. Each will be led by Bioenergetic Therapists, (or experts on the topic) and will be both didactic and experiential workshops.
- **Process groups** are facilitated and supported by pairs of Certified Bioenergetic Therapists and are devoted to experiential, in-depth personal work.
- **Movement classes.** Start each morning with bioenergetic exercises designed to help your emersion into the conference theme.

*Conference registration fee is \$750. Please see the website for discounts, fee schedule and additional price options for accommodations.

*Facilities and programs are accessible to persons with disabilities. If you have a special need and plan to attend the conference, please contact us at conference@sciba.org or (858) 900-3155. Advance notice helps us to ensure we have ample opportunity to meet your needs.



... It's Also A Retreat!

- **Accommodations.** Each condolet includes a fireplace and separate bedrooms & bath.
- **All meals included.** Elegant breakfast & lunch buffet, & nightly 4-course dinner. All can be adjusted for your dietary restrictions without sacrificing flavor and nutritious value.
- **Relax** in the hot tub, work out in the fitness room and enjoy complimentary wi-fi.
- **Hike** the lake and enjoy the zen deck.

*All cancellation requests must be received in writing to conference@sciba.org.

There is a \$55 processing fee for any cancellation. Deposit (of \$275) is not refundable. However, if the cancellation notice is received by January 10, 2019, then the deposit can be applied to the following years' conference. Reservations cancelled after January 10, 2019 are not refundable.

The Southern California Bioenergetic Conference is a non-profit event. Conference coordinators, presenters and facilitators all participate in a volunteer capacity.

