



## Somatic Relational Psychology

### *Integrating Mind, Body, Emotions & Culture*

The Somatic Relational Psychology Workshop Series is a set of eight workshops that stimulate self-growth and teach about Modern Bioenergetic Analysis. It includes theoretical discussions, experiential exercises and group process.

This unique program is designed for mental health professionals and individuals seeking a deeper understanding of their own development and mind-body experience as well as understanding how culture affects our body, values and attitudes.

#### *Each training day includes ...*

- 9:00 - 9:30 Grounding and Movement
- 9:30 - 12:30 Lecture and Experiential
- 1:30 - 3:00 Process group

Learning objectives include:

- identify blocks and adaptations to 3 developmental stages;
- differentiate between the 6 character structures;
- identify a developmental impingement for the 6 character structures; and
- apply 4 concepts of personal safety, cultural humility, grounding, and boundaries.

More CEU details are on the back page and in the application on the website.

### *Join us for Personal Growth and Connection*

#### **For more information please contact:**

Christine Harris, LMFT, CBT

720-727-2500

[therapy@harris4.com](mailto:therapy@harris4.com)

## 2022 Workshop Series Dates

One Saturday each Month

9:00 a.m. to 3:00 p.m.

**March 19, 2022**

**April 16, 2022**

**May 14, 2022**

**June 11, 2022**

**August 20, 2022**

**September 17, 2022**

**October 15, 2022**

**November 12, 2022**

**Location:** Online via Zoom

**Tuition:** \$900 for payment in full at the start of the series. \$125 each workshop if paid individually.

**4 CEU's are available for LCSW's, MFT's, LPCC's and LEP's for \$25 per workshop**

**(Your attendance is expected at each workshop & payment is required for the entire series.)**

**\$100 savings if paid in full at the start of the series!**

**Applications are available online at**

<http://sciba.org/somatic-relational-studies/>

### **Bodies of Culture Scholarship Program**

**Purpose of Scholarship:** To provide funding for mental health professionals representing a variety of bodies of culture to attend the Somatic Relational One-Year Program. We want to welcome more people of color, non-traditional sexual orientations and all gender expressions into our Bioenergetic community, and provide an equitable opportunity for them to participate in Bioenergetic Analysis trainings.

[LEARN MORE](#)

**Bioenergetic Analysis** is a unique and effective psychotherapy that helps resolve emotional issues by engaging in 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 the body and mind.

**Christine Harris** is a member of the Southern California Institute for Bioenergetic Analysis and the coordinator of the Somatic Relational Psychology Workshop series. She has presented workshops at the annual Southern California Bioenergetic Conference in Lake Arrowhead. Ms. Harris is a Licensed Marriage and Family Therapist (LMFT), Licensed Massage Therapist (LMT) and Certified Bioenergetic Therapist (CBT). After becoming a Licensed Massage Therapist in 1990, Ms. Harris went on to receive her M.S. in Marriage and Family Therapy at St. Thomas University in Miami, FL., and completed her Bioenergetic training with the Florida Society of Bioenergetic Analysis in 1997. She currently lives near Denver, Colorado where she has her private practice. Always a student of learning more ways to empower her clients, she is an avid researcher of current neuropsychology and nutritional psychiatry.

**The Southern California Institute for Bioenergetic Analysis (SCIBA)** is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFT's, LCSW's, LPCC's and / or LEP's. SCIBA maintains responsibility for this program and its content; Approval #57012. Each workshop in this Somatic Relational Psychology Workshop Series meets the qualifications of 4 hours of continuing education units for LMFT's, LCSW's, LPCC's and / or LEP's as required by the California Board of Behavioral Sciences. One CEU certificate will be provided after completion of the entire program and all fees and evaluations have been submitted. Four CEU's will be awarded for attendance during the presentation and experiential portions of each workshop day. Total possible CEU's for attending all 8 workshops is 32 (CEU credit is not awarded for lunch break.)

**Concurrent Therapy Required** - When registering in the workshop series, students agree to receive at least 10 hours of therapy with a Certified Bioenergetic Therapist (CBT) during the course of the series. Therapists must be CBTs.

**Refund/Cancellation Policy** - The program requires payment for all workshop regardless of attendance. Cancellations, refund requests, and grievances must be submitted in writing to [workshops@sciba.org](mailto:workshops@sciba.org) one Saturday before the first day of training. One week prior to the first day of training, full tuition will be refunded minus the \$25 administration fee. Any cancellation received between one and three weeks prior to the start will be refunded minus the fee for one workshop (\$125), and the administration fee \$25. After the first class there are no refunds. To report a grievance or request a copy of the policy please send an email, [therapy@harris4.com](mailto:therapy@harris4.com).

Programs are accessible to persons with disabilities. If you have a special need and plan to attend the workshops, please contact Christine Harris at [therapy@harris4.com](mailto:therapy@harris4.com) or (720) 727-2500.