



# Australian Radix® Body Centered Psychotherapy Association Day Conference

**Saturday 12th November 2011**

**The Pelham Room, Melbourne Business School Conference Centre.**

**168 Leicester ST, Carlton VIC 3053. 9am - 5:30pm**

## **Passion and Vitality in your Professional Practice**

Maintaining energy and enthusiasm in our practice can be challenging at times. This conference explores how connection or disconnection from our bodies and life energy impacts on our therapeutic practice. From a Radix body centered approach presenters will investigate the principles and practices behind deepening our connection with ourselves to enable a deeper connection with our clients while bringing passion and vitality to the things we do.

### **About Radix**

Radix body centred psychotherapy has energetic principles as a foundation to understanding the body and psyche. Body observation guides interventions impacting at cognitive, emotional, behavioural and somatic levels. Radix works to embody and integrate our thinking, feeling and action.

### **Body and energy informed presentations will explore:**

- the art of being present in practice
- building and maintaining aliveness
- avoiding burn out
- preventing, managing & releasing vicarious trauma
- caring for the practitioner
- practitioner spirituality in therapeutic practice
- practical skills based approach



**AASW**  
CPE APPROVED

### **Registration includes:**

Morning

Afternoon tea

Buffet lunch.

Vegetarian or GF options can be arranged

**Early Bird discount** for registrations made prior to October 21st

**- \$150.00**

Registrations made after October 21st

**- \$190.00**

Student rate with current ID payment

**- \$110.00**

Cancellations prior to October 28th will receive a 50% refund.

After October 28th no refunds can be made.

### **Methods of payment:**

**cheque:** Payable to ARBPA and sent to:

**Radix Training Centre PO Box 531 Clifton Hill**

**Victoria 3068.** Please include name, address, phone, email and state if vegetarian or GF food is required.

### **EFT payment:**

Commonwealth Bank

BSB: 065 130

Account No: 00901694

Account Name: ARBPA

Customer Ref: RC + your name

Please email your booking details to

Narelle McKenzie: narellemckenzie@internode.on.net

Enquiries: Ph Narelle on 0408 809 357



## Presentations

### **Mind the Body: Value You & Your Practice : Self Care for the Practitioner.**

#### **Robyn Bull**

While we aspire to be vital and engaged with our clients, there can be hazards and challenges in achieving this. This presentation will explore using our own body as a resource in therapeutic practice.

Robyn will focus on essential self care strategies that nurture client/practitioner relationships, create flexible and supportive boundaries, and foster creativity and energy for both client and practitioner.

Participants will explore body centered techniques and skills to motivate wellness and enliven their personal and professional life.

**Robyn Bull** practices Radix in Bendigo. Her passion is to provide psychotherapy with 'purpose' that embraces authenticity, identity, richness, wisdom and commitment.

### **Journey into wholeness.**

#### **Janet Schwarz & Anthea Fraser**

In this session, Anthea & Janet will provide an opportunity to reflect on the values, meanings and experience of spirituality and its significance in therapeutic work.

Participants will explore practices to unify body, feelings, mind and spirit. Exploration and a deeper understanding of our motivations and commitment to our spirituality increasingly releases more and more of our own life force and energy, expressing itself as a vital compassion and aliveness for ourselves, for others, and for the world in which we live.

**Janet Schwarz** is a psychologist who trained in Radix about 20 years ago. She uses Radix, psycho spiritual and wholistic approaches in her work. She has a private practice in the Adelaide Hills.

**Anthea Fraser** is a clinical social worker with a private practice in Mt Barker and Fullarton. She is a Radix Trainer for the Radix Training Centre.

### **The Art and Value of Being Present.**

#### **Narelle McKenzie**

In this presentation, Narelle will be focusing on how we, the practitioners can stay present and alive with our own somatic, emotional and cognitive process whilst engaging fully with that of the client. The session will explore ways that this experience can be fruitfully and productively brought into the relationship with the client rather than contained, ignored or overcome, thus enabling both the client and the practitioner to have a more enlivening experience rather than one of fatigue or burnout."

**Narelle McKenzie** is the Radix Training Director in Aust & North America. She is a registered psychologist with an MA in Developmental Psychology. She has a private practice in East Melbourne and runs training workshops in Aust & USA.

### **Preventing, Managing and Releasing Vicarious Trauma.**

#### **George Gintilas**

Vicarious trauma occurs over time as practitioners engage empathically with their traumatized clients and are negatively impacted by hearing about their traumatic experiences. How do you go about limiting the effect of such trauma? How do you help yourself be happily alive and fully functioning with a successful practice without developing symptoms of vicarious trauma? By applying Radix body based principles the practitioner can prevent, manage and even release the symptoms of vicarious traumatization, thus allowing for an ongoing, energetic practice and aliveness in their personal life.

**George Gintilas** has been in private practice in Elwood since 1990. He combines various fields of training to complement his whole body approach to therapy and healing.

