



Yoga Informed Psychotherapy

15 Hour Program

For therapists, counsellors, psychologists, social workers and all who work closely with others.
With Anna Evans & Tony Jackson

Overview:

Yoga is an enormous support to the work of psychotherapy. This is particularly true for somatic and embodied modalities like gestalt. Many body-centred therapies have a theoretical and diagnostic frame that sees the client from the outside in. This program will explore the ways yoga can support the willingness and capacity of therapists to enter the work directly with their own body. Thus, the vulnerable experience of 'live contact' is enhanced by a commitment to relational practices: the lived (embodied) experience of the therapist; sensitivity to the impact of the broader field; and attuned attention the quality of connection in the relationship. Yoga and other embodiment practices can assist with this life-affirming and courageous process.

In this workshop, participants will have the chance to explore various yoga exercises and reflect on their application to therapy practice with 3 broad aims in mind:

- Grounding and supporting the practitioner
- Enlivening the relational space
- Assisting clients to process deepen their awareness

AT A GLANCE...

Venue / Gestalt Centre
622 Lygon Street, Carlton North

Total Hours 15

Dates / May 20th, 27th &
June 3rd, 10th, 17th, 24th

Time / 6pm to 8.30pm

Costs / \$850.00
Numbers are strictly limited.

To Enrol / Please contact the office to enrol. You will be invoiced upon acceptance into the program.

Contact / 9489 6300
admin@gestaltcentre.com.au

Program Outline

The workshop will offer a reflective space in which participants can discover:

- Historical and political context of yoga and embodiment
- Practices of deep centering for the therapist
- Yoga as a vehicle for developing right hemisphere skills of relationality; cultivating uncertainty, attending to wholeness, enhancing grace-based skills
- Tracking and unpacking micro-gestures
- A framework for understanding graded ways of introducing embodiment skills to clients

Program Leaders

Anna Evans

BA (Hons), MA (Psych), Grad Dip Gest Th, MAPS

Anna is a psychologist, psychotherapist, lecturer and counsellor, offering both short and long-term counselling and supervision to individuals and organisations. She currently works in private practice and lectures in the counselling department of Victoria University. Anna has previous experience as a counsellor in community mental health, a researcher in carer mental health, and advisor in government mental health policy.

Anna has a keen interest in embodiment and has taught yoga for 10 years. She now follows Scaravelli-inspired yoga teaching which focusses on the process of engaging with embodied experience as a way to deepen capacity for presence and attending to unfolding process. Anna values genuine dialogue, moment to moment awareness and a quiet sense of playfulness in creating the conditions that support clients to reconnect with a sense of choicefulness and vitality in their lives.

Tony Jackson

BTheol, BA (Psych), Grad Dip Couns, Adv Dip Gestalt Therapy,

Tony is the Managing Director of the Gestalt Centre. He first joined the management team of Gestalt Therapy Australia 2011, becoming the sole director in 2018. Tony has a passion for gestalt theory and practice. As the leader of the Gestalt Centre, Tony aims to support the community of practice around gestalt theory locally and nationally. He is particularly interested in supporting a new generation of leaders (teachers, thinkers & writers) who will take up the challenge of growing and sustaining this the gestalt community. He offers supervision services to other psychotherapists. As a trainer of undergraduate counsellors and gestalt psychotherapists for over 15 years, Tony has focused much of his career on creating learning environments that support the early stages of the journey to become a therapist.