



Embodying the Core Conditions

**Dance Movement Therapy and the
Person-Centred Approach—a perfect
partnership!**

Led by Linsey Clark

Friday 13th May 2022

9.30am–4.30pm



CPD
workshop



network
counselling and training

Network Training
Elm Park, Filton, Bristol BS34 7PS

Registered Charity no. 292801
Company registered by guarantee reg. no. 1951370

About the workshop

"The body, not the thinking brain, is where we experience most of our pain, pleasure, and joy, and where we process most of what happens to us. It is also where we do most of our healing, including our emotional and psychological healing. And it is where we experience resilience and a sense of flow." (Menakem, R, 2017 pg 12)

This experiential workshop will explore the integration of the body and creativity in person-centred practice.

Deep physical connection to self and others arises from the opportunity to reach out and touch, make contact, to be intimate and seek refuge in the holding of another. In the wake of the pandemic the need for this within the therapy space is going to be far greater. As person-centred therapists and counsellors we do not shy away from this need, we allow it to become part of the relational meeting, the lived out dynamic.

About Linsey

Linsey Clark is a Humanistic Dance Movement & UKCP Psychotherapist (DMP), an educator and creative clinical supervisor. Linsey has been working in this field for almost 20 years; in the charitable sector and managing and lecturing on a MA in DMP. She now focuses on private practice, hospice care and being the Creative Co-Director of ReLight.

How to book

The cost of this workshop is **£85 per person** - or **£55 per person** for students, volunteer counsellors and volunteer supervisors. 'Early bird' discount available before 1 April.

For more details and to book a place see our web site <https://network.org.uk/> (where you can download a booking form) or go to <https://thelittleboxoffice.com/network/>



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