

BODY AWARENESS & EMPOWERMENT FOR ABUSE/ASSAULT SURVIVORS

A Workshop for Helping Professionals



Paul Linden, Ph.D.

**July 18, 2008
Salt Lake City**

This experiential workshop is designed for professionals such as psychotherapists, medical practitioners, massage therapists, somatic educators, and martial artists who work with survivors of abuse and assault.

People who have been abused or assaulted generally contract and numb their bodies. This is a result of the natural shock response, and it is also a coping strategy to manage awareness of the trauma and the resulting pain. However, by not being present in their bodies, survivors become weakened and less able to resolve their traumas. In addition, they set themselves up for further victimization.

This workshop will focus on body awareness and empowerment training as a solution to learned powerlessness. You will experience body awareness methods from Being In Movement® mindbody education that you can use to help your clients develop greater self-awareness. Living in their bodies will enable them to identify and express what they are feeling and doing with more clarity.

You will learn ways to help clients open and balance their breathing, muscle tone, posture, and movement, and thereby develop a state of relaxation, alertness, power, and love. This mindbody state will help them manage stress and pain, stay present in their bodies, and develop skills of assertiveness and self-protection.



“Paul is a great teacher who is able to translate the empowerment I work to achieve with my clients verbally, emotionally and with metaphor into an actual felt body experience of awareness, self-protection and personal power.” Howard Fradkin, Ph.D. Psychologist. Affirmations Center for Psychotherapy and Growth.

“Paul is truly a master at teaching others how to embody and harmoniously experience their own power and compassion. The depth, clarity, and wisdom of his work are a rare find. The depth of the experience I had in Paul's workshop was simply too extraordinary for me to convey in words – the kind of thing one has to experience for oneself.” Patty Shepard, Clinical Social Worker

“The work I do with Paul teaches me how to be more fully present, physically and emotionally, in my life even through difficult times like memories, flashbacks, and current situations that remind me of past events. As a direct result of working with Paul, I feel more capable, stronger, and better able to care for myself and those around me.” PM.

FOR MORE INFORMATION on Paul Linden's method of body work, go to his website www.being-in-movement.com

PAUL LINDEN, Ph.D. is a specialist in body awareness education, the developer of Being In Movement® mindbody training, and co-founder of the Columbus Center for Movement Studies in Columbus, Ohio. He holds a Ph.D. in Physical Education, a sixth degree black belt in Aikido and a first degree black belt in Karate, and he is an instructor of the Feldenkrais Method® of somatic education. He has extensive experience teaching people such as musicians, athletes, computer users, pregnant women, adult survivors of child abuse, and children with attention disorders. He is the author of a number of e-books, downloadable at www.being-in-movement.com.



- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*
- *Teaching Children Embodied Peacemaking*
- *Feeling Aikido: Body Awareness Training as a Foundation for Aikido Practice*
- *Comfort at Your Computer: Body Awareness Training for Pain-Free Computer Use*



SCHEDULE: Friday, July 18, 2008. 9 AM - 5 PM

BRING: A bath towel for use in movement and balance exercises.

PERFUMES: Out of consideration for people with chemical allergies, please come scent free: no perfume or scented hair spray, deodorant, etc.

COST: \$95, includes box lunch. Please make the check payable to Paul Linden, PhD

CEUs: A certificate of Attendance will be provided to all participants who need this documentation to apply for CEUs from their professional organization.

LOCATION: Utah Aikido Dojo, 3474 South 2300 East, Salt Lake City, UT. 84109. The dojo is located on 2300 East, 1 block south of Evergreen Ave, on the west side of the street. For a map, go to www.utahaiki.com/contact

REGISTRATION form is on the next page, and also available at:

www.jimstruve.com/workshops.htm

or by contacting Jim Struve at 801-364-5700, Ext. 1.

Registrations must be received no later than July 15th.

No same day registrations will be available.

FOR MORE INFORMATION ON THE WORKSHOP:

Contact Jim Struve

801-364-5700, Ext. 1

www.jimstruve.com/workshops.htm

TWO OTHER WORKSHOPS: Flyers for two other workshop sessions that Paul will be conducting in Salt Lake City during his July visit are also available to read and download at this web address.

**Body Awareness and Empowerment
Methods for Abuse/Assault Survivors:
A Workshop for Helping Professionals**

July 18, 2008. Salt Lake City.

REGISTRATION FORM

Download and fill out this form. Send it with a check for full payment
to the postal address below.

**Registrations must be received by July 15, 2008
No registration available on the day of the workshop.
Register early — space is limited.**

Name:

Address: City / State / Zip:

Phone – Day: _____ Eve: _____ Cell: _____

E-Mail: _____

Profession/Degree/Licensure: _____

(Workshop is open to students in clinical training)

_____ \$95 Fee enclosed with this registration (includes registration & box lunch)
Check payable to "Paul Linden" - Due by July 15, 2008

Note: All participants will receive a Certificate of Attendance

Box Lunch Preference (check one): _____ Turkey _____ Hummus

Return this completed registration form with check or money order to:

Jim Struve
1399 South 700 East, Suite #2
Salt Lake City, UT. 84105

For questions or more information, contact Jim at 801-364-5700, Ext. 1 or
jimstruve@mac.com