



An Introduction to Body Psychotherapy

A CPD Training Programme in Zagreb

Seminar 6 - Summer 2012

Separation - Individuation

with Tom Warnecke

Zagreb, 25 – 27 May 2012

The workshop seminar will focus on the psychodynamics of separation-individuation and on the child's desire to assert his or her own will. This developmental phase is characterised by transitions from basic to complex emotions and often described as the “terrible twos” in Anglo-Saxon culture. The workshop will provide opportunities to examine the psychological and somatic dimensions of separation-individuation dynamics and the attachment patterns that contextualise them. Drawing on a range of relevant theory, movement work and the arts, we will also explore related issues such as personal power and its distortions, the physiology of fear, anxiety, aggression and joy, and the continuum of introversion and expansiveness.

Tom Warnecke (UKCP, ECP, EABP) is a relational body psychotherapist, supervisor and trainer. In his workshops, he utilizes movement work to explore psyche-soma dynamics and make mind- body relations accessible. He also developed a relational - somatic approach to borderline dynamics (Contemporary Body Psychotherapy: The Chiron Approach, Ed. Hartley) and he teaches contemporary body psychotherapy in various settings. His publications include several journal papers and book chapters. He is a Vice chair of UK Council for Psychotherapy and represents the UK on the Board of the European Association for Psychotherapy (EAP).