



## **An Introduction to Body Psychotherapy**

A CPD Training Programme in Zagreb

**Spring 2012**

### **Seminar 5 - Holding**

**with Tom Warnecke**

**Zagreb, 2 – 4 March 2012**

The seminar will focus on the first two years of life and specifically on the themes of holding, charging and embodied patterns of attachment. We will explore Winnicott's paradigms of “psyche dwelling in soma” and the process of “lodgement of psyche in soma”, but also, drawing on a range of relevant theory, look at oral development such as healthy needs and nourishment or pulsations of pleasure in the body. We will also explore the range of distortions of oral pulsation and associated patterns of addiction.

**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.