

Workshop Title
Integrative Body Psychotherapy – An Energetic/Relational Model
Detailed Workshop Description
<p>Integrative Body Psychotherapy (IBP) is a comprehensive therapeutic model using practical tools and concepts to understand and make sense of old relationship patterns. IBP creates awareness and understanding of old unconscious “holding patterns” in the body. This process enables change through conscious action in the present. We learn to let go of what is not working and develop effective skills that serve us better.</p> <p>This therapy is exceptional when working with couples, as it allows each individual to understand their own relational history and how these inter-woven patterns create challenges and power struggles within their relationship. This model allows each person to understand and take responsibility for their own “stuff”, while allowing each to hold the other accountable for making those changes in a loving and compassionate way, rather than each blaming the other for what is not working.</p> <p>The workshop will explain the key concepts and use experiential exercises to demonstrate the effectiveness of this model.</p>
Learning Objectives
<p>Participants will be introduced to the key concepts and tools of Integrative Body Psychotherapy and will have a general understanding of how these concepts fit together. They will experience using some of the skills within the model.</p>
Target Audience
<p>Everyone might benefit from attending this workshop, as it is just as useful for the individual, on a personal level, as it is for the professional who wants to learn a comprehensive therapeutic model. Those who are interested in learning more about this model will be encouraged to attend training that will be offered in the near future. To become a Certified IBP therapist, a Master's Designation is required, however, anyone can attend the first two years for their own personal growth. This training is not therapy, but is therapeutic.</p>
Presenter Information
<p>Katherine Harriman Katherine has been in the field of Mental Health and Addictions since 2001. Katherine was born in Saskatchewan and received her education in British Columbia. She has returned to her roots for the past three years. Katherine has been studying and practicing within the Integrative Body Psychotherapy paradigm for the past five years.</p> <p>Norine Shewchuk Norine has 20 years experience with group work and has been employed in the Health field for her entire 36 year career. She has worked with all age groups, within the health, justice and education sectors. She has a keen interest in wellness, along with knowledge of many mind/body practices.</p>