



Embodied Approaches to Eating Disorders

Embodied approaches allow individuals with eating disorders or eating issues to tell their stories, set goals, solve problems, express feelings, be spontaneous, examine past experiences, as well as practice being present in their bodies, often for the first time.

This dynamic workshop is intended for therapists, social workers, counsellors, psychologists, creative arts therapists, nutritionists and dieticians who want to deepen their embodied work with their clients.

Using Internal Family Systems (IFS), Dramatherapy and Improvisation, we will journey through personal and professional narratives and strengthen the inherent wisdom of our bodies as clinicians.

DATE

August 2nd, 3rd & 4th, 2019

TIME

Beginning 7pm on the 2nd
until 4pm on Sunday the 4th

COST

£160* for this weekend workshop

LOCATION

Penny Brohn UK National Centre,
Pill, Bristol, BS20 0HH

LEAD FACILITATOR

Laura Wood, PhD is an Assistant Professor of Clinical Mental Health Counseling and the current President of the North American Drama Therapy Association. She has been working with clients with eating disorders and trauma for the past 11 years in various levels of care. She trained and worked for two years with Dick Schwartz, founder of Internal Family Systems. She has published and presented on her work nationally and internationally. www.recoverythroughperformance.org

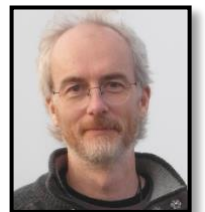


CO-FACILITATORS

Naomi Nygaard, MA, is an Internal Family Systems and Dance Movement psychotherapist and coach drawing on over twelve years' experience guiding people with emotional eating patterns towards a life free from obsession and compulsion around food, weight, and body-image. Naomi works systemically and somatically, supporting people both individually and in groups to find greater health, ease and joy for the whole system. Find out more about Naomi at www.welloa.co.uk



Martin Redfern, MEd, MA is a UK-trained dramatherapist currently working as an NHS Mental Health Practitioner within the Child & Adolescent Mental Health Service (CAMHS) in Devon. Martin has trained in Internal Family Systems (IFS) to Level 3, is a Graduate in the practice of *developmental transformations* (DvT) and is a member of the British Psychological Society (MBPsS). Martin has a special interest in using IFS to inform other therapeutic approaches, especially different forms of dramatherapy. Find out more about Martin at www.martinredfern.org



*Cost of weekend includes lunches, snacks, tea and coffee, and Saturday evening meal.

Residential accommodation, if required, can be booked directly with Penny Brohn UK (£55 B&B/night)

FOR INFORMATION OR TO BOOK, CONTACT: Naomi at naominygaard@gmail.com