

# Playing the instrument – moving the soul

A workshop seminar with Tom Warnecke

*"Movement forms the I that moves before the I that moves forms movement"* Maxine Sheets Johnston

*"Posture is the posture of the soul"* David Boadella



If, as they say, the music enters the instrument, how do we play the instrument? Movement work is rarely found on the curricula of body psychotherapy training courses. This workshop seminar will address this gap and introduce participants to the rich realm of utilising movement in body psychotherapy practice. The experiential workshop will present in particular theory and practice of:

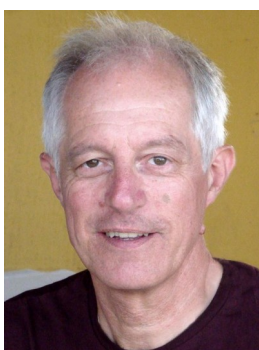
- key principles of “free” movement work that facilitates awareness of “inner movement” and body-in-process towards self-finding and self-connecting as well as self-extension and self-expression.
- recognising and bringing together multiple realms of experience such as movement, image and feeling which, in combination, will deepen and help clarify a person's intentions, motivations or perspectives.

**Movements** serve to intensify our sensory perception and help us inhabit our momentary experience. Interactions of voluntary with involuntary movement are key to all learning and play. The perceptual-sensual awakening potential of movement, and particularly slow movement, and the depth and intensity of insight they afford is well established. Sensory-motor activities occur alongside mental and emotional processes and may establish additional dimensions such as for example action territory or psychological skills relevant to mental and emotional activities. Movements, gestures or postures may also contain symbolic functions or may serve to bridge fragmented aspects of ourselves.

**Images, art and poetry** provide powerful language for our inner world and the deeply personal realm. They can help us connect with our essence and ground and will often allow us to connect multiple planes of experience or transcend difficult experiences.

This body psychotherapy approach to working with movement brings together elements and influences of “slow movement” and Butho dance, Psychosomatic Centring (Bob Moore), transpersonal and formative psychology, and the work of Sylvia Specht-Boadella amongst others.

The workshop is designed to meet the needs of experienced practitioners as well as novice therapists and students. There will be no experiential pair-work which minimises any boundary and dual relationship issues.



**Tom Warnecke** (PgDip, ECP, EABP) is a body-psychotherapist, writer, artist and tutor at 'Re-Vision' in London. He trained in Gestalt therapy and with David Boadella and teaches psychotherapy internationally. His publications include book chapters and journal articles, he regularly contributes at European forums or congresses and co-founded the Transpersonal Special Interest Group of UKCP. He is a co-editor for the International Journal for *Body, Dance and Movement in Psychotherapy*, webcast editor for [www.psychotherapyexcellence.com](http://www.psychotherapyexcellence.com) and the editor of the book '*The Psyche in the Modern World – Psychotherapy and Society*' (Karnac 2015).