

Course Directors

John Weiks, Ed. D. is a Clinical Psychologist in private practice in Grand Rapids, Michigan. He is also a Certified Radix Practitioner and is working on certification in CranioSacral Therapy. In 2008 he formed Integrative Psychotherapy, PLC where he offers individual and group body-centered psychotherapy, Radix sessions and workshops, and CranioSacral Therapy in an approach that integrates body, mind and spirit. In addition, he provides individual and group supervision for psychotherapists and other mental health professionals and leads Radix workshops and groups for therapists. He has led numerous training workshops over the past 30 years. Dr. Weiks is a member of the Radix Institute Training Faculty and serves on the Circle of Management as chairperson of the Research and PR/Marketing Committees.

Nancy Jonker, Ph.D. is a Clinical Psychologist, Certified Radix Practitioner, and Certified Thai Bodywork Practitioner. She is the founder of Integrative Healing Centre, LLC in Grand Rapids, Michigan where she offers Radix workshops, individual and group body-centered, holistic psychotherapy, and Clinical Thai bodywork for pain relief. Her professional career spans twenty years and includes teaching psychology, supervising mental health practitioners, conducting Radix groups for therapists, and presenting at conferences held by local, state and national organizations. She has had a long-standing interest in body-mind integration and physical/emotional health and pain relief. Currently, Dr. Jonker is Director of Continuing Education for the Radix Institute and has been on their faculty since 2007. She is an engaging speaker with a broad and unique perspective on unifying body and mind within the therapeutic context.

Who Should Attend

- ◆ Psychologists
- ◆ Social Workers
- ◆ Professional Counselors
- ◆ Psychiatrists
- ◆ Psychiatric Nurses
- ◆ Marriage and Family Therapists
- ◆ Substance Abuse Counselors
- ◆ Clinical Supervisors
- ◆ Crisis Intervention Specialists
- ◆ Pastoral Counselors
- ◆ Other Body Psychotherapists

What You Will Learn

At the end of this workshop the participant will be able to:

- ◆ Identify 8 aspects of bio-psychosocial well-being and their connections to depression and anxiety
- ◆ Observe how basic psychological concepts are manifested in the body, e.g. boundaries, self-image, defenses
- ◆ Distinguish between congruent and incongruent body language
- ◆ Demonstrate skills in “reading” the language of the body and incorporate these skills in the therapeutic context
- ◆ List 5 common delusions about feelings
- ◆ Identify 7 segments of the body
- ◆ Develop therapeutic goals related to mind/body integration
- ◆ Observe paradoxical breathing patterns and list possible interventions
- ◆ Discuss current theories of pain and intervention strategies for pain relief and management

Confirmations & Cancellations

Confirmation of registration will be sent via email or fax within three days of receipt in our office. If an email or fax confirmation cannot be sent, a post card will be mailed. **If you have not received a confirmation within five days of the program, please call 616-443-9626 or 616-942-9000 to verify registration.**

Cancellations received at least fifteen days before the seminar (by October 1st) are refundable less a \$35 administrative charge per registrant. There is no refund for cancellations received later; however, a credit may be issued toward a future seminar or workshop. Please note that if you register and do not attend, you are still liable for full payment. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be available at the seminar.

Register online at
www.radix.org

Course Format and Hours

The course will include eight sessions over four days for a total of 28 instructional hours. Registration begins at 8:30AM on Thursday. Lunch is on your own from 12-1:30PM each day. For late arrivals or early departures, please see amended certificate information under **Continuing Education Credit**.

Thursday, October 15, 2009:

Session 1: 9AM - 12 PM
Session 2: 1:30 - 5:30PM

Friday, October 16:

Session 3: 9AM - 12 PM
Session 4: 1:30 - 5:30PM

Saturday, October 17:

Session 5: 9AM - 12 PM
Session 6: 1:30 - 5:30PM

Sunday, October 18:

Session 7: 9AM - 12 PM
Session 8: 1:30 - 5:30PM

Dates and Location

GRAND RAPIDS, MI
October 15-18, 2009

Integrative Healing Centre, LLC
2707 Breton Road SE
Grand Rapids, MI 49546
616.443.9626

Course Content

Effecting Change in the Therapeutic Setting

- Goals of Therapy
- How Trauma Affects the Body
- The Triune Brain and Obstacles to Integration
- The Importance of Being Present
- Goals of Radix Work

Eight Aspects of Bio-PsychoSocial Well-being

- Links to Depression and Anxiety
- Psychological Capacities Manifested in the Body

Therapeutic Tools

- Verbal Work
- Eye Work
- Use of Sound
- Tracking Respiration
- Movement and Posture
- When to Use What - Choosing and Assessing
- Knowing One's Limits as a Therapist

Continuing Education Credit

SOCIAL WORKERS: This course is approved by the *Michigan Social Work Continuing Education Collaborative*. Course approval number: **081809-04**. The Radix Institute maintains responsibility for the program. Social workers will receive 26 continuing education clock hours (CE Hours) including 2 CE Hours in Pain/Pain Symptom Management for participating in this workshop.

Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal.

In order for us to process continuing education requests, please bring the appropriate license/certification number to the workshop.

AMENDED CERTIFICATES: Please note that the credit hours listed above are offered by The Radix Institute for full attendance at this workshop including completion of the workshop evaluation form. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned are provided by the Radix Institute at the instructors' discretion. Participants desiring an amended certificate must contact the instructors prior to or during the workshop.

ADA: If you require ADA accommodations, please contact Integrative Healing Centre at least two weeks before the seminar so that arrangements can be made. Phone: 616.443.9626

Grievance: The Radix Institute is committed to provide training of the highest quality. If you attend one of our workshops and do not receive the professional benefits described in our literature, or have some other complaint, please let us know in writing within seven business days and we will resolve this issue with you. You may contact us at: Radix Institute, 2707 Breton Road SE, Grand Rapids, MI 49546

A Word About Feelings

- Feeling Pairs
- Feelings and Delusions
- Feelings and Purpose

The Body Says What Words Cannot -- Reading the Language

- The Art of Observation
- Seven Segments as Defined by Reich and Kelley
- Segmental Congruence and Incongruence
- Body Armor: Advantages and Hindrances
- The Continuum of Character Structures from an Armoring Perspective

Fundamentals of Respiration

- Paradoxical Breathing Patterns: Assessment and Intervention
- Links to Anxiety, Depression and Pain

Pain and Pain Management

- Current Theories of Pain
- Fundamentals of Pain Patterns
- Pain and Its Management

Putting It All Together: Reviewing and Integrating

Working Holistically with Clients: Integrating Body and Mind

Register Today!

ONLINE
www.radix.org

PHONE (616) 443-9626
(616) 942-9000

FAX (616) 942-0008

MAIL this form with
payment to:

Integrative Healing Centre, LLC
2707 Breton Road SE
Grand Rapids, MI 49546

Total Registration Fee:

	Early*	Regular
Individual	\$750	\$785
2 to 4**	\$715 ea.	\$750
5 or more**	\$700 ea.	\$735

*Registration received 21 days prior to workshop date.

**Price per person when registering at the same time.

If you will be requesting CEs, please print your name as you would like it to appear on your CE certificate. There will be a \$25 processing fee for CE certificates. For group registrations, please attach an additional page, if necessary.

REGISTRANT NAME 1

REGISTRANT NAME 2

REGISTRANT NAME 3

ADDRESS

CITY STATE ZIP

PHONE FAX (for confirmation)

E-MAIL (for confirmation)

Method of Payment: Amount \$ _____

Check Enclosed
Payable to: Radix Institute

Register ONLINE
Go to: www.radix.org



radix
institute

www.radix.org

"Powerful and informative, even for the seasoned therapist."
Psychologist,
Grand Rapids, Michigan

Grand Rapids, MI
October 15-18, 2009

Integrative Healing
Centre, LLC
2707 Breton Road SE
Grand Rapids, MI 49546
616.443.9626

Working Holistically with Clients: Integrating Body and Mind

"...health and disease are subtly and fundamentally affected by our attitudes, our tension, our breathing, and our feelings." (James Kepner, 1993)

"...the body holds the secrets of a life." (Maggie Scarf, 2005)

"When healing trauma, it is crucial to give attention to both body and mind; you can't have one without the other." (Babbete Rothschild, 2000)

Continuing education
available for Social
Workers. See inside
for details.

Essential Skills for Practicing Therapists

Essential Skills for Practicing Therapists

Working Holistically with Clients: Integrating Body and Mind

"...health and disease are subtly and fundamentally affected by our attitudes, our tension, our breathing, and our feelings." (James Kepner, 1993)

"...the body holds the secrets of a life." (Maggie Scarf, 2005)

"When healing trauma, it is crucial to give attention to both body and mind; you can't have one without the other."
(Babbete Rothschild, 2000)

"Most trauma-sensitive people need some form of body-oriented psychotherapy or bodywork to regain a sense of safety in their bodies."
(Bessel van der Kolk, 2009)



radix
institute

www.radix.org

Integrating Body and Mind: What's it all About?

Wilhelm Reich, a student of Freud, has been called the "Father of unified approaches to therapy" (Kepner, 1993). His work had significant influences on Charles Kelley, the founder of Radix; on Alexander Lowen, who created Bioenergetics; and Frederick Perls, the founder of Gestalt therapy. Each of these founders expanded upon or modified Reich's seminal ideas as they developed their unique integrative approaches. And each, in turn, saw his own work further developed by creative students.

It seems fitting that there has been increased attention given in recent years to the importance of body/mind integration for developing healthy patterns of living. This has occurred across various disciplines including mental health, medicine, physical therapy and yoga. There is widespread acknowledgement of the potential benefits of working in a holistic way, yet there are limited opportunities for specific training in this kind of approach in the mental health field. Many psychotherapists desire increased knowledge and skills in developing an integrative therapy, but do not want a full-scale training program.

The Radix Institute, drawing on its 40 years of experience in presenting integrated training programs, is pleased to offer this workshop designed specifically for practicing psychotherapists.