

The Rubenfeld Synergy Method®, (RSM), adds the wisdom of the body to traditional talk therapy. The body is an integral part of all Synergy therapy sessions, as it is a reliable source of information. All thoughts, emotions, feelings, pains and reactions exist in and through the body, making it a great source of information for the therapist and the client.

These webinars will teach the therapist how to listen to their own body during a session; enable the therapist to see and hear the cues and clues of the client's body; and teach the client to use the body's messages.

Learn how to check in with the client's body—and your own—to find out what's going on beneath the talk. Learn how to work with that information to enhance and deepen the therapeutic process.



RubenfeldSynergy.com

Body Mindfulness – Adding Body to Talk:

**Part 1: A course of four webinars (1 ½ hour each)
Deepening talk therapy to include bodymind.**

Rubenfeld Synergy Method's concept of the therapeutic alliance is based on Ilana Rubenfeld's principles, that the body has its own wisdom and it always tells the truth. This approach fits with newer models of how the alliance works based on theories of dyadic bonding and regulation.

Through discussion and slides you will learn to:

- Understand the wisdom of the body and its importance in any psychotherapy.
- Notice your own body's cues and practice self-care.
- Recognize the client's physical cues e.g. breath patterns, areas of held tension and/or emotion, energy field.
- Invite the client to explore and listen to the body's messages.
- Use dialogue to change the physical patterns of holding emotions and stored memories.

*Both Part 1 and Part 2 webinars will be presented by
Renee Jacobs, M.S.W., L.C.S.W., C.R.S.*

Renee has been in private practice since 1973; she saw the wisdom in bodymind work, took the Rubenfeld Synergy training and became certified in 2002. Since then she has incorporated bodymindfulness into her work with clients and is delighted with the process.

Cost per series of four webinars is \$125
CEUs available

For more information and to register:

www.rubenfeldsynergy.com/training

Body Mindfulness – Adding Body to Talk:

**Part 2: A course of four webinars (1 ½ hours each)
Advanced use of verbal dialogue incorporating bodymind**

For therapists who completed Part 1:

This series will discuss in greater detail therapeutic practice, current research that is relevant to the mind-body connection and more sophisticated tools to enhance your work with clients.

The four webinars will:

- Explore the science of body mindfulness and the latest developments in neuroscience that apply to psychotherapy.
- Develop the use of metaphors to address the body's responses as well as the intellectual ones in order to deepen the healing process.
- Teach the use of voice and trance to minimize resistance and develop new patterns and coping skills.
- Examine basic concepts of personal energy and the Chakra system.
- Teach the Gestalt concept of the "Empty Chair".

Go beyond the mind.
Access the messages of
the body with the
Rubenfeld Synergy Method®.

The Rubenfeld Synergy Method®

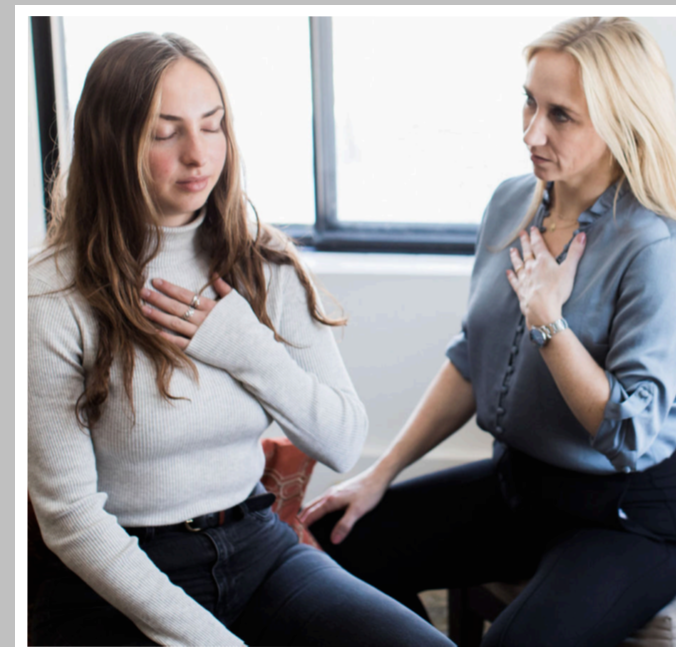
- Integrates the physical body with the emotional body, adding a dynamic resource to the therapeutic realm.
- Supports and witnesses your client's somatic exploration, embodiment and transformation using simultaneous touch and dialogue.
- Deepens and enhances your client's well-being ... *and yours.*

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Body Mindfulness: Adding Body to Talk

A webinar series



*“Experiencing talk and touch
at the same time establishes
trust and promotes results faster
than talk therapy alone.”*

Renee Jacobs, MSW, CRS



Rubenfeld Synergy Method®

Look for us here:



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