

The 6th Annual West Georgia Spirituality and Psychotherapy Integration Series

TOWARDS A LARGER SELF

A workshop on

Hakomi mindfulness based and Internal Family Systems Therapies

With founders **Ron Kurtz and Dick Schwartz**

Join us for this extraordinary gathering as we work and learn within the essential skills of these two innovative approaches to psychotherapy.

May 29 – 31, 2008

University of West Georgia, Carrollton
Martha Munroe Building

Ron Kurtz and Dick Schwartz will weave their styles and techniques into a unique 3 day workshop as we practice *Hakomi's* mindfulness-based psychotherapy and *Internal Family Systems Therapy*. In an atmosphere of loving presence, with Ron we will learn effective practices for bringing into immediate present moment awareness habits and beliefs which organize our daily experiences from the threshold of our conscious minds, in 'the fertile ground of the margin of the moment.' Once habits, beliefs, and memories are conscious, they can be examined and modified to provide a more realistic and satisfying way of being.

When working within the system of the psyche, Richard Schwartz teaches us how to detect, differentiate and distinguish the component parts of the system. Ron and Dick teach methodologies which will expand on the repertoire for how to work with parts of the inner system with collaborative skillfulness. In this workshop both presenters will demonstrate how they have integrated into their separate and complimentary methodologies ancient methods for 'inner listening' in order to facilitate psychological accessing and transformation at core organizing levels of the psyche. Both methodologies are spiritually wholesome modes of assisted self study within a social and energetic context of a safe and loving presence.

Both *Hakomi*, as originated by Ron Kurtz, and *Internal Family Systems* therapy, as originated by Richard Schwartz, have become widely recognized within the field of body-mind integrative experiential psychotherapies as leading methodologies which give the practitioner many tools for facilitation of healing journeys within the inner realms of the human psyche.

In this three day event the two originators will describe, demonstrate and make specific recommendations for psychotherapeutic and teaching practice. The group will be guided in experiential exercises which explore, identify, illustrate and illuminate key dynamics and methodologies of the two methods. Techniques which are immediately applicable within a wide variety of styles and modalities, and within various clinical, educational and corporate settings of work with children, adolescents and adults will be demonstrated and practiced. Ron and Dick will also report on some of their newest thinking and updates in their methodologies.

“The impulse to heal is real and powerful and lies within each of us.” –Ron Kurtz



The overlapping of styles and techniques from these two, offer a rich and balanced approach within the context of any therapeutic or professional relationship. This experiential workshop will allow 1:1 time to observe, practice and integrate new insights with Ron, Dick, and several trained assistants. Classes will be a combination of didactic learning in the large group and experiential learning in dyads, triads and small groups.

Pre-requisite: Introductory readings will be recommended upon confirmation of registration for those who have had no experience or conceptual understanding of either methodology.

Ron Kurtz: is the originator of the Hakomi Method of Body-Centered Psychotherapy and a preeminent influence in progressive psychotherapy. Ron "belongs to the masters," says John Bradshaw, who calls the Hakomi Method "the absolute cutting edge in modern therapeutic technique." Author or co-author of three influential books *Body-Centered Psychotherapy*, *The Body Reveals*, and *Grace Unfolding*, Ron has led hundreds of trainings and workshops around the world over the last quarter of a century. At present he is leading trainings in the USA, Japan and Mexico. He is the recipient of the 2008 'life time achievement award' from the United States Association of Body Psychotherapy.

Dick Schwartz: After earning his PhD in Marriage and Family Therapy from Purdue University, Dr. Schwartz began a long association with the Institute for Juvenile Research at the University of Illinois at Chicago, and more recently at The Family Institute at Northwestern University, and is an Associate Professor in both institutions. He is Fellow of the American Association for Marriage and Family Therapy, author or co-author of, *Internal Family Systems Therapy*, *Family Therapy: Concepts and Methods*, *The Mosaic Mind: Empowering the Tormented Selves of Child Abuse Survivors* and *Metaframeworks: Transcending the Models of Family Therapy*. Dr. Schwartz has presented IFS material at more than 100 workshops and conducts year-long training programs in every region of the United States, as well as in Canada and Europe. As developer of Internal Family Systems Therapy SM, Dr. Schwartz incorporated The Center for Self Leadership in Oak Park, Illinois in August 2000.

Schedule

May 2	Early registration deadline	
May 26	Registration deadline	
May 29	8:00 – 9:00 am	Registration Martha Munro; UWG
	9:00 – 12:30	Ron Kurtz
	12:30-2:00	Lunch
	2:00 – 5:30	Ron Kurtz
May 30	9:00 – 12:30	Dick Schwartz
	12:30 – 2:00	Lunch
	2:00 – 5:30	Dick Schwartz
May 31	9:00 – 12:30	Ron Kurtz and Dick Schwartz
	12:30 – 2:00	Lunch
	2:00 – 5:30	Ron Kurtz and Dick Schwartz

Registration

Name _____

Address _____

City/St/Code _____

Email _____ Telephone _____

Workshop fees

Before May 2	ChildSpirit members	\$265 _____
	ChildSpirit non-members	\$285 _____
	2 or more from same agency	\$275 _____
	LAPc & Full-time student No university credit	\$185 _____
After May 2	Late registration	\$300 _____
	CEU certificate	\$10 _____
TOTAL		_____

Payment

Credit card payment via Paypal: <http://www.childspirit.org/>

Checks: ChildSpirit Institute
1601 Maple Street
c/o Department of Psychology
University of West Georgia
Carrollton, GA 301178

Refunds available until May 2, 2008 (-\$50)

Graduate Students may register for this workshop as part of a larger course, Psychotherapy Spirituality Integration (Psyc 6785 01, 3 credit hours). No additional fees or registration information is required beyond your University of West Georgia sign-up.

Sponsors and Information:

ChildSpirit Institute

Mary Hart, 678-839-0609

The Zenter

Inge Mula Myllerup Brookhuis, 770-836-1205

The Department of Psychology

University of West Georgia