

Announcing Therapists Bearing Witness: ***A new ongoing study group for psychotherapists***

Beginning September/October 2007

Life and clinical experience have taught me that our most important duty as therapists is to bear witness to the full extent of our clients' emotions by bringing our whole selves into the room. Exciting recent research validates that bearing witness is vital to healing, and experiential therapies that define witnessing are emerging from these studies.

Bearing witness in this fully present, deep way requires continuous courage, growth, and nurturing. This study group will support therapists of all experience levels as they deepen their clinical work as witnesses, with group work attuned to therapists as people, clinicians, and learners. During each meeting we will discuss readings and engage in clinician support (such as case consultation, self-care, etc.). The group will be heart-centered and non-competitive. I intend to offer CEUs for LPCs and LCSWs.

Readings will be selected from three cutting-edge areas:

- *Clinical tools for bearing witness*
emotion-focused experiential dynamic psychotherapies, trauma studies, body-focused treatments, relational and developmentally informed analytic traditions
- *Theoretical research on relational healing*
attachment theory, affect and emotion theory, affective neuroscience, developmental studies of dyadic interaction
- *Cultivation of the therapist's capacity to witness*
mindfulness, transformational studies (traditions of wisdom from east and west and other disciplines), existential ideas, case studies

Clinician support will include the following:

- *Case consultation*, - *Self-care*, - *Practice building*, - *and more*

For more information or to schedule a pre-group interview, contact

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About the group leader: I am a therapist in private practice. My therapeutic perspective comes from intensive life experience and rigorous training. I have actively lived and studied psychological and spiritual perspectives of suffering and transformation for fifteen years. For the past two years I have been engaged in an intensive training program in experiential dynamic psychotherapy with Diana Fosha. This training is ongoing. My emotionally engaged style provides a safe and connected atmosphere for growth and learning.

Tuesdays * 8:30am – 10:00am * \$40 per meeting * Weekly, ongoing group