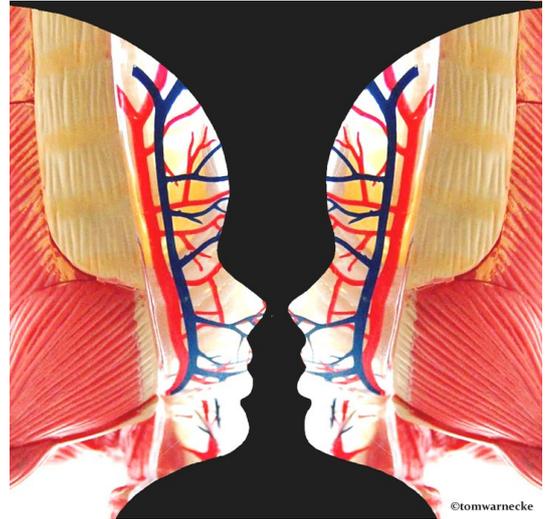


# Somatic Object Relations - the therapist's body and the spectrum of hyper- and hypo-states

with Tom Warnecke

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Ceský Institut Biosyntézy

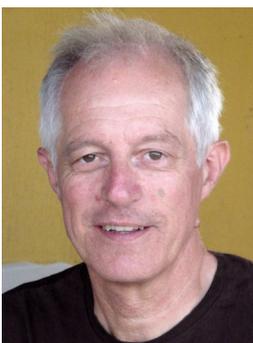


In this experiential workshop, we will explore the art and science of using the therapist's self as a guiding instrument - like a kind of 'compass' - to help us orient within a client's process or inform therapeutic interventions. The therapist's self presents phenomenologically in the therapeutic process, as visceral, affect arousal, sensory-motor or affective imagery phenomena for example.

Psychotherapy is an enquiry into depth-psychological spaces that seeks to bridge any dissociative gaps. This enquiry is inevitably both bodied and intersubjective. A dialogue between therapist and client involves proximity, movement, posture, tactile, eye, or voice contact but also bodied 'primary intersubjectivity', e.g. mirror neuron informed proprioception, inter-affective or limbic melodies phenomena. The therapist's body has the potential to develop a finely tuned instrument, an instrument that may listen to the subtle voices of a client's unconscious, hear its silent music, search into its darkness for meaning, and guide our therapeutic interventions. This instrument relies on sensorimotor, 'fight-flight' and 'calm and connect' psychobiological systems.

At the other end of this spectrum, these psychobiological systems equally facilitate enactments or minor and major ruptures in the therapeutic relationship when both hyper- and hypo-states may 'disable' our therapist instrument and take us into fragmented, dissociative or polarized states. How can we recognise these dynamics? And how can we work constructively with their thresholds, or within any metabolized vulnerabilities of the therapist that become activated in such moments?

This workshop will introduce conceptional frameworks, which are grounded in a synthesis of current neuropsychobiological understanding, and provide opportunities to experientially explore this material in depth. Participants are welcome to bring relevant case material from their clinical practice - including any difficult to understand therapeutic failures - to explore and learn from.



**Tom Warnecke** (PgDip, ECP) is a relational body psychotherapist, supervisor, researcher, writer, and artist. He first trained in Gestalt Therapy and later in Biosynthesis with David Boadella. Besides his psychotherapy and supervision practice in London, he contributes to various psychotherapy and supervision diploma courses in Europe, and developed a relational-somatic approach to Borderline trauma. His publications include a number of book chapters, journal articles, and the book *'The Psyche in the Modern World - Psychotherapy and Society'* (Karnac 2015). He is a web-cast editor for *'Psychotherapy Excellence'*, co-editor for the international *Body, Dance Movement in Psychotherapy* journal, and a member of the European Association for Psychotherapy (EAP) Executive Committee and Governing Board. He is a past Vice chair for the UK Council for Psychotherapy (UKCP).