



# SHAME AND BELONGING ~ a Somatic-Relational Approach

with Sue Glasser

Saturday 12 July 2014, 9.30 - 5.00

London WC1

## A CPD Workshop for Practitioners

New and compassionate perspectives on shame have been forged in recent times. Feelings of shame and isolation can be paralysing in varying degrees, and often become hidden by displacement behaviours. This prevents meaningful connection and creates difficulty in forming a sense of belonging with others, and with our environment.

In this workshop we will explore a humanistic model that is supportive and liberating (it is based in Gestalt... but you do not need to know this orientation, it is coherent with many therapeutic backgrounds). Experiential exercises, including somatic awareness and creative movement, will provide an entry point. We will sharpen our perception of shame as an indication of relational distress. We will strengthen our capacity to build relational bridges within ourselves and in response to others, honouring our yearnings to meet with others in reciprocal, powerful and intimate connection.

### Experience and Theory

- Physical awareness and creative impulse in relational context
- Embodiment of connection and disconnection as background to shame
- Unspoken dynamics that govern interaction, attachment and sense of self
- Redefine shame via neurobiology and positive function
- Key principles of working with shame and belonging

### Practice and Application

- Respond to hidden aspects of relational efforts
- Transition out of survival strategies that mask states of shame and disconnection
- Relational interventions, in movement and words, to 'de-shame' core contact
- Working with personal and professional examples

No prior experience of movement needed. The session will be inclusive of all, regardless of ability, health or culture - ... just bring along your body.

### APPLY

[www.sueglasser.com/booking12july14.php](http://www.sueglasser.com/booking12july14.php)

**AN INVOICE WILL BE EMAILED - PAYMENT SECURES YOUR BOOKING**

Cost: £110 (Early Booking by 15 June: £90) | Organisation: £130 | Concession (places limited): £70

Venue: London Contemporary Dance School, The Place, 16 Flaxman Terrace, Euston, London WC1H 9AT

Administrator: Dalila: 07786 707835 | [dalila.heath1@btopenworld.com](mailto:dalila.heath1@btopenworld.com) | Queries: Sue: 020 8374 8372

**Sue Glasser** is a Group Facilitator and Organisational Development Consultant accredited with the UK Humanistic Association of Psychology Practitioners, and holds an OCN Workplace Mediation Certificate. She is mentored by Robert Lee PhD, faculty of Gestalt Institute of Cleveland USA, who is a key Relational Gestalt Theorist as applied to relationship functionality and Neurobiology.

Subsequent to a dance career, Sue continues as a choreographer and movement specialist. Combined with Applied Psychotherapy her coaching and training programme, *Movement at Work*, links physical, emotional and relational awareness. Periodic work in South Africa, where Sue grew up, keeps her in touch with the Rainbow Nation and our collective, ongoing recovery from Apartheid.

Sue contributed to Esalen Institute 'Evolution of Gestalt Theory' conference on working with couples (article in press). She participates in the BAATN Trainers' Forum on race issues in therapy training courses, hosted at City Lit Institute.