



EMBODIED PROCESS THERAPY

An Integrated Approach to
Body, Mind and Sexuality

with Stella Resnick, Ph.D.

FRIDAY & SATURDAY, OCTOBER 20 and 21, 2006

Sponsored by the Santa Barbara Graduate Institute (12 CE credits)

**For Psychotherapists, Sex Therapists, Body Psychotherapists,
Bodyworkers, and Trainees**

These trainings synthesize relevant research from the neuroscience of attachment and sexual science to offer a bodymind approach to personal growth that focuses on intimate relationship and sexual self-discovery. Through discussion, breathwork on a gymnastic ball, experiential exercises, and Gestalt processing, we'll explore:

- ❖ How to identify secure, insecure-anxious, and insecure-avoidant “attachment styles” and how these generate an “internal working model of relationship.”
- ❖ How attachment style determines how stress and emotion is dealt with in a relationship and how this affects the capacity for intimacy and sexual pleasure.
- ❖ How to use conscious breath and felt-sense awareness to interrupt old stress patterns and build the capacity to take pleasure in emotional, physical and sexual intimacies.

When: October 20 and 21, 10:00 AM to 5:30 PM each day

Where: Beverly Hills, CA

Fee: \$325 by 10/10

\$350 after 10/10

(Space is limited. You must register in advance by telephone or email)

To register or for info: Call (310) 855-7565 or E-mail stellares@aol.com

Dr. Stella Resnick, Gestalt therapist and author of *The Pleasure Zone*, is a Past-President of the Western Region of the Society for the Scientific Study of Sexuality and on the core faculty in the Somatic Psychology program of the Santa Barbara Graduate Institute.