WORKING WITH BODY PROCESS AND VOICE



Dr Di Hodgson



Emma Brodrick

Workshop for psychotherapists and counsellors

This workshop explores body process and voice in Gestalt therapy:

- Movement as a diagnostic tool and a way of expanding client choice
- How therapists' own bodily and vocal responses - shaped by cultural, gender, and historical influences - affect the therapeutic relationship.

Through tutor input, group discussion, and experiential exercises, participants will connect these themes to concepts like "modifications to contact" while building awareness of their own body process and voice.



Southwest Psychotherapy & Counselling Alliance

EVENT DETAILS

Date: 13th and 14th February 2027

Times: 9:30 - 17:00 both days

Venue: 11A Fore St, Wellington, TA21 8AA

Cost: £195 per person

Booking: email info@swpcalliance.co.uk

www.swpcalliance.co.uk

TRAINERS

Dr Di Hodgson



Dr Di Hodgson is a psychotherapist, supervisor and trainer with over 30 years experience. For over 12 years, she was the Director of the MSc in Gestalt psychotherapy at the Metanoia Institute.

Di is currently a member of the leadership team at Relationship Change. For several, years she was a member of the editorial team of the British Gestalt Journal. Di is a regular facilitator of workshops at National and International Conferences, and is a visiting trainer and examiner at several institutes across Europe.

Emma Brodrick



Emma Brodrick is a Gestalt psychotherapist and former primary tutor at the Metanoia Institute. Her approach to body process is deeply shaped by her own journey, including a year spent on silent meditation retreats and a dedicated, long-term practice of Tai Chi and Qigong.

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Working with body process is an essential element of Gestalt therapy. In this workshop we will focus on developing skills and awareness of how to focus on body process in the therapeutic relationship. We will consider movement as both a diagnostic tool and a way of expanding the client's field of choice.

We will consider both implicit and explicit body communication. We will pay attention to how our own body process informs our interventions. We will look at experiments to make body process figural (i.e. the focus of attention in the here and now, which is an essential aspect of Gestalt).

We will also provide a space to enquire into and explore how we use our voice in psychotherapy. We will inquire into our cultural, gender and other historical influences. We will consider the implications of how we use of voice with our clients and how this might facilitate or inhibit their own expression.

We will consider how movement and expression are evident in clients “modifications to contact” and other aspects of gestalt theory, and other relevant lenses.

We will reflect on the importance, or not, that is given to the therapist and client's body and voice, and what we co-create. We will consider how respect for self and other is evident through how we move and how we use our voice, including choice of language. We will explore and experiment with several techniques and ways to support and expand the range of how we use body process and voice in therapeutic work.

Throughout the workshop participants will be encouraged to stay aware of their own body process and how they use their voice, and the impact both of these have on their own experience, on others, and the group as a whole.
The workshop will include a combination of tutor input, whole group discussion, small group discussion, and experimentation.