



Dialogues in Movement and Stillness **Stephen Scholle, Ph.D., L.Ac.**

An experiential workshop – 1 ¾ hours

No supplies required other than sufficient open space to move freely about the room as well as sit comfortably together.

Description:

Whether we realize it or not, our bodies have their own habitual responses to situations, other people, and the world around us. Do these patterns sound familiar - "holding back," or "getting ahead of yourself?" How about "avoiding" or "overcompensating?" Do you notice these responses in the intense person-to-person interaction that is therapy?

Based on Aikido, a fluid martial art that works to join with rather than oppose the energy of the opponent, we'll explore ways we respond to various situations in our movements and our bodies. Using sets of individual and partner protocols we'll contrast dimensions such as tension/relaxation, weight and balance and hard/soft vision. Working with a partner we'll explore dimensions such as intimacy and distance, resistance and flow, automaticity versus intentionality, and awkwardness versus grace.

In the end, we'll reflect together on ways we react and ways we respond. We'll focus collectively on what's fresh in the moment-to-moment experience of our physicality and shared presence.

Summary:

Using sets of individual and partner-based protocols, we'll explore ways we respond to various situations in our movements and our bodies. Working with a partner we'll explore dimensions such as intimacy and distance, resistance and flow, automaticity and intentionality, and awkwardness and grace. In the end, we'll reflect upon their pertinence to interactions in the therapist/client dyad.

Learning Objectives:

Participants in this workshop will be able to:

1. Describe the concept of "embodiment" as it pertains to how human beings interact through their bodies with various situations and challenges.
2. Explain what is meant by the concepts of "automaticity vs. intentionality" and "resistance and flow."
3. Articulate habitual reactions in terms of affect, cognition and bodily responses.

Citations:

Scholle, Stephen. (1992). A controlled study of sensation awareness and verbal disclosure. Perceptual and Motor Skills, 74, 307-320.

Scholle, Stephen. (1991). A controlled study of sensation awareness and verbal disclosure. Doctoral dissertation. Ferkauf Graduate School, Yeshiva University.

LaCroix, J. (1986). Mechanisms of biofeedback control. In Davidson, Schwartz and Shapiro. Consciousness and self-regulation. New York: Plenum. 4, 183-213.

The Leonard Energy Training Manual, Integral Transformative Practice International.
<http://www.itp-international.org>

Biography:

Steve Scholle is a New York State-licensed psychologist, acupuncturist and Focusing trainer who trained in Aikido-based energy practices at Esalen Institute in 1987. His doctoral dissertation was based on one of the protocols being taught in this workshop. Steve was also co-organizer of the Meeting at the Edge conferences on Focusing and body-centered practices held in Italy and Switzerland in 2007 and 2011.

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Continuing Education

If attended in its entirety, this course qualifies for:



The International Focusing Institute is approved by the **American Psychological Association** to sponsor continuing education for psychologists. **CE Hours/Credits 1.75**. The International Focusing Institute maintains responsibility for this program and its content.

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