

# Therapy Wisdom - Engaging the Body in Psychotherapy

The body holds many clues to one's past and present state of being. Decoding those clues is a strategy therapists can use to help clients unlock emotional pain, blocks, and patterns that keep them from fully enjoying life.

**If therapists don't know how to translate what they are seeing — or know what to look for — it can feel like looking for hidden treasure without a map.**

Bioenergetics is a specific approach that unlocks one's hidden story and understands their personality via the body and its energetic processes. By observing one's mood, posture, and way of moving, therapists are able to see how the unconscious works on the somatic level and explore beyond the client's verbal story to reveal their full history.

You may be familiar with "The Body Keeps The Score," van der Kolk's work on trauma and the body, which advocates going beyond "just talk therapy." Bioenergetics differs from talk therapy in that it combines **analysis of personality and character** with **body techniques and physical exercises** to **recognize and release chronic muscular tension**.

Chronic tension detracts from life. It draws upon the body's energy which could be available for pleasure and joy instead. Bioenergetics offers space for the body to heal itself, helping people to be more free, more relaxed, and more alive.

This therapeutic approach helps clients connect with their body and enjoy life to the fullest degree possible.

*And the impact of bioenergetic therapy goes beyond the client.*

Everything the therapist learns to do with their client they also learn to do with themselves. They can translate verbal concepts into somatic concepts, and use their own body awareness to discern and provide interventions in the moment. Bioenergetics helps therapists reconceptualize their relationship with clients.

Join us on an adventure in self-discovery, beyond somatics and into a new world of psychotherapy. Bioenergetics will help you further explore the unbreakable link between the body and the mind.



In this course, we'll cover the following topics:

**Module 1:** Overview of Contemporary Bioenergetic Analysis

**Module 2:** How Bioenergetic Therapy Works

**Module 3:** Bioenergetic Basic Tools: Grounding & Personal Boundaries

**Module 4:** Energetics – Depression, Anxiety, Breathing, Muscle Tension

**Module 5:** Therapeutic Relationship/Trauma/Character Structure

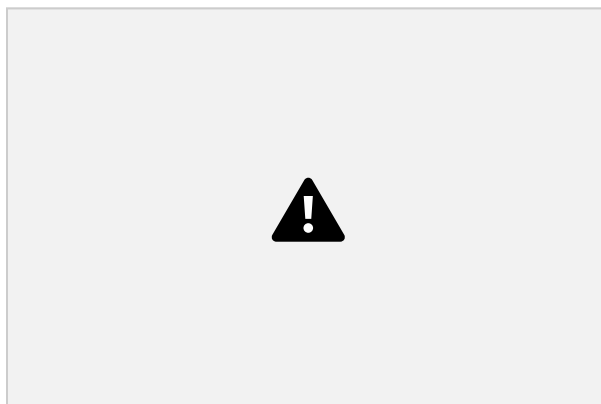
Bioenergetics is especially helpful for difficult and resistant clients; those who are defensive, angry, or depressed; clients who sabotage or won't do their homework); and clients who frustrate you with overtalking and complaining.

Everyone has a piece of history that connects to their presenting problem; that connection can be seen in the ways a person moves in their body. People tighten their bodies when they are in emotional pain. They tighten in different places than others, depending on their character style. They use their body to help defend against emotional pain they can't tolerate. Each of these presentations provides clues to how you can help your clients most.

The bioenergetics approach combines psychoanalytic theory with somatic focus within a relational matrix.

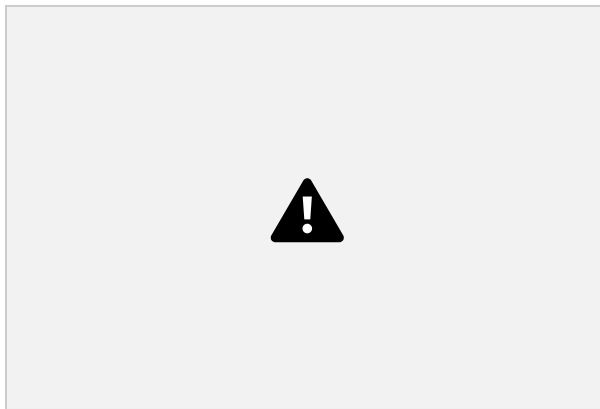
In just the first hour, you will learn exclusive breathing techniques you can use with yourself and your clients. You will begin watching your clients' ways of standing and moving. You will practice simple grounding and boundaries exercises, and see depression, anxiety, and sexuality in clients from a new perspective. Finally, you will be able to consider character traits and trauma in the body.

We look forward to taking this adventure with you and sharing the deep transformational change of Bioenergetics. Please join us.



Laurie. 90-minute training sessions with Bob, Vin, and

Five PRE-RECORDED TRAINING sessions



Watch these self-paced study videos to deepen your understanding of each topic.

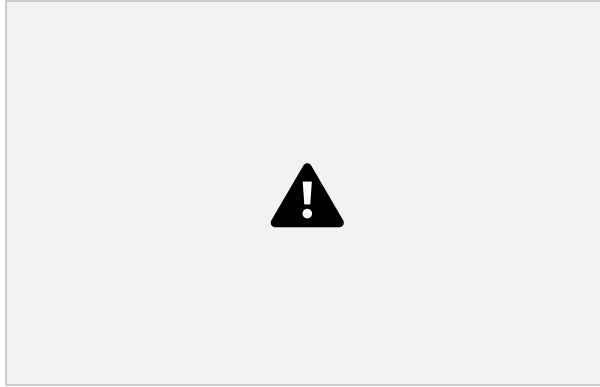
Five pre-recorded modules



These 60-minute practice sessions focus on the techniques covered in the training sessions. Each technique will be thoroughly demonstrated and practiced.

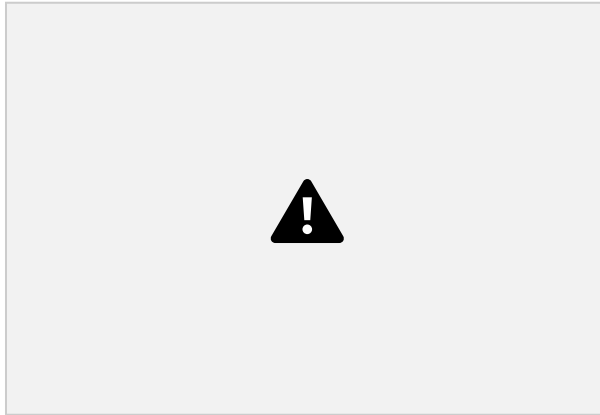
three pre-recorded practice sessions





All your course materials in one easy-to-navigate platform, supported by our dedicated customer service team.

Membership site access



Every session is recorded and available in video, audio, and written formats so you'll be able to download and own all the content.

Downloadable Video, audio, and transcripts

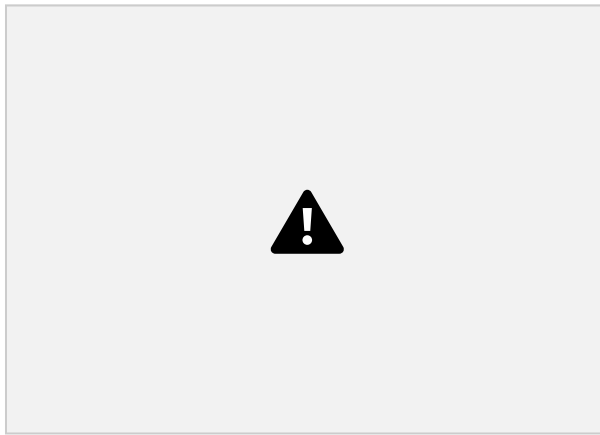
**Here's everything that's included with**

**Engaging the Body in Psychotherapy Contemporary  
Bioenergetic Analysis**



Learn how Polyvagal Theory (PVT) dovetails with Bioenergetic Analysis. PVT helps you look through the lens of safety and danger states in the nervous system of your client.

Polyvagal Theory and Bioenergetics with Vin Schroeter



Bob will discuss clinical examples and the ethics of working with body-based interventions. A handout covers guidelines for using touch appropriately.

A Touchy Subject: The Ethics of Touch in Psychotherapy with Bob Coffman



a very traumatized client focus on joy. You will hear a story about Laurie's work helping

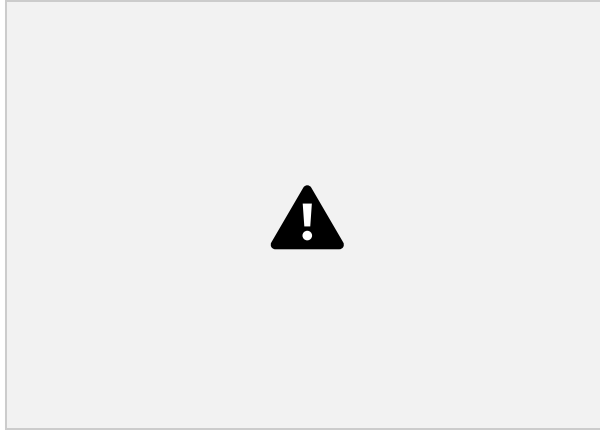
Inviting Joy and Cultivating Vitality: The Aim of Bioenergetic Psychotherapy (for therapists and clients alike) with Laurie Ure



Laurie explains the energetics of sexuality. She discusses how bioenergetic therapists help clients release physical tensions to open blocked sexuality and work through the often complex emotions associated with sexual traumas

Fostering Pleasure and Sexuality in Bioenergetic Psychotherapy with Laurie Ure





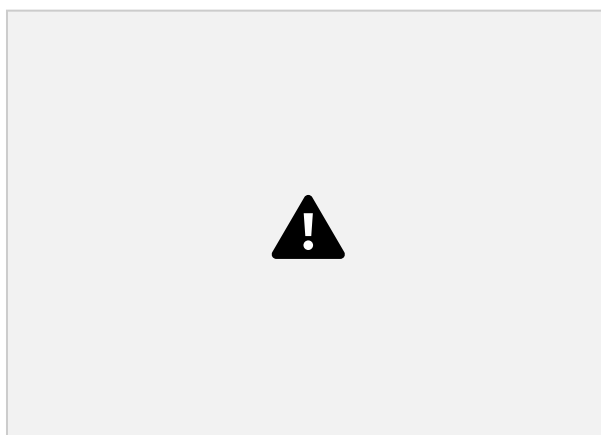
A video clip of working with strong affect will be followed by a discussion by the teachers.

Considering Catharsis: Avoiding Flooding While Doing Expressive Work with Vin Schroeter and Bob Coffman

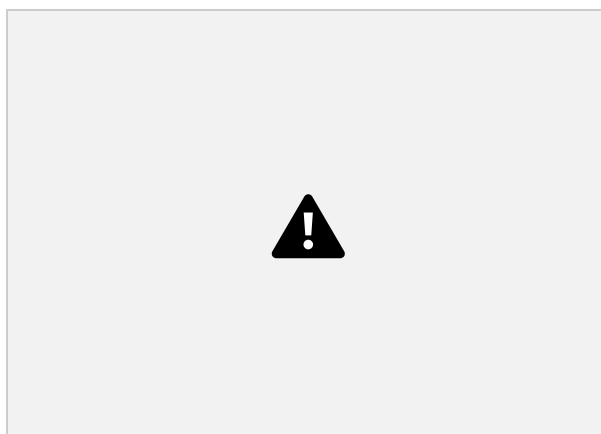


Laurie discusses the differences between toxic shame and shame that can lead to relational repair.

Shame and Bioenergetics with Laurie Ure



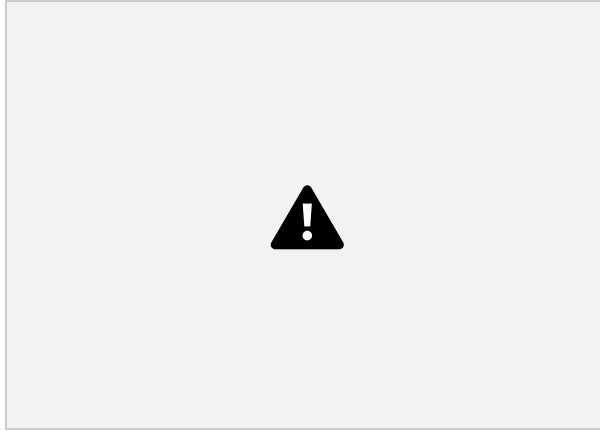
Vin discusses how attachment patterns are brought into the therapy room.



Panerai Alves, CRP

Maria Cristina Francisco, PhD, and Jayme

Colonialism and the Body in Bioenergetics. An interview with Certified Bioenergetic Therapists from Brazil



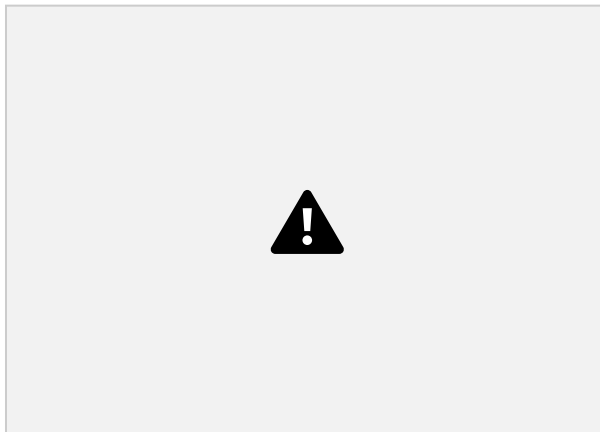
Laurie interviews him about his study of mitochondria, which drives the flow of energy in our cells, and the impact of stress.

The Scientific Origins of Energy in the Human Body with Dr. Martin Picard



David Berceli is an international author, bioenergetically trained clinician, and trainer in areas of trauma.

reating Trauma In the Body with David Berceli, PhD



He will talk about his evolution as a bioenergetic analyst from his early work with Dr. Alexander Lowen to today.





Jeff discusses his experiences in bioenergetic therapy and how he incorporates it in his writing about spirituality from a grounded position

Grounded Spirituality with Jeff Brown

## **Plus Bonuses:**

Module i

Module II

Module III

Module IV

## Module V

### *Overview of Contemporary Bioenergetic Analysis*

This module orients you to the concepts and theories of Bioenergetics. We will discuss the history of the approach, and how it differs from other body-based therapies. You will learn techniques used in bioenergetics so you can apply them in your therapeutic practice.

We will cover:

1. What is Bioenergetic Analysis?
2. How the Body Defends and Protects
3. Pillow Tool Demonstration
4. Diagnosis and Treatment
5. Contemporary Bioenergetics

## **Here's what You'll Learn with**

# **Engaging the Body in Psychotherapy Contemporary Bioenergetic Analysis**

**Meet your presenters**

**Robert Coffman**



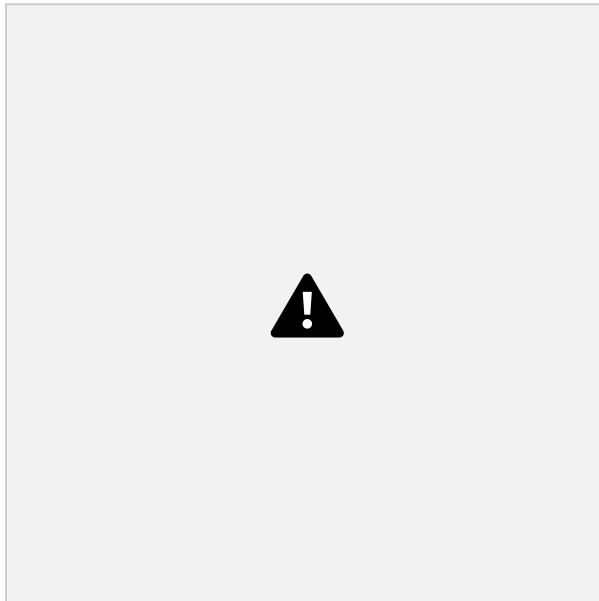
Robert Coffman, PhD, is a licensed Clinical Psychologist with over forty-five years experience as a Bioenergetic Analyst and trainer. He is a member of the international faculty of the International Institute of Bioenergetic Analysis (IIBA). He assists as a clinical facilitator for Somatic Experiencing training and has an ongoing private practice in California. [www.drrobertcoffman.com](http://www.drrobertcoffman.com)

**Vincentia Schroeter**



Vincentia Schroeter, PhD, is a licensed Marriage and Family Therapist with over forty years experience as a Bioenergetic Analyst. She is a member of the international faculty of the IIBA, member of SCIBA (Southern California), and past editor of the IIBA journal (2008-2018). She is a co-author with Barbara Thomson of *Bend Into Shape, Techniques for Bioenergetic Therapists* (2011); author of *Communication Breakthrough: How Brain Science and Listening to Body Cues Can Transform Your Relationships* (2018); and author of *Tilt: Seeking Balance in Troubled Times* (2021). [www.vincentiaschroeterphd.com](http://www.vincentiaschroeterphd.com)

## **Laurie Ure, LILCSW, CBT**



Laurie Ure, a Licensed Independent Clinical Social Worker and Certified Bioenergetic Therapist, has over 25 years of experience as a Bioenergetic Therapist. In addition to work with individuals, she leads Bioenergetic workshops and trains Bioenergetic Therapists in the United States and internationally. Laurie directs the Massachusetts Society for Bioenergetic Analysis and has published many articles about the bioenergetic approach. [www.laurieure.com](http://www.laurieure.com)

## **Sales**

page:<https://therapywisdom.com/product/engaging-the-body-in-psychotherapy-contemporary-bioenergetic-analysis-with-laurie-ure-licsw-robert-coffman-phd-and-vincentia-schroeter-phd/>