

# Attending to the Body



Join us for an introductory workshop on modern Bioenergetic Analysis focused on the somatic impact of arousal and affect regulation.



Participants will be able to:

- discuss the value of working somatically with clients;
- demonstrate the benefits of "grounding" exercises to center you in your body;
- describe the dynamics of a therapy session and;
- describe how to weave body-centered techniques into the therapeutic process

Increase your knowledge base about somatic work.  
Attend to Your Body!

**Stressful times** Most of us are seeing more people coming into our offices with increased anxiety, panic, fear and trauma. The latest findings in neuroscience support the importance of a clinician being able to work somatically. Join us and increase your knowledge of how Bioenergetics works as a relational psychotherapy. This knowledge of somatic work brings greater potential for beneficial change.

**Intended for** licensed & pre-licensed mental health professions & master & doctoral-level clinicians, physicians & psychiatric nurses.

**Mail** registration & check made out to SCIBA  
to: SCIBA % Jennifer York  
1767 Grand Ave. #4,  
San Diego, CA 92109

**When:** April 14, 2018, 10:00am-1:00pm  
**Where:** National University  
11255 N Torrey Pines Rd  
San Diego, CA. 92017-1011  
**Schedule:** 9:30-10:00 Registration  
10:00-10:30 Intro & Grounding  
10:30 - 11:30 Theory & Technique  
11:30 - 12:30 In-Vivo Demo  
12:30 - 1:00 Discussion & Q&A  
**Cost:** \$20 registration fee  
Students: Free w/valid ID  
Cert of Attendance \$5  
3 CEU's for additional \$10  
**More info:** Jennifer York 760.525.6442  
[jenniferyorklmft@gmail.com](mailto:jenniferyorklmft@gmail.com)

**Registration page** can be downloaded at  
[www.sciba.org](http://www.sciba.org)

\*More information on the back page regarding CEU's, accessibility, and faculty

Bioenergetic Analysis is a unique and effective psychotherapy that helps resolve emotional issues by engaging the wisdom of the body in a safe and caring relationship with a trained therapist. With a long and established history, Bioenergetic Analysis finds itself on the cutting edge of contemporary psychology as rapid advances in neurobiology highlight the intricate and intimate relationship between body and mind.

\*Facilities and programs are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, please contact Jennifer York at [jenniferyorklmft@gmail.com](mailto:jenniferyorklmft@gmail.com) or 760.525.6442. Please allow as much advance notice as is possible to ensure we have ample opportunity to meet your needs.

**Diana Guest, LMFT** is a certified Bioenergetic Analyst, IMAGO Relationship Therapist, and Level 2 EMDR trained. She is the President of the International Institute for Bioenergetic Analysis (IIBA), and both a local SCIBA and International faculty member. She has presented workshops and trainings in the US, Europe, South America and China.

Ms. Guest earned her MA in Clinical Psychology from Antioch University and her undergraduate degree from the Uni. of Nebr., Lincoln.

More info: <http://dianaguest.com>

\*CAMFT - approved CEU Provider, SCIBA Approval # 57012  
Certificates of attendance will be after evaluation is completed. Course meets the qualifications for 3 hrs of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.



Southern California  
Institute for  
Bioenergetic Analysis



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*an Affiliate of the International Institute for Bioenergetic Analysis*

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**REGISTRATION FORM FOR WORKSHOP**

**NAME OF WORKSHOP** \_\_\_\_\_ **DATE OF WS** \_\_\_\_\_

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **EMAIL ADDRESS** \_\_\_\_\_

**LICENSE TYPE AND NUMBER** \_\_\_\_\_

**NAME YOU WOULD LIKE ON YOUR CEU CERTIFICATE** \_\_\_\_\_

**PAYMENT AMOUNT** \_\_\_\_\_ **CHECK #** \_\_\_\_\_

**PLEASE MAIL THIS FORM AND A CHECK PAYABLE TO SCIBA TO**

SCIBA c/o JENNIFER YORK  
1767 GRAND AVE. #4  
SAN DIEGO, CA 92109