



Songworlds

and The Body of The Therapist

a methodology for application within a clinical context

co-facilitated by Tim Jones and Michael Dick

In collaboration with CSPP

Two Open Seminars are offered in Pescara 2018:

Friday 27th April - Tuesday 1st May

Thursday 30th August - Monday 3rd September

Songworlds is a creative conversation through song, inquiry and the practice of Amerta Movement. Songworlds seminars have for many years been a time for personal process and professional application, mainly in the field of the arts. Since the first seminar in Pescara in 2014 interest in its therapeutic implications has become an added focus.

A core group has been researching a methodology for applying Songworlds within a clinical context. A new name has evolved for this approach: *the body of the therapist*. In **2018** this core-group nears completion of a three-year study accredited by CSPP - Centro Studi di Psicologia e di Psicosomatica Clinica (Pescara) and with the patronage of SIMP (The Italian Society of Psychosomatic Medicine).

The research process has been and will further be overseen by Dr. Domenico Agresta, clinical psychologist and psychotherapist.

In 2018 two seminars will be offered which we still keep open for experienced practitioners from the fields of: therapy, body-work, amerta movement and those working with song. If you are interested to get to know this work, please contact us for clarifying your eligibility.

Songworlds and the Body of the Therapist includes personal development, as well as working on skills and knowledge of how to apply its practices and ways of knowing within a clinical research context.

Seminars are conducted in English. Translation can be partially provided.

fields of reference for these seminars held in Moscufo near Pescara are:

- **Amerta Movement** is a free, non-stylised, awareness practice in movement. In Amerta a knowing inherent to body and body-in-movement can be experienced as a source for objective guidance, which can be applied to a clinical context.
- **Songworlds** dialogues and elementary sound practices challenge unconscious veils of memory evoked in us by song. The discipline of song can address individual and collective psychodynamic subjects.
- **Inquiry.** Although not necessarily intrinsic to psychotherapy, most therapists who adhere to psychodynamic theories employ some form of inquiry. We see and understand this approach as an open ended practice and tool for self-realisation and for working with others.

April 27th - May 1st

clarifying the practices I - the fulcrum in the correlation of practice and realisation

What does practice really mean to us? We wish to offer the understanding that by practicing a different relation to our experience occurs. We discern how the practicing attitude towards the content of our experience will change its feel. To be present with what is in an allowing and immediate way has the potential to change our whole life and world perspective. We make friends with all aspects of life.

August 30th - September 3rd

clarifying the practices II - supporting each other in practicing

Exploring ways of supporting each other will enhance the integration of practice into our daily and professional lives. Working with opening the atmosphere in space and time will help us to experience our universal relatedness.

In preparation for both seminars:

Please choose a song from any time in your life, a lullaby, an aria, a pop song, a song that was sung to you, or that you just heard on the radio. Trace the thread of your connection to that song. Perhaps it reflects a theme that is current in your life, or expresses a passion that still burns, or reminds you of an important time and place of your life. Or you just like it!

Facilitators/Tutors

Tim Jones

Singer, storyteller and teacher, Tim founded the *The Nature of Sound*. The name brings together two ideas - that of the sound-world of our natural environment - birdsong, wind, traffic, the natural sounds of the human expression - with a feeling for sound's own nature, sound's own soul. From this he has created performances and public workshop programmes. Amerta Movement Practitioner since 1989, and studied Carnatic music with Sivasankara Pannikar 1984 – 2007; qualified Craniosacral practitioner since 1994. He is also a member of the Ridhwan School www.thenatureofsound.com

Michael Dick

Movement practice in continuous studies with Suprpto Suryodarmo since 1985; Amerta Movement Practitioner and teacher for 'BeWegen'. 30 years of professional experience as actor, director and performance artist; teacher for drama and improvisation; practicing and guiding Sumarah-Meditation; Iokai Meridian Shiatsu practitioner. As a long term member of the Ridhwan School, Michael practices the Diamond Approach and follows their Seminary Training Programme. www.schule-der-bewegung.net

Booking and Accommodation

Seminar Venue

Each Seminar will take place in Moscufo, where we will work in the local castle/town hall. We can also work in the garden at the accommodation venue. Everything is within easy walking distance. There is also the possibility to visit an ancient church nearby. Moscufo is a small town, just outside Pescara.

Accommodation and food costs

single room €35 per night

double room - twin beds or double bed; €50 per room per night (€25 per person per night)

With the maximum of 10 participants reached the price reduces to €46 for a double room, and €33 for a single room. A similar reduction is reflected for the catering: full board catering €32/28

Please book directly with the B&B: www.donfederico.it

To book onto the seminar please contact:

Michael Dick Tel 0049-221-321494 / michael.dick@netcologne.de

Tim Jones Tel 0044 1963 23792 / natureoftim@gmail.com

or in Italy, Giuseppina Marolla 0039 328-4837361 / giuseppina.marolla@gmail.com

Seminar times

April seminar: *Friday* arrival and settling in: we start with a light lunch at 13:00: first session from 15:00 - 18:00; 19.30 – 22.00, *Saturday, Sunday and Monday* 10:00 - 13:00 and 16:00 - 19:00; *Tuesday* 10:00 - 13:00 (departure after lunch)

August seminar: *Thursday* arrival and settling in: we start with a light lunch at 13:00: first session from 15:00 - 18:00; 19.30 – 22.00; *Friday, Saturday and Sunday* 10:00 - 13:00 and 16:00 - 19:00; *Monday* 10:00 - 13:00 (departure after lunch)

The timings can be adjusted according to how the seminar develops, with the agreement of participants. We might like to include early morning sessions occasionally.

Registration and payment

There is a limit of 12 participants so early booking is advised.

The seminar cost is €350

Full registration is completed on receipt of half the seminar fee €175

Participants should make payment direct to:

T C Jones t/a The Nature of Sound

Bank: HSBC

IBAN: GB57HBUK40472891484001 (or from UK acc no. 91484001)

BIC: HBUKGB4165H (or from UK sort code 40-47-28)

Reference: Songworlds Seminar

The remainder of the seminar fee should be received at the latest four weeks before the seminar - for the May seminar by Thursday 29th march; for the August Seminar by Thursday 2nd August.

Cancellation Policy

Full refund is possible up to one month before the seminar start date. After that a refund is only possible if a replacement participant is found.

Please feel free to contact us for any open question!

Michael Dick Tel 0049-221-321494 / michael.dick@netcologne.de

Tim Jones Tel 0044 1963 23792 / natureoftim@gmail.com