



Bodhi Art

Wege der Achtsamkeit

Freiburg & Frankfurt

Bodhicharya Marion Kotowski

Single-, couple, family- and group sessions

- Integration of early imprints
- Resolution of shock & trauma effects with Somatic-Experiencing®
- Couple & single relationship counseling
- Single and group supervision
- Parental preparation
- Family work with children

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Integration of early imprints **Process oriented intensiv workshop**

Early disturbances around conception, gestation, birth or the first months of life can cause multiple difficulties in themes around contact with other people: a lack of trust, feeling in need, entitled, frozen, sensation of inner emptiness, isolation, difficulty to feel connected or belong, feeling safe as the world might not have been a safe place at that time.

We mindfully and gently approach themes around feeling protected, being held, vulnerable and welcomed, arriving safely, growing, expanding and flourishing.

We will use the language of the body, we let the body lead us, create a safe space and enable an experience of safety and trust.

Recurring patterns in behavior and life can modify in this deep gentle work. Healthy bonding and the unfolding of the individual are being supported.

These seminars are an invitation to arrive in yourself, a journey towards loving and accepting yourself. It is about deep self-acceptance as the prerequisite for loving and connecting with others.

The goal of this seminar together with your own intention is to ignite a process of self-healing.



Every participant will explore their chosen subject with the support of the group in an individual process.

There will be longer lunch breaks each day and shorter tea breaks in between. Keep the evenings free please as the ending time is open each day.

Accommodation and food is not included in the seminar cost.

Early registration of at least 6 weeks in advance is appreciated as the preparation time is significant for the process.

The format of these process workshops was developed by Ray Castellino.

You can find the actual dates and cost on my website.



Somatic-Experiencing® **Shock & Trauma Effects Resolution**

Somatic Experiencing® (SE) is a method of trauma resolution, aiming at restoring the vitality of life force in the organism. SE supports the integration of the biological process in slow small steps.

Somatic-Experiencing® defines trauma as a reaction towards an experienced threat ending up as the incomplete biological response being bound within the nervous system.

The effects last as the organism experiences the threat still in the here and now. The body reacts and shows numerous physical symptoms, behaviors, sensations, emotions and thoughts.

Trauma is not being defined by SE as the event but rather the body's reaction towards the challenge. Experiences during pregnancy, birth, neglect, developmental trauma, accidents, (dental) surgeries, falls, flights, loss, disease, violence, death, war, natural disasters and many more might cause a traumatic response within the organism which will be resourced, processed and selfregulation re-installed.

Registration & Information:

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