

**Esalen Institute, Big Sur, California
Weekend of March 29-31**

**Gestalt Body Process Psychotherapy:
An Introduction for Therapists
Jim Kepner & Lourdes Quiroz Kepner**

This workshop, designed for those in the healing professions, will introduce the concepts and practices of a Gestalt way of working with embodiment as outlined in Jim Kepner's book, *Body Process*. Health professionals will find ways to be more embodied themselves and how to work with a client's body process and body experience. Participants will be taught exercises, observe demonstrations, and will practice skills with one another. The group will explore the following concepts: The embodied field, embodied empathy and modeling, embodied language and the use of gesture, breathing, movement, and safe use of touch.

The workshop is taught in English and enhanced for Spanish speakers through the expert assistance and supervision from Lourdes Quiroz Kepner. This is especially helpful for adapting embodied language and other concepts from English expression.

This workshop is intended for therapists and health professionals who want to enhance body-oriented work and *offers credits for psychology, LCSWS and MFTs, nurses, massage therapy*. Recommended reading: Kepner, *Body Process*.

Contact: <http://www.esalen.org/workshop/11692>

Esalen Institute US: 1-888-8-ESALEN (888-837-2536). International toll free line: 703-342-0500.

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Jim Kepner is a psychologist and the author of *Body Process*, a classic in gestalt therapy and *Healing Tasks*. He teaches internationally on the application of Gestalt Body Process Psychotherapy to healing in trauma, stress, and illness. Jim is the co-originator of Nervous System Energy Work.

Lourdes Quiroz Kepner is a Gestalt therapist and trainer who co-founded UPAD Gestalt institute in Guadalajara, Mexico, and was academic director for Maestría en Desarrollo Humano at ITESO, Universidad Jesuita de Guadalajara. She teaches Gestalt Body Process Psychotherapy and is certified in Nervous System Energy Work.

