

# ***Emotional Bodywork Course***

## ***The Art of Facilitating Emotional Healing***

### ***Through the Body***

#### **3-Module Introductory Course**

#### **starting November 8-9, 2019**



The body contains a sophisticated cellular memory that holds the content of any impactful experience. Embracing and integrating positive experiences, and releasing and healing the negative ones are possible through Emotional Bodywork Healing. I believe this work will increasingly become part of both medical and psychological treatment settings, as the body is increasingly recognized as a truth-telling witness and sensitive receiver to all of life's experiences.

This Emotional Bodywork Course is a highly experiential course, training participants in:

- Developing Presence and Holding Space

- The Emotional and Spiritual Art of Facilitating Another's Healing
- Mastery of Breath and its Role in Healing
- Perceiving Subtle Energy Shifts in Another's Body and Energy Field and Oneself
- Sensitively and Skillfully Working with Trauma
- Trust in the Emotional Waves that Flow in a Healing Process
- Toning and Tibetan Bowls as a Healing Adjunct to Bodywork
- The Multi-Layers of Sexual Healing
- The Grieving Process
- Radical Forgiveness as an Eventual Liberation
- Choosing Music to Support the Processes
- Confidently Working with the Transference/Countertransference Dance in any Healing Relationship
- A Theoretical Framework Informed by:
  - Peter Levine's Somatic Experiencing
  - David Bercelli's Trauma Release Process
  - Stan and Christina Grof's Holotropic Paradigm
  - Brandon Bays' Journey Work
  - Inner Child Healing
  - Sacred Sexuality
  - Usui Reiki
  - Sound Healing and Sacred Geometry in the Human Body
  - Kundalini Yoga as taught by Yogi Bhajan
- Creative Response Therapy™ is an integrative visual art therapy technique that Cyntha has developed for 30 years and will be using it as an integrative tool for some of the work.

This will be an Introductory Course for those individuals:

- Ready for an 3-module introduction at a deep, comprehensive and experiential level
- Who are coaches, counselors, healers, teachers or deeply committed seekers on the metaphysical/spiritual path
- Who have the inner strength and willingness to commit to this level of teaching and learning on personal, group and potentially professional levels

## **Dates:**

This 3-module course will meet for a 2-day weekend, Friday and Saturday, over the span of 5 months. **It will begin November 8-9, 2019.**

The proposed modules dates will be:

- **Module 1: November 8-9, 2019**
- **Module 2: January 10-11, 2020**

- **Module 3: March 27-28, 2020**

### **Module 1: November 8-9, 2019 Contact, Attachment And Trust and Abuse and Trauma**

- What are the factors behind being touched? What is attachment? What happens when there is too much or too little?
- Greater awareness of the subtle energy at play in another is developed, as well as our own subtle energy as facilitators. We are intuitive beings where the body is knowing and truth-telling; we learn how to listen discerningly.
- The art of holding space and being fully present is refined.
- Conscious breathing is focused on and becomes an indispensable assistant in this work.
- We reinforce a relationship to a Higher Self – which we call on as a facilitator/bodyworker.
- We trust the Inner Healer of the client.
- The Transference and Countertransference Dance is inherent in any healing work. It is often activated even more when the body is implicated for reasons we will experience and explore.
- Physical, verbal, psychological, sexual and spiritual forms of abuse can corrupt the body's wiring and present the biggest obstacles in truly loving and believing we are lovable. The Devil archetype is the Shadow tricking us in forgetting who we are and us believing the fallout of internalized toxic shame and eternal victimhood. As innocent, unconscious children, it is most challenging to remember who we are in the face of damaging abuse or neglect.
- Trauma may be connected with abuse or the fallout of devastating loss or change. One's spiritual backbone and a trust in life and the world may have become fractured.
- We cultivate bodywork healing techniques and an overall trust in the process of facing, feeling and transforming trauma imprints.
- Working in Clay is an effective integrative tool when working with trauma.

### **Module 2: January 10-11, 2020 Sexuality And Emotional Intimacy Reflected In The Body and Toning and Vibrational Healing in the Body**

- Good sex is a beautiful thing. Most long for its sensual pleasure, deep emotional connection and ecstatic heightened states. However, any unhealed unfinished business in the arenas of emotional intimacy, trust and sexuality will be an impediment. We may act out in addiction, withdrawal, numbness, blocks in orgasm or attracting emotionally, physically or sexually abusive partners. A sexual encounter is often unknowingly a bodywork session where the imprints of religion, society,

- parents/caretakers, past traumas and former partners all swirl together, longing to be healed.
- This module creates a safe space to open to the sexual or intimacy blocks within and shows the way to natural, progressive healing.
  - Skill and sensitivity is developed in facilitating the sexual healing in another's body and being.
  - Vibrational healing expands the bodywork. We practice two methods – Toning and Tibetan singing bowl healing on the body and how and when to use these methods.

### **Module 3: March 27-28, 2020** **Integration of Trauma & Nurturance And Self Care**

- We surrender even more and cultivate greater mastery in the face of abuse and trauma pertinent to each participant and to the group overall.
- This module supports participants to move from victim consciousness to creative empowerment, as they are naturally ready.
- This module also focuses on self-care. Healers often put themselves last.
- The Inner Healer is focused on through yoga, the art of loving self-massage, crystal healing and how to do emotional bodywork on self.
- We look at all the transference and countertransference that goes into being in the nurturing, caretaking role of an emotional bodyworker/healer, so that we bring the utmost integrity, awareness and self-preservation to this role.
- Mandalas on the outer plane are explored as well as how the human body is also a mandala, both mathematically and metaphorically with the heart as the center point and the implications of such.

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#### **Pre-Course and Post-Course Interview of 1 hour each:**

- Pre-Course Interview – an overview of where you are in your professional and personal life. Your objectives for the course will be discussed. We will discuss how this course could serve you on both fronts.
- Post-Course Interview – discussion of how the course served you personally and professionally and where you are called to take your personal healing and professional advancement further.

#### **Reading and Homework Requirement:**

- A few books, articles, book excerpts and videos will be assigned.

**Spiritual Practice:**

A spiritual practice is highly supportive in maintaining a relationship to one's Higher Self. Each participant will be requested to commit to a regular spiritual practice.

**Emotional Bodywork Practice:**

Minimally one practice emotional bodywork session with a course member will happen once a month with a brief report emailed in, explaining how the material of the course has been applied, any transference and countertransference issues identified and reflections on how to take the work further.

**Venue:**

It will be conducted in Dubai, UAE. Details will be sent out upon enrollment.

**Timings:**

Each day: 8:30am - 5pm

**Fee and Deposit:**

The 12,000 AED fee + VAT of 600 AED includes instruction over 3 weekends in an intimate group setting, all course material, email responses to the monthly reports and a healthy lunch each course day.

A non-refundable deposit of 2000 AED is required to secure your place. Full payment deadline will be Nov. 4. If a payment plan is required, please contact Cynthia.

For inquiries and registration, contact Cynthia at [cyntha@cynthagonzalez.com](mailto:cyntha@cynthagonzalez.com) or [cynthag@yahoo.com](mailto:cynthag@yahoo.com) to enroll.

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*Cynthia Gonzalez has counseled individuals, couples and families, and facilitated and taught for the last 30 years internationally. She did her masters studies in Transpersonal Psychology at CIIS, is a Reiki Master, a Creative Response Therapy™ art practitioner and trainer, a certified hypnotist and also a certified Holotropic Breathwork™ facilitator and Kundalini Yoga teacher. She has lived and worked in Dubai for the last 21 years, bringing this work throughout the Middle East, as well as to Europe, the US, Latin America, India, Palestine, Israel, New Zealand and Ireland and now most recently to frontline negotiators working for UN humanitarian organizations. For more info on Cynthia's work and participants' testimonials, go to:*

[www.cynthagonzalez.com](http://www.cynthagonzalez.com)  
[www.creativeresponsetherapy.com](http://www.creativeresponsetherapy.com)