

"We wholeheartedly recommend Judith Hendin's work. Her rich background has enabled her to give to us a fascinating, creative, and transformative new way to think about our physical challenges – or symptoms."

Hal and Sidra Stone, originators of Voice Dialogue

## JUDITH HENDIN - BIOGRAPHY

**Judith Hendin, Ph.D.**, began her involvement in Voice Dialogue and the Psychology of Selves twenty years ago. Hal and Sidra Stone, originators of Voice Dialogue, became her mentors. Judith Hendin now is a senior Voice Dialogue facilitator and trainer, and for the last 20 years she has been integrating Voice Dialogue with the body. She has discovered a profound connection between inner selves and healing the body.



Judith Hendin received her undergraduate degree from the University of Chicago, Phi Beta Kappa, in cultural anthropology. She then became a professional dancer, performing as a principal with leading concert modern dance companies, including Pilobolus. She received major arts grants, and served as an adjudicator on national arts panels.

She then moved into bodywork, practicing deep tissue structural realignment, energy work, and psyche-soma methods. She received her doctorate in somatic education, and is a certified somatic therapist and neuromuscular therapist.

Judith Hendin directs the "Conscious Body & Voice Dialogue Institute" in Easton, USA. She was frequently on the Voice Dialogue staff of visionary Shakti Gawain, and she served on the staff of Drs. Hal and Sidra Stone. She has taught her exciting new approach "Conscious Body" in the United States as well as at centers in The Netherlands, Belgium, Germany, Estonia, and Finland.

She is the author of the exciting new book, *Conscious Body: Discovering the Self behind the Symptom*. Her research into the healing effects of the Conscious Body process has been published in the *USA Body Psychotherapy Journal*. She will present this year in Vienna at the European Body Psychotherapy Congress.

She can be reached at [Judith@ConsciousBody.com](mailto:Judith@ConsciousBody.com), (610) 330-9778 (phone), (610) 438-2416 (fax), and at P.O. Box 1449, Easton, PA 18044 USA.

[www.ConsciousBody.com](http://www.ConsciousBody.com)

## Learn to hear the Messages our Bodies are sending us

### Conscious Body (Level I) – Workshop in Berlin, Germany Based on Voice Dialogue, Energy Work, and Movement

With Judith Hendin, USA

**June 18-20, 2010**

Friday to Sunday, 10 a.m. to 5 p.m., plus Friday or Saturday evening.

**Berlin, Germany**

More details about specific location later (depending on number of participants).

Training with Judith Hendin from the US, teaching how to hear the messages our bodies are sending us through physical symptoms. Based on Voice Dialogue, energy work, and movement, we find disowned selves that need expression. When we do, the body often heals, and our life expands in new ways.

**Total fee** for the three-day training is 450 Euro.

An early-bird fee of 420 Euro is available till March 31.

Individual sessions are available before and after the training.

Book your session(s) as early as possible, contact Theres Grau (see below).

**Further information and application form**, see [www.theres-grau.net](http://www.theres-grau.net) or contact:

Theres Grau

++49 (0)30 23180189

[info@theres-grau.net](mailto:info@theres-grau.net)

[www.theres-grau.net](http://www.theres-grau.net)

**Further information about Judith Hendin and Conscious Body:**

[www.consciousbody.com](http://www.consciousbody.com)

The workshop will take place with at least eight participants. With less than eight participants we reserve the right to cancel the workshop.

Participation will be your own responsibility. The workshop offers training and self-experience and does not replace therapy or any medical treatment.

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*“Judith Hendin has developed a profound and effective method for hearing the messages our bodies are trying to give us. She is a wonderful healer whose work I highly recommend.”*

**Shakti Gawain**

## **CONSCIOUS BODY: DISCOVERING THE SELF BEHIND THE SYMPTOM**

Underneath many physical or psychological conditions, a part of us is struggling to be heard. Somatic therapist Judith Hendin teaches a process that uses subtle energy work, soulful movement, and insightful dialogue to access those messages.

The Conscious Body process begins with physical symptoms and finds buried sub-personalities, or “selves,” that are calling to be discovered. Each sub-personality carries a specific, discrete energy. When this pent-up energy flows through the body, symptoms often improve.

In this process, the client focuses on a symptom. In deep relaxation, symbols arise from the bodypsyche that lead to the hidden self. Four types of buried selves generally appear:

- everyday behaviors and their buried opposites, such as responsible versus carefree, pleaser - straight talker, follows the rules - independent, inner critic - inner ally, and others
- the inner child
- unexpressed emotions
- buried trauma, including both adult trauma and childhood abuse

A 10-year analysis of client symptoms showed 85% of symptoms disappeared or improved with Conscious Body work. A powerful adjunct to medical treatment, this work can enhance recovery from a host of ailments, including musculoskeletal conditions, pain, rashes, intestinal problems, cancer, sexual dysfunction, insomnia, and many others.

During the three-day workshop, professionals will learn to discover buried, disowned voices through the body. **We welcome bodyworkers, psychotherapists, body psychotherapists, health care practitioners, coaches, and anyone** who wishes to know more about their own body and psyche.

**Everyone can learn to follow the body as a guide to inner issues.** The body guides us as strongly as dreams to unconscious material that is ready to surface.

### **What you may expect to learn:**

In a workshop designed for both personal and professional growth, you will use experiential exercises and demonstration sessions to learn about the Conscious Body Map and to develop the skills of the facilitator.

**The Conscious Body Map** – Discover the self behind the symptom step by step:

- Thinkers – Honor rational selves that logically try to figure out body symptoms
- Gatekeepers – Listen to the concerns of this guardian
- Relaxation – Enter the unconscious through the body
- Symbolism – Wait for symbols to appear from the unconscious
- The self behind the symptom – Recognize the self, usually disowned, that is calling
- Primary self – Honor the primary self that may also be present
- Energy – Move the energy of the disowned self fully and dramatically through the body
- Healing – Take note of any changes in the symptom
- Incorporation – Bring the newly discovered energy into daily life, by developing an Aware Ego that can hold the familiar, primary self as well as the new, disowned self

**Skills of the facilitator** – Learn to:

- Recognize selves and opposites as they appear from the body
- Be comfortable with the language of the unconscious
- Experience a broad range of opposites that relate to physical symptoms
- Work with high sensitivity to energy

**Experiential Exercises** – Most of the training is experiential, including:

- Movement, such as selves in the body, matching energy, exploring emotions, and a ritual called ShadowDance
  - Practice facilitations of Conscious Body, under supervision
  - Using touch in working with the body-psyche
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