

Personal Development Bodywork Group

Person-Centred Approach of Carl Rogers

This bodywork group creates a secure space for participants to listen intently to their bodies. In this respectful atmosphere, group members can experience a new way to take care of themselves.

The group is based on the Person-Centred Approach (PCA) of Carl Rogers, which places the individual into the center of interest, sustaining it with congruence, empathy and full acceptance of the growing self.

We will deepen the consciousness by learning to recognize the body as part of the living that comes with its own language and its specific needs. Beyond the physiological needs, we will be in contact with the relational body.

Dates of independent groups

Sunday 19th of April 9h to 18h

Sunday 17th of May 9h to 18h

Facilitators

Willi Rös, Psychotherapist, trainer and supervisor in PCA
Naiada Dubard, occupational therapist, specialist in expressive activities and bodywork.

Place

Radlicka 99, Prague 5

Price

per session: 900 Kc*

Contact

roes.willi@gmail.com – www.psyinternational.eu

The communication language is English, but you do not need to be fluent. Instead we will use the language skills (*Français, Deutsch, Português, Español, Čeština*) and intuition of trainers and participants in order to understand everyone. This is the basis of the group work.

*Price can be adapted to your possibilities.