

2014 ASPA Conference



...do I dare disturb the universe?

This year's ASPA conference is approaching fast, bringing together a number of engaging presenters to explore the theme: "Do I dare disturb the universe?" Somatic Psychotherapy has a long history of pushing boundaries in the pursuit of providing a place for clients to explore and grow, and this opportunity will certainly be available for the participants of the conference. There will be a mix of talks, experiential workshops and opportunities to reflect on theory and practise. Join us for this chance to be a part of the shifting paradigm of psychotherapy in Australia.

Dates

16 May 2014 -
18 May 2014

Location

Edmund Rice Centre,
"Amberley"

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LOWER PLENTY,
VICTORIA 3093
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Directions

The conference organising committee has been hard at work, behind the scenes, to prepare another wonderful, enlightening, stimulating (and perhaps a little bit "disturbing") conference for you..! The theme for the conference this year is "Do I Dare Disturb the Universe?", this is also the title of the talk that will be presented by our key note speaker, Tim Johnson-Newell.

The finishing touches are being applied to our online booking system, and we will email you the link as soon as possible, but in the mean time we ask you to pencil the dates in your diary (if you haven't done so already): 16-18 May 2014 at Amberley, Lower Plenty, Victoria. Registrations at the conference will be open from

5pm on Friday 16th May, with dinner served from 6:30-8:00pm. Our first session lead by Marina will kick off at 8:00pm sharp. We aim to **conclude the conference by no later than 4:00pm on Sunday 18th**, so those who need to catch flights back home can do so without rushing too much. For those of you who have not been to Amberley before, it is about 45 minutes by car from the airport, and is situated on a bend of the Yarra River overlooking Westerfolds Park to the Dandenong Ranges. The venue alone is worth the trip, but of course the program and networking opportunities are also fruitful, stimulating and plentiful as mentioned!

Sessions

We have a wonderful array of speakers and facilitators to inspire, challenge and enliven you over the weekend.

 **Marina Suarez** will guide us through a *Random Act of Wellbeing*. This session will help us to arrive and connect with ourselves and each other.

 Our keynote speaker **Tim Johnson-Newell** will present on the topic of the conference - *Do I Dare Disturb the Universe?* Utilising a variety of films, he will explore the question of whether it is time to set ourselves apart from other psycho-professionals and how this might be achieved.

 **Sandra Kay Lauffenburger** will present *Languaging the Dynamic Non-Verbal*, describing a way forward for somatic psychotherapy by bringing the moving self into focus.

 **Sally McMahon** will speak on *A Sideways Look at Shame* and the role of the therapist's shame in the therapeutic process.

 **Shirley Hicks** will inform us on the area of *Trauma Aware Yoga*, guiding us through the use of yoga-based interventions and raising our awareness of the neurobiological research for these interventions.

 **Carolien Koreneff** will enlighten us on a *Do I Dare to Care? – Bringing Diabetes Into The Therapy Space*. Carolien explores a different way of working with diabetes in a relational psychotherapeutic way.

 **Peter McKay** will talk on integrating a new somatic technique into practice. This is the journey of discovering and utilising *Brainspotting* with existing clients in an empathically attuned way.

 In addition **Tim Johnson-Newell** and **Jude Reggett** will facilitate a session each morning titled the *Dreaming Matrix*, providing an opportunity to explore our dreams, and as importantly, the images and associations that emerge from the dreams that are shared.

 ASPA President **Joanne Marsh** will present a *PACFA Update and The Future of ASPA*

 There will also be a lively panel discussion lead by the **ASPA Executive Team** entitled *The Future of ASPA; Dead or Alive?*

 **Jacinta Birchall** will present an experiential workshop on "Movement Medicine" *Nia's 5 Stages of Self Healing*. Based on Stanley Keleman's *Emotional Anatomy*, this session will leave you enlivened and with a new sense of wellbeing.

Even with so many wonderful sessions, there will be ample time to reconnect with others in the psychotherapy community. We hope this brief overview of the events to take place has whetted your appetite enough to come along and join us in daring to disturb the universe. See you in May!

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