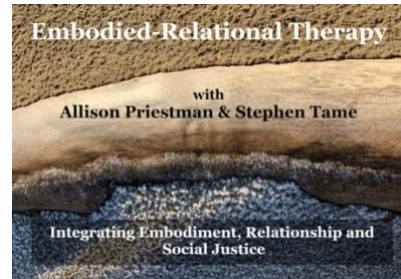


Embodied-Relational Therapy

16th Training, starting June 2025

Selection Process



- The ERT training builds on practitioners' existing skills and experiences, and you will find yourself working therapeutically with your peers throughout the training.
- A core example of the capacity we aim to build on, is for you to be able to be in touch with yourself, whilst in therapeutic contact with another - to witness and regulate your emotions, whilst connecting with the world of another human being.
- As we see the relationship between participant and trainers is key, we want you to have a chance to experience working with us before deciding on choosing us as trainers.
- Our experience is that meeting and working together gives the best opportunity for us, together with you, to find out if this is the right training for you at this time.

To get ready to book your place, you need:

- 1) To read and consider the course brochure, and the course application questions
 - 2) To attend an ERT practitioner led workshop, webinar or training (SEE BELOW)
 - 3) To apply for the course - simply send us an email telling us that you want to apply
 - 4) Meet both Allison and Stephen, at least one of us in the flesh. Ideally at a workshop.
 - 5) Attend an informal mutual interview with either one of us (We're offering these from January onwards)
 - 6) For both yourself and us to have agreed that the course is right for you at this time. (We will let you know as soon as possible if we feel that this is not the case)
 - 7) To be aware that we expect you to commit to the whole first year course and to paying for the whole first year course
 - 8) To have a commitment to anti-oppressive practise, and to have already begun the journey of exploring issues of rank, power, privilege and oppression. (We can offer signposting if it is helpful)
- We expect you to have undertaken a solid period of therapy before you start the course
 - The course, working with relational embodiment, is impactful. We ask you to think about what therapeutic support you will need during the course. This may be a return to regular therapy
 - To consider what other resources you may wish to put in place to help integrate the training into your life and practice

SELECTION CRITERIA

We will be paying attention to the following criteria in considering whether the ERT training is a good match for you at this time:

-Your current familiarity with your own embodied-relational processes and emotions, ie; how deeply and effectively you've worked with your own material

-Your current capacity to offer connection and acceptance to another human

-Your current embodied capacity to be able to be in touch with yourself, whilst in contact with another - to witness your emotions, whilst connecting with the world of another human being

-Your capacity for discomfort and uncertainty

-Your willingness to inquire how power and privilege operate in your system, in relation to yourself and those you are relating with, and your willingness to understand and meet the experiences of discrimination, oppression and marginalisation in people you are working with

-How closely the ERT training matches your current inquiries and enthusiasms as a practitioner and human

-The capacity in your system, including the networks and activities in your life, to attend to your overwhelm and wellbeing

We will be allocating at least half of the places on the training to practitioners who experience oppression, discrimination and exclusion in their lives, or/and who are underrepresented in the wider body of body psychotherapy.

We note, and are delighted, that the level of skills and experience of those interested to join the training in 2025 is exceptionally high.

PLEASE NOTE: The application process is now open - simply send us an email to apply. We will be offering interviews for places on the course from Monday 6th January 2025 onwards. We will then be offering course places from Thursday 27th March onwards.

Feel free to contact us in the meantime with any questions or queries you may have

To book your place, you then need to:

- Complete the booking form and send it to Paul (ERT Training administrator)
- Pay the non-returnable £500 deposit and agree a payment plan with Stephen

N.B. There is no charge for the selection process.

THE CLOSING DATE FOR BOOKING FORMS is 1st May 2025

PREPARATORY WORKSHOPS

For details of upcoming ERT workshops run by Allison, Stephen and ERT practitioners, go to: www.erthworks.co.uk

Ideally, you would attend our in-the-flesh workshop with Allison and Stephen:

15-16 Feb 2025 Relational Body Psychotherapy - an ERT Approach

(Fully booked, with reserve list)

However, if this is not possible, you could instead attend a web-based workshop with Allison:
Non-visible disability and long-term health conditions. Saturday 15 March, 2025. 10am-1pm

Or, if it is easier for you to attend a workshop in the north of England, another possibility is this 2 weekend series with our ERT colleague, Jayne Johnson:

Radical Embodiment 15/02/2025 - 16/02/2025

Course Contact Details:

ERT training admin: trainersert@gmail.com

Stephen: stephentame@gmail.com Allison: allisonpriestman@gmail.com

Please see Fee Document for Course Cost