

The Gestalt Therapy Institute of Philadelphia

INTRODUCTION TO DEVELOPMENTAL SOMATIC PSYCHOTHERAPY™



Jennifer Bury and Karen Ginsburg offer an Introduction to Developmental Somatic Psychotherapy™ (DSP). Developed by Ruella Frank, PhD, DSP explores the early infant movement patterns that form the relational base for how we interact as adults, both in therapeutic settings and everyday life. As we continue to develop and learn new ways of moving through the world, this essential foundation of how we communicate remains. Giving these foundational patterns merit within psychotherapy is an important tool for fostering deep and lasting change.

In this workshop, participants discover how their original learned movement patterns live in their bodies and form the basis for their present interactions. Through movement experiments, lecture and demonstration, participants learn how to attend to, and experiment with, their own and their clients' movements, which creates the ground for new, more vital, patterns to emerge.

This workshop is open to all forms of therapists and educators interested in better understanding the relationship between psychological experience and physical expression.

PARTICIPANTS COMPLETING THIS WORKSHOP WILL BE ABLE TO:

- Describe the basic concepts of DSP including fundamental movement patterns and kinesthetic resonance;
- Discuss the role of DSP and nonverbal transactions to the organizing of experience within the Gestalt Relational theory and practice;
- Recognize the root of psychological development as it emerges through affect/ movement patterns within the infant and caregiver dyad;
- Apply these patterns to the patient and therapist dyad;
- Develop greater awareness of bodily experience: a pre-requisite for the practice of somatically based therapy and an approach to tracking the evolving relationship within the clinical model;
- Explore the fundamental movements of yielding and pushing through individual, dyadic, and group experiments;
- Identify fundamental movements and their psychological functions as they emerge in contact.

WORKSHOP LEADERS:



JENNIFER BURY BFA, CMT, a movement therapist in private practice for 30+ years, and now based in San Francisco, presents workshops within the Gestalt community throughout the U.S., Europe, and Asia. Jennifer is a certified trainer and supervisor in Developmental Somatic Psychotherapy™, assisting founder Ruella Frank Ph.D, teaching her training programs worldwide. Jennifer teaches at universities, medical facilities, and facilitates Gestalt training groups. Besides her Gestalt training, Jennifer's background includes studies in pre-med, neurology, kinesiology, various forms of dance, and numerous somatic methods. Her private practice encompasses everything from assisting infants first orienting to life to guiding people through their dying process. [Learn more about Jennifer.](#)



KAREN GINSBURG, LCSW, LMT, a member of the GTIP faculty, brings her background as a performer, bodyworker, and Gestalt therapist, supervisor, and trainer to her work as a DSP therapist and teacher. She has a BFA in Acting and an MSW, both from New York University. She is also a licensed massage therapist in the state of NY and has a certificate in Gestalt Therapy from Gestalt Associates for Psychotherapy in NYC, as well as a certificate in Developmental Somatic Psychotherapy from The Center for Somatic Studies in NYC. She is a longtime student of, and assistant to, Dr. Ruella Frank, the Director of the Center for Somatic Studies and the creator of Developmental Somatic Psychotherapy. For the past five years, she has also been a member of Kachina Myer's analytic supervision group in NYC. [Learn more about Karen.](#)

CEUs: 12; \$20
DATE: Saturday and Sunday, Nov. 16 & 17
TUITION: \$300
\$275 GTIP associate members
\$250 students

HOURS: Registration Saturday only: 9:00 am
Saturday: 9:30 am – 5:30 pm
Sunday: 9:30 am – 4:30 pm
(Bring your own lunch!)
LOCATION: Bryn Mawr College English House
815 New Gulph Rd. Bryn Mawr 19010

CEUs (12):

This session is co-sponsored by Bryn Mawr College Graduate School of Social Work and Social Research for a maximum of 12 credit hours. Bryn Mawr College GSSWSR, as a CSWE accredited School of Social Work, is a pre-approved provider of continuing education for Social Workers in PA and many other states.

GTIP is approved by the Pennsylvania State Board of Psychology to offer 12 hours of continuing education for psychologists. GTIP maintains responsibility for the program. The Pennsylvania State Board of Psychology requires Psychology workshop participants to furnish their license number to receive a certificate of attendance.

Registration on next page...

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Fill out & mail this REGISTRATION FORM with a check made payable to: **Gestalt Therapy Institute of Philadelphia**

GESTALT THERAPY INSTITUTE OF PHILADELPHIA - P. O. Box 961 - Bryn Mawr, PA 19010-0961

Name: _____ Daytime Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

License Number: _____

To receive CEU certification, circle one: LSW LCSW PSY LMFT LPC GENERIC

Completed evaluation prior to departure is required to receive CEU credits.

Your license number is required to receive CEU credits.

Check fee enclosed:	_____	\$300
	_____	\$275 for GTIP Associate Members
	_____	\$250 Students
	_____	\$20 CEU preparation
	_____	TOTAL

Register online at:

<http://gestaltphila.org/workshops/introduction-to-developmentalsomatic-psychotherapy.html>