

**An experiential presentation  
for health care providers...**

# **Listening to the Language of the Body**

**with Author and Psychotherapist Ivy Green**

Would you like to practice skills, including tracking shifts in the breath and body, that can help your clients safely process suppressed emotional material held in their bodies?

Are you curious about how listening touch, embodied self-awareness and caring, attuned attention strengthen emotional self-regulation and build compassion for the self?

Can you clarify the difference between *thinking about* one's feelings (introspection) and *feeling* them (interception)?

**Join psychotherapist and bodyworker Ivy Green as she works with the social engagement system through listening touch, responsive words and attuned attention.**



**Ivy Green** holds a Master's Degree in Clinical Psychology. She is an Internationally Certified Teacher of the Alexander Technique, a NYS Licensed Massage Therapist, and a Senior Rosen Method Bodywork Teacher. She is co-owner and co-director of the Rosen Method Open Center. She has worked for many years as a Psychiatric Rehabilitation Counselor and as an Adjunct Professor of Psychology. Her book *"Relaxation, Awareness, Resilience: Rosen Method Bodywork Science and Practice"* was published in 2016.

September 21, 2017

7 pm

\$10 at the door

St Anthony Park United Church of Christ

2129 Commonwealth Avenue, St Paul, MN

(near the State Fair Grounds and St Paul U of MN Campus)

To register contact Kris Nourse:

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