

## **The Moving Cycle, a training in Body Psychotherapy and Counseling with Christine Caldwell Ph.D.**

The Moving Cycle developed from natural observations of the processes we engage in as we heal. Healing can be thought of as a return to wholeness – a recovering of the harmonious movement of all parts of our selves. Healing occurs in four sequential phases, and it's our moving through these phases that the therapist or a counselor facilitates, whatever his or her training or orientation. The first phase is Awareness, and in it we wake up to what is happening. This can be an awakening to pain, or to the absence of pleasure. The second phase is called Owing, and involves befriending, taking care of, and taking responsibility for whatever arises as we keep paying attention. This process has the effect of recovering disowned parts of the self. Appreciation forms the third phase, and involves a return of feelings of completion and satisfaction, enabling us to enlarge our lives. The last phase is Action, an applying of our healing into the workings of our daily lives. Engaging in these four phases consciously accelerates and magnifies natural healing processes. Interestingly, the process of creativity also follows these four phases, and can be consciously coached by the Moving Cycle (MC) practitioner. An MC practitioner works with our physical, emotional, mental, and spiritual movement processes as we progress through these four phases.

### **Seminar 1: Introduction to the Moving Cycle**

Participants experience and luxuriate in the work for themselves. This work alternates between whole group movement times, and one person working with a facilitator, while the rest of the group witnesses and supports. These sessions work therapeutically and creatively to recover flexibility and choice in one's physical structure, emotional life, thinking, and sense of connection to others. Discussion time integrates the members' experience with the theories of the work. This seminar promotes personal healing and familiarity with the Moving Cycle form.

#### **Learning goals and activities:**

- Principles of Movement that apply to healing and well being
- Movement strategies that promote empowerment, satisfaction, and grace
- Body states that promote responsibility, appreciation of self and others, and effective action
- Experiential understanding of how the body changes its mind

Seminar 2 and 3 begin when the participant has completed seminar 1 and has the recommendation of their Facilitator.

### **Seminar 2: Rhythm of Self and Other – Relational, Character and Energy work**

This seminar offers deeper theoretical studies of movement, delivered in a discussion and demonstration format, as well as honing practical skills for applying the Moving Cycle to one's profession.

Trainees learn how to facilitate the four phases of the Moving Cycle, and engage in supervised practice sessions. This seminar promotes personal effectiveness in assisting others in conscious movement.

#### **Learning goals and activities:**

- Learning relationship dynamics in movement and non-verbal communication
- Understanding how character and energy move through the body and affect relationships
- Observing and engaging with movement obstacles in oneself and others

- Practicing effective movement sequencing as a means of enhancing relationships
- Using movement to regulate ones vitality consciously

### **Seminar 3: Working with habitual obstacles, Micro Movements and Dissociation**

This seminar focuses on what occurs when we consistently obstruct movement, whether it be physical, emotional, mental or spiritual. It also trains methods of restoring movement capacity. Chronically held back movement creates a sense of lack. That can become intolerable, leaving us vulnerable to addiction. This phase defines addiction broadly and looks to the body to help us restore a sense of fullness, mindfulness – that is our birthright.

#### **Learning goals and activities:**

- An experiential and theoretical understanding of the continuum from habits to creativity
- A somatically-centered theory of addiction and addiction recovery
- Identifying obstructed movements, which are often signaled by subtle and small movements “tag”
- Understanding our relationship to natural and unnatural pleasure, and how to commit to natural pleasure
- How to restore completed movement sequences.

### **The Moving Cycle, intermediate training seminars with Christine Caldwell Ph.D.**

These three Seminars focus on detailed strategies for facilitating conscious movement in self and others. Completion of this level helps trainees to construct and engage in more complex Moving Cycle sessions.

### **Seminar 4: Using Touch to Awaken Movement Capacity**

Keeping a focus on completing movement sequences, we will work with details of developmental movements, early childhood imprints and how imprinted interruptions of these movements harm adult functioning. By committing to accurate, detailed and creative recovery of these movements, we can set the stage for healthy adult behavior. Because these movements are often from pre-verbal or non-verbal times, touch more than words often becomes the treatment of choice.

Trainees therefore will learn the basic principles and practices of proper use of touch in body-centered psychotherapy. Special attention will be placed on ethics, indications and contra-indications, and basic clinical strategies.

#### **Learning goals and activities:**

- To move precisely “read” the moving body and be able to identify subtle disruptions in movement.
- To be able to read the grain and texture of soft tissue, and correlate this to observed movement patterns
- To learn the types of touch and when and how to use them
- To learn and commit to touch ethics, as well as contra-indications for the use of touch sessions
- To understand the physical imprints of early childhood trauma and how to use touch and Moving Cycle interventions to work effectively with them

## **Seminar 5: Creativity and the Playful Spirit**

Creativity emerges from combining discipline with curiosity and high quality attention. The awake, toned body enables creativity to engage and then move us into problem solving, playfulness and spirituality. This phase will train embodied strategies for using creative energy as a force for healing, empowerment and generativity.

### **Learning goals and activities:**

- Understanding the roots of creativity in the body
- Increasing tolerance for positive affect and playfulness
- Experiencing the relationship between creativity and spirituality via physical practices
- Facilitating creative growth in clients and students
- Learning how to teach others body-centered meditation and creativity practices

## **Seminar 6: Practice Intensive**

Using a variety of formats, this phase will focus on refining Moving Cycle work by engaging in supervised practice. Using triads, fish bowling, video feedback and quick role plays, trainees will sharpen their skills so that complex and challenging sessions can occur. We will target low- functioning states, trauma responses, resistance, death and dying alongside more typical and easy sessions.

Learning goals include:

- Constructing complex Moving Cycle Sessions
- Learning peer supervision techniques
- Increasing the capacity to integrate supervision themes into clinical work
- Adapting the Moving Cycle to difficult cases and to other methods

**You find actual dates and places on the following homepages:**

[www.creaum.dk](http://www.creaum.dk)

[www.tanztherapiewerkstatt.de](http://www.tanztherapiewerkstatt.de)

[www.themovingcycle.com](http://www.themovingcycle.com)

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