

## Dansk Psykologisk Selskab for Kropppsykoterapi

DPSK is hosting:

3 day Intensive Somatic Movement Workshop  
**with psychologist and somatic movement therapist Mihyun Lee from USA**  
November 24<sup>th</sup>-26<sup>th</sup> 2023



### **Content:**

This somatic movement workshop is an integrative approach to mental health. With the belief that any expression and movement reflect psychological state, intention, or response, the workshop aims to facilitate self-discovery of the fundamental relationship between movement and psychology.

Mihyun facilitates various movement based activities with underlying psychological intention. She utilizes the human movement study of Laban/Bartenieff Movement Analysis to support participants to incorporate the experiential learning into their own clinical work.

The workshop contains simple movement exploration, solo improvisation, contact improvisation, writing, reflection, sharing, observation, and collaboration.

Mihyun Lee designed this 3 day workshop, called Move to Heal, to explore the interconnectedness between daily movement, psychology, and dance.

**Focus of this workshop:**

1. Identifying patterns of movement and related psychology: learn, explore, and observe different ways to move the body in space and context. It facilitates the meaning-making process through self-discovery of what is accessible and what is inaccessible both physically and psychologically.
2. Attunement skills in pairs: explore mirroring a pair and 3 levels of receptivity (passive, responsive, reactive) in physical level and discuss how the experience can apply into interpersonal relationships and dynamic relationships with clients.
3. Observational skills: learn how to identify different movement qualities and nonverbal expression in order to utilize the experiential learning to understand clients' emotional states in clinical work
4. Utilize observational skills in nonverbal expression in your own clinical work as psychologist or therapist

**About the teacher:**

Mihyun Lee studied Korean Dance, Counseling Psychology, and Laban/Bartenieff Movement Analysis (LBMA). 30 years of practicing dance professionally shaped her understanding of the primal nature of the body and its expression. Throughout her education, she became clear about the fundamental relationship between movement and psychology. She established her somatic movement therapy practice and psychotherapy approach called kinesiotherapy based on the human movement study of LBMA.

Her service is oriented towards promoting psychological wellbeing through physiological practice. She emphasizes increasing levels of satisfaction in clients' relationship to self, others, and environment. She is dedicated to promoting self-discovery, self-awareness, self-acceptance, resilient boundaries, and easefulness.

She is an Associate Marriage Family Therapist, Registered Somatic Movement Therapist, and Certified Laban Movement Analyst. She serves individuals, couples, and groups both in San Francisco and Seoul.

Website: <https://www.movementflow.org/group>

**Literature:**

Berrol, Cynthia F. Neuroscience meets dance/movement therapy: Mirror neurons, the therapeutic process and empathy. *The Arts in Psychotherapy* 33 (2006) 302–315.

Homann, Kalila B. Embodied Concepts of Neurobiology in Dance/Movement Therapy Practice. American Dance Therapy Association 2010, DOI 10.1007/s10465-010-9099-6.

Melzer, Ayelet, Shafir, Tal and Tsachor, Rachelle Palnick. How Do We Recognize Emotion From Movement? Specific Motor Components Contribute to the Recognition of Each Emotion. ORIGINAL RESEARCH, published: 03 July 2019 doi: 10.3389/fpsyg.2019.01389.

**Time:** November 24th – 26th 2023 from 10:00 am to 17:00 pm

**Place:** AstrologiHuset Teglværksgade 37, 4.th 2100 Kbh. Ø

**Price:** Early bird before **October 8th** Members of DPSK: 4500 dkk/ not Members 4900 dkk. From **October 8th**: 5500 dkk. Members of DPSK/not Members 5900 dkk.

**NYT** – vi har stadig pladser og vil så gerne give flere af jer mulighed for at være med. Derfor tilbyder vi også denne gang i lighed med tidligere halv pris Af den almindelige pris til studerende, ledige og pensionister. Ligesom vi forlænger perioden for early bird prisen til alle andre!

**Fees includes:** Lunch, snacks, coffee and the

**Registration:** send an email to: krop@dp-decentral.dk (When registering, you must write your name, whether you are a member of DPSK or want to become one, and if you are a psychologist member of DP, you must write your membership number in DP). Priority of psychologists until 22 of October. If you are not a psychologist and sign up before the October 10<sup>th</sup>, you can still get the early bird offer.

The course amount is paid into account: 0400 4012612201, you are finally signed up when we receive the money. Non-psychologist please do not pay until after you have been assigned a space on the workshop. We will notify you by email after October 22<sup>nd</sup>.

An application has been send to DP to have the workshop approved for the specialist training and systematisk efteruddannelse af ydernummer psykologers.