



Professional Development Training in BodyDreaming® Module 8: An Approach to the Numinous Part 2 - Dreams

February 9th – 11th, 2024

Marian Dunlea with Patricia Llosa, Pauline Sayhi & Abigail Whyte

Module Eight

Module 8 is the penultimate of the final three modules in the BodyDreaming training programme. Using the somatic practices and theory that form the bases of BodyDreaming, we will work on dreams and images in our small groups. We will focus on the method of *embodied active imagination to enable the dream image to move in our bodies, to speak to us from the somatic unconscious*. We recognise that our body and psyche are not distinct and separate, rather they form a continuous wave of Self-regulation. In the process something totally new presents itself, heralding the possibility of meeting and engaging with the numinous.

What We've Covered So Far

The practice sessions in our modules have focused on two types of awareness or “attunement”: inner attunement, focused on our own bodily feelings – known as interoception; and outer attunement, towards the people, objects, and nature that impact us in our environment.

By paying attention to the responses in our nervous system, we come to recognize habitual patterns and “complexes” that are often activated. With the practice of “titration”, slowing down the activation, we learn to resource and reset our nervous systems from heightened states of activation.

We experience a greater ease and spaciousness in the body and psyche, extending our capacity to tolerate old triggers and uncertainty. Because of this our receptors are more engaged, and we enter our images with greater curiosity.

This newfound ease and agency mark a shift from a state of defensiveness to one of trust, openness, and receptivity. Something totally new presents itself, heralding the possibility for the numinous.

BodyDreaming prepares us to receive the numinous. It allows us to be present in a way that expands our consciousness, bringing us into greater communion with all life.

In the Final Modules

In these final three modules we further develop the somatic practices and theory – which affirm that our matter and all matter is alive and interconnected.

By developing an embodied experience of our own matter as a secure base, we may engage in a participatory relationship with the world around us.

Jung maintains that it is through an encounter with the numinous that “real therapy” is possible, and that “inasmuch as you attain to the numinous experience you are released from the curse of pathology” (Jung, 1973, p. 377).

By establishing an embodied home for our soul, we begin to realise that our body and soul, psyche and matter, are each reflectors of the numinous, what Jung referred to as the “hint of the god” (Jung, 1997, p. 919).

Dates & Time Zone

Friday February 9th from 2pm to 8pm

Saturday February 10th from 2pm to 8pm

Sunday February 11th from 2pm to 5pm

Time Zone: Dublin, Ireland (currently GMT)

Venue

Online via Zoom. Please plan on attending all sessions.

Tuition Fee

€390

Continuous Professional Development

15 hours

Notes

- At the discretion of the faculty, each module can be taken as a standalone experience or as part of the BodyDreaming training.
- New participants will receive a recording of the online Introductory Workshop to view prior to the module.
- The training weekend will comprise of theory and practice, experiential learning and embodied practice sessions, dream work, movement, voice work, ritual and art. We work in large group sessions and in small break-out practice sessions.
- Each breakout group will have an assistant present, from our team of assistants, who all provide containment and guidance for the small break out practice sessions.
- To request an application form, or for more information about the training, please write to Julia and Cat at BodyDreaming@gmail.com. Instructions about payment will be provided once your application has been processed.

Module 8 – Recommended Reading

Chapter 9: “Intimations of the Numinous: ‘It feels like a visitation from the lady in red in here’”. In *BodyDreaming in the Treatment of Developmental Trauma: An Embodied Therapeutic Approach*, by Marian Dunlea (Routledge).

Forthcoming: Final Module

Module 9 (Part 3 in the Approach to the Numinous): 7th, 8th & 9th June 2024

Forthcoming: In-person mask workshop in Einsiedeln, Switzerland,

Wed. 27th Nov. – Sun. 1st Dec. inclusive.

Attendance is not necessary for completion of the training but is highly recommended.

Faculty for Module 8



Marian Dunlea, M.Sc., IAAP, ICP, is a Jungian analyst and Somatics practitioner who has been teaching and leading workshops internationally for the past 30 years integrating body and soul. She is creator of BodyDreaming®, an embodied Jungian practice and is director and teacher of the BodyDreaming Training Programme. She is head of the BodySoul Europe training programme, sister organization of the Marion Woodman Foundation, where she is core faculty. With the development of her unique approach BodyDreaming®, Marian incorporates developments in neuroscience, trauma therapy, attachment theory with Jungian psychology, and the phenomenological standpoint of interconnectedness. Her book, *BodyDreaming in the Treatment of Developmental Trauma - An Embodied Therapeutic Approach*, Routledge, won the Gradiva Award for best book, 2019, with NAAP - National Association for the Advancement of Psychoanalysis - and is Co-Winner of The International Association for Jungian Studies Best Book Award 2019.



Patricia Llosa, M.F.A., L.P. (USA/PERU) is a Jungian analyst in private practice in New York City. She earned her undergraduate degree in Archaeology and Art History from the Hebrew University of Jerusalem and did graduate work at The School of Visual Arts. For more than 20 years she worked as an administrator and educator at the Metropolitan Museum of Art. A graduate of Marion Woodman's BodySoul Rhythms® Leadership Training Program, a Woodman Foundation Faculty and Board Member, she has lectured and taught workshops in Ecuador, Ireland, Israel, Japan, Mexico, Peru, Spain and Switzerland. Presently, she serves on the boards of the National Association for the Advancement of Psychoanalysis Gradiva Awards and The Archive for Research in Archetypal Symbolism and is on the faculty of the Jungian Psychoanalytic Association and the Assisi Institute.



Pauline Sayhi is a Dance Movement Psychotherapist who completed the Leadership Training with Marion Woodman. Pauline has collaborated with Marian Dunlea and Sue Congram in Mask workshops in Greece as well as workshops in Ireland and the UK. She worked in Mental Health settings for 20 years and has trained in trauma treatment with Babette Rothschild. She studied to become a Dream Guide at CCPE in London and she is also a Retreat Guide in the Sufi Tradition. She has lived in the Arab World and uses Arabic Dance and Authentic Movement in her expressive work as well as the principles of play therapy. Her interests are wild swimming, nature as the first book of holy scripture and the alchemical retreat process.



Abigail Whyte is a Chartered Clinical Psychologist (C.Clin.Psychol.,Ps.SI). She has worked as a Clinical Psychologist since 1991 with young people and their families in public mental health services in Ireland. She is an experienced clinical psychology supervisor, and has been involved with both University College Dublin and Trinity College Dublin D.Clin.Psych Clinical Psychology Training programmes. Abigail finished her training as a Somatic Experiencing /Trauma Practitioner (SETI) in 2015 and has been working as an SEP in private practice in Dublin since then. She is a graduate of the Marion Woodman BodySoul Rhythms Training Programme (www.marionwoodmanfoundation.org) and has been facilitating regular BodySoul groups in Dublin since 2013.