



Relating to Self and Other: An Exploration of Boundaries

Presented by: Susan Alger, LCSW, R-DMT

Date: Saturday, February 6, 2010

Time: 10AM-5PM

**Location: The Trauma Healing Project
2222 Coburg Rd., Eugene, OR 97401**

Cost: \$135.00 if registered by January 30; \$150.00 after 1/30/10.

About the Presenter: Susan Alger is a licensed clinical social worker and registered dance/movement therapist. A local resident since 1996, Susan has been working in the healthcare field for 15+ years. She is currently pursuing post graduate certification in LivingDance~LivingMusic™; a specific theoretical approach to dance/movement therapy.

Winter is the perfect time of year for “diving deep” and exploring the inner world... Longer periods of darkness draw our attention inward. Have you been feeling burned out? Questioning your commitment to being a helping professional? Do you ever feel lost in your clients’ pain or so detached you find yourself unable to relate in the way you used to? Feeling tired, weary, or just need to reconnect with your passion?

Come join me for a day to nurture body, mind and spirit. We will be sharing a day of exploring, creating and connecting. This is predominantly a movement-based workshop. Wear your comfy clothes and bring a pillow and/or blanket to stay warm. We will be spending time on the floor.

Lunch will be a community meal. I’ll have the greens for a salad and bread. Each person should bring something to add. **Please indicate any food restrictions when you register. Please bring your own beverage.

This workshop has been approved by NASW, Oregon Chapter, for 5.75 CEU’s

Objectives:

At the conclusion of this workshop the participants will be able to:

- Identify the non-verbal elements of movement to which we all have access (such as breath, muscle connectivity and the kinesthetic sense of the body boundary) to heighten self awareness
- Learn how to work with breath and the kinesthetic sense of the body boundary to enhance effective interventions with clients
- Understand how developing the ability to engage from heightened somatic awareness may help participants to reclaim the joy in social work practice

To Register: Please call Susan Alger at (541) 554-4967 or email at slalger@comcast.net. Payments (check, cash, or money orders only) may be sent to: Susan Alger at 145 E. 37th Avenue, Eugene, OR 97405

For questions, grievances or for assistance for individuals with disabilities, please call Susan at (541) 554-4967