

"How will you work with me (as a client) using developmental and somatic psychotherapy?"

In a nutshell, this is a gestalt framed psychotherapy with a focus on six fundamental movement patterns and how they structure our neurological emotional and mental functioning from new born right through to adulthood and beyond.

"Developmental Somatic Psychotherapy, developed by Ruella Frank, Ph.D., is a relational and movement-oriented psychotherapy within a contemporary gestalt therapy framework.

"Developmental Somatic Psychotherapy is a template for understanding and working with early psycho-physical blocks as they emerge in present moments of the adult therapy session. Attending to movement patterns within therapy is particularly powerful when guided by current developmental thinking".

She continues, "Developmental Somatic Psychotherapy's comprehensive system of phenomenological analysis allows practitioners to diagnose and treat their clients using movement experiments. Learners are taught a variety of developmental movements and their relation to psychological functioning." ([Click Here](#)).

In her introductory workshops, "Ongoing nonverbal interactions with our primary caregivers during the first year of life set a relational foundation that is apparent both in the everyday life of the adult and in psychotherapy. Even though our adult postural attitudes, gestures, gait and breathing patterns have changed over time, the foundations established in our first year remain readily observable and available. Attending to these patterns within psychotherapy is especially powerful.

This workshop is open to psychologists, social workers, psychotherapists, psychiatrists, infant educators as well as movement therapists-educators who wish to better understand the relationship between psychological experience and physical expression."