

# Professional Development Training in BodyDreaming®

## Module I: Nature, Attachment, Soul

Marian Dunlea  
with Abigail Whyte and Patricia Grey Amante



BodyDreaming is an embodied practice that helps to ground psychotherapy, and ensoul somatic practice. BodyDreaming offers a unique combination of the psychology of C.G. Jung, BodySoul Rhythms of Marion Woodman, Somatic Experiencing of Peter Levine, Neuroscience, Attachment and Developmental Theory.

This training will be based on modules taught over a 3-year period. The programme will be anchored in the teachings in Marian Dunlea's book, *BodyDreaming in the Treatment of Developmental Trauma: An Embodied Therapeutic Approach*. The work will be experientially based and participants will learn the somatic skills necessary to follow and regulate the currents of the Autonomic Nervous System as we dance with psyche in dreams, images and body.

In these times we can draw on Jung's vision of a guiding intelligence, that has to be rooted in the body. The inner world of the psyche, dreams and images resonates with the cellular wisdom of the body; the autonomic nervous system prompts and feeds the mythopoetic.

The training is designed for those interested in healing, the arts, and living well – ecologists, psychologists, psychotherapists, somatic therapists, coaches, artists and creative minds.

The **first** module of the training is planned to coincide with the approaching Winter Solstice, a time when the rising sun penetrates the darkness and illuminates the central chamber of the megalithic cairn at Newgrange, Co. Meath, Ireland. This powerful metaphor speaks to alignment and in this module we will work with the alignment of our matter and the matter around us, guided by the principle of Self-Regulation. The capacity to regulate our systems is key to working with all manner of trauma.

Learning the skills needed to titrate emotional overwhelm deepens our sense of rootedness in our bodies and our surroundings. It supports us to experience life with greater ease and pleasure, to connect with our dreams, the mythopoetic and the symbolic. Jung and Marion Woodman are often quoted the saying 'as above so below', reminding us that the macrocosm of the universe is mirrored in the microcosm of our physiology and psyche.

More precise information on the outline of the 3-year programme will be shared during Module 1.

This will now be a ONLINE ONLY module, with both online participants and facilitators attending, allowing participants to join from all over the world. It can be attended as a stand-alone workshop or as part of the BodyDreaming® Training. (NB You are not committing to the whole training by signing up for Module 1).

- **Dates:** Friday 3<sup>rd</sup> of December from 2pm to 8pm GMT; Saturday 4<sup>th</sup> of December from 2pm to 8pm GMT; Sunday 5<sup>th</sup> of December from 2pm to 4pm GMT.
- **Venue:** Online via Zoom only
- **Tuition Fee:** €390
- **CPDs:** 14 hours

Please contact us at [BodyDreaming@gmail.com](mailto:BodyDreaming@gmail.com) to receive the application form. Instructions about payment will be provided once you have signed up.

## Faculty for Module 1



**Marian Dunlea**, M.Sc., IAAP, ICP, is a Jungian analyst who has been leading workshops internationally for the past 20 years integrating body, mind and soul. With the development of her unique approach BodyDreaming®, Marian's work has expanded to incorporate the developments in neuroscience, trauma therapy with Jungian psychology and the phenomenological standpoint of interconnectedness. Her trainings include Jungian Analysis, Psychoanalytic Psychotherapy, Psychosynthesis, Infant Observation, BodySoul Rhythms® and Somatic Experiencing. Marian is head of training for BodySoul Europe, sister organization of the Marion Woodman Foundation. She is the author *BodyDreaming in the Treatment of Developmental Trauma – an Embodied Therapeutic Approach*, Grady Award 2019, IAJS Book Award 2020.



**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](http://www.marionwoodmanfoundation.org)) and has been facilitating regular BodySoul groups in Dublin since 2013.



**Patricia Grey Amante** is a Somatic Movement Psychotherapist (BSc (Eng), PGDip Psychology, PGDip Counselling Psychology, Professional Diploma Psychotherapy, U.K.C.P). With a background in Psychology and Counselling Psychology, Patricia accredited as a Psychotherapist in 2004. Over the last 15 years, Patricia has completed three further professional trainings: BodySoul Leadership Training, with Marion Woodman Foundation; Origins, a 4-year Somatic Training in Embryology and Developmental Movement, with Joan Davis; Original Nature, a 3-year Somatic Training in Authentic Movement, assisting Joan Davis. Patricia's therapeutic work nourishes Embodied Presence through Dreamwork, Developmental Somatic Movement, and Authentic Movement. She is currently offering a series of Embodied Menopausal Workshops. Through movement and stillness, Patricia brings a deep listening to what is here right now, opening through layers, to the innate wisdom that is so alive and palpable within our human body, and the greater Body of Nature.