



Professional Development Training in BodyDreaming®

Module 2: “At the Stillpoint, there the Dance is” – TS Eliott

April 8 to 10, 2022

Marian Dunlea with Abigail Whyte and Pauline Sayhi

After Module 1 “Nature, Attachment, Soul” early Dec 2021, we continue the BodyDreaming training journey with Module 2 centered around activation and deactivation, pendulation and titration of the nervous system as core teaching elements.

In Module 2 we will open and close each day with a Ritual of embodied meditation. We will continue to develop our understanding of the central role that Regulation plays in working therapeutically to build coherence in the nervous system. We will focus on the nervous system’s cycles of activation and deactivation and explore the process of pendulation and titration which can support the nervous system in the face of overwhelm. We will have the opportunity to see the theory in practice through the use of demos, which will be accessible and grounded. The small break out groups, each held by an assistant, will be the space given for participants to practice the exercises as seen in the demos in the large group session.

We will work with the mythopoetic aspect of our experience seeing how the nervous system affects our capacity to receive and experience image. Marian will work with individual participants to demonstrate how to apply the BodyDreaming model in relation to image, dream image or simply an image / picture that comes to mind. Participants will have the opportunity to practice this exercise in the small break-out groups.

There will also be designated times for spontaneous movement, voice work and art – a contemplative practice that tunes into the authentic experience that arises in the BodySoul.

Module 2 Dates

Friday April 8th from 2 to 8 pm GMT, Saturday April 9th from 2 to 8 pm GMT, Sunday April 10th from 2 to 5 pm GMT.

Please plan on attending all sessions.

Venue: Online via Zoom

Tuition Fee: €390

CPDs: 15 hours

Please contact us at BodyDreaming@gmail.com to receive the application form.

Instructions about payment will be provided once your application has been processed.

Faculty for Module 2



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 of *BodyDreaming in the Treatment of Developmental Trauma: An Embodied Therapeutic Approach*, Gradiva 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) and has been facilitating regular BodySoul groups in Dublin since 2013.



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 is a Dream Guide and is soon to qualify as 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.