



## **Professional Development Training in BodyDreaming® Module 3:**

### **The irritant in the oyster shell becomes the pearl**

September 16 to 18, 2022

Marian Dunlea with Abigail Whyte and Pauline Sayhi

After Module 1 "Nature, Attachment, Soul" December 2021 and Module 2 "At the stillpoint, there the dance is" April 2022, we continue the BodyDreaming training journey with Module 3 "The irritant in the oyster shell becomes the pearl" September 2022.

Psychological Complexes can besiege us, tyrannize us and hold us, our communities, and our earth captive for a lifetime and over many centuries. We can see this archetypal happening in global terms with colonization, white supremacy, the rise of dictatorships and in the private domain with increased dependency on addictive behaviours and dissociative responses.

With our current understanding of neurobiology and in particular the mechanism of the Autonomic Nervous System, with practice, we can free ourselves from the vice grip of the complex. "The *via regia* to the Unconscious", as Jung pointed out, "...is not in the dream, as he (Freud) thought, but the complex, which is the architect of dreams and symptoms" (1934/1969, A review of the complex theory). BodyDreaming works alongside the architect of dreams and symptoms to unhook us from the complex and thereby allow for greater coherence and wholeness in the system within and without.

This module will bring together our experience and understanding of a complex and its intimate relation to our nervous system, since the two are "essentially connected through reciprocal action" (Jung, 1972, On psychic energy II). By paying attention to our "feeling-toned complexes", we will work somatically to free up bound energy, old patterned responses to personal and collective trauma. The work will bring more fluidity to our whole system, physically, mentally, emotionally, psychically, and culturally. The complex can shut us down, cause symptoms and illness, isolate and marginalize us or make us think we can dominate our world, our earth, and our planet. In bringing attention to the feeling-toned complex we uncover the depth of feeling that lies underneath, and begin the transformative healing work in the safe container of the witnessing other – the group. Taking the metaphor of the pearl in BodyDreaming, what was once the irritant in the shell, the complex, has the potential to become the pearl.

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. We have a group of assistants providing containment and guidance for the small break out practice sessions. Each small break-out group will have an assistant present.

## Module 3 Dates

Friday September 16<sup>th</sup> from 2 to 8 pm, Saturday September 17<sup>th</sup> from 2 to 8 pm, Sunday September 18<sup>th</sup> from 2 to 5 pm. Timezone: Dublin (Ireland Summer Time).

Please plan on attending all sessions.

**Venue:** Online via Zoom

**Tuition Fee:** €390

**CPDs:** 15 hours

Please contact us at [BodyDreaming@gmail.com](mailto:BodyDreaming@gmail.com) to receive the application form. Instructions about payment will be provided once your application has been processed.

## Faculty for Module 3



**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](http://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.