

# Emotional Experience, Expression and Regulation

## Time

9:00 am–5:00 pm  
each day

## Location

Melbourne

**Friday:** 27 Royal  
Parade Parkville 3052

**Saturday & Sunday:**  
622 Lygon Street  
Carlton North 3054

March 2024, Friday 22 – Sunday 24



Working with the emotional as well as cognitive and behavioural aspects of a client's functioning can be daunting and challenging. It becomes more complex when such work needs to be embodied.

This workshop is designed to give participants the opportunity to learn about the importance of affect regulation in our professional and personal lives. Participants will gain a deeper understanding of how, when and why to facilitate appropriate emotional experience and expression for different personality types. Participants will gain more insight into their own affect tolerance and how this determines and shapes the range, types and intensities of emotions that are explored or disavowed in their personal and professional lives. For therapists, we will address the transference /counter-transference relationship and the therapeutic alliance as a tool for facilitating expression and regulation.

This workshop is Level 2, Module 5 of the Radix Training series, and is open to people with no prior Radix experience. Radix personal work and supervised Radix practice is required to attend Modules 6 and beyond.

## Course content

- Differentiate between the impacts of talking about emotions, and facilitating the experience and expression of emotions. Explore the relationship between emotions and energetic flow.
- Learn interventions that facilitate effective affect regulation of oneself and another, including identifying and enlivening blocked and repressed emotions, and deepening emotional experience and expression
- Learn models of affect regulation and how they fit with the Radix approach.
- Discuss current views on the appropriateness and effectiveness of catharsis, the impact of trauma and the importance of knowing your client's character type for determining when and how to regulate the intensity of an emotion.

**Early Bird:** \$820.00  
(register and pay full fee  
before March 1, 2024)

After March 1: \$950.00

## Deposit

\$450.00  
(non refundable unless place is taken)

**Closing date for  
applications: March 15**

## Registration

Email: [narellemck@icloud.com](mailto:narellemck@icloud.com)  
with name and contact information

## Payment

BSB 805 050 Account No: 2353332  
Account Name: Australian Radix  
Training Centre

## Enquiries

For more information about  
the Modular program:  
[www.radixaustralia.com.au](http://www.radixaustralia.com.au)

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## About Radix

### Radix Somatic Psychotherapy is a holistic and comprehensive approach.

Differing from other psychotherapies that are somatically informed, Radix Psychotherapy has the body at its central focus and understands the psychological constitution of the person from the somatic. This process work, with the emphasis on somatically unfolding rather than applying a method approach, supports the healing and expression of the client within the therapeutic relationship.

Radix has its history in the work of Psychiatrist Dr Wilhelm Reich who developed body based psychotherapy back in the early 1900's foreshadowing a contemporary understanding of the centrality of limbic and autonomic regulatory processes in affective and mental life (Sletvoid 2014). Radix has grown and developed out of this work over the last 50 years, providing a subtle, highly attuned and comprehensive process oriented work.

Training workshops are offered by the faculty of The Radix Institute in the USA and Europe, and The Radix Training Centre in Australia.

## Trainers



### Narelle McKenzie

Narelle McKenzie is the Director and a Senior Trainer of the Australian Radix Training Centre and of The Radix Institute in North America. Narelle completed her training with the Radix Institute in 1982 and has an established private

psychology and psychotherapy practice in Melbourne. After completing her trainer training she co-founded the Australian Radix Training Centre. Narelle is a registered psychologist with thirty five years experience working in private practice with adults, families, couples and groups. She has a Masters in developmental psychology and extensive experience and training in psychotherapy and psychology. As part of her private consultancy Narelle has led experiential and training workshops on Embodied Psychotherapy throughout Australia, the USA and England. She is a Clinical Member and approved Supervisor on the Psychotherapy and Counselling Association (PACFA) Register, a member of the United States Association of Body Psychotherapists and a member of Peer Review Committee for the International Journal of Body Psychotherapy.



### Anthea Fraser

Anthea Fraser completed her training with the Radix Institute in 1997 and has been a trainer for the Australian Radix Training Centre for 15 years. She is an Accredited MH Social Worker and has worked in the field for over 35 years in clinical social worker,

counselling and group work. Anthea has experience in a broad range of fields including mental health, community health, relationship and family work. She regularly facilitates Radix experiential workshops, Radix training workshops, relationships workshops and personal growth groups. Throughout her career Anthea has supervised allied health professionals and students. In 1999 she was certified in Imago Relationship Therapy. Anthea has run her private psychotherapy practice in Mount Barker, SA, for 20 years.