

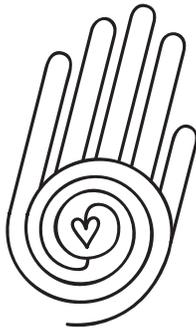
The InterPlay Way

for Helping Professionals

A full weekend and six follow-up sessions providing transformational tools, ideas and practices for

**therapists
social workers
spiritual directors
hospice workers
spiritual leaders**

Gather with others in your field for personal support and professional development



InterPlay
unlock the wisdom of your body

- Are you a **therapist, social worker, spiritual director, hospice worker, spiritual leader** or other helping professional?
- Need to **take better care** of yourself?
- Do you long for more **personal support and affirmation**?
- Would you benefit from learning **“body wise” skills and tools** that provide **personal support** and reflection as well as making your work with your clients more **effective and sustainable**?

Even the most competent and caring among us get worn out. We all need a support team. The **InterPlay Way** gives you new tools to use both with clients and for self-care. **Working and playing** alongside professional colleagues provides support and gives you access to the wisdom of others.

Learn how:

- **body wisdom tools** address both **professional demands** and **personal challenges**
- **creativity** leads the way to **insight** and **health**
- simple forms give you access to the **“harder to articulate”** aspects of your work
- your professional peers can **support you** to do your best work in a sustainable way
- non-verbal techniques move you and your clients more quickly from **stress to ease**
- indirect methods shift us from fixing problems to **creating new possibilities**
- InterPlay accesses the wonderful **mystery and joy** of human interaction

The Program

The **InterPlay Way** starts with a **weekend retreat followed by six 2.5-hour sessions** spread over three months. It draws on the deep wisdom of the InterPlay philosophy and practice currently being used by helping professionals around the world. InterPlay is a **powerful, integrative system** that honors and accesses all parts of ourselves—**body, mind, heart and spirit** working together as one.

“InterPlay has allowed me to access my own body wisdom through movement, play and non-verbal connection with others. In turn I have been able to bring my experience to each psychotherapy session and be present for each client in a more embodied manner. For me InterPlay provides an experience where I can integrate mind-body psychotherapy, meditation and spiritual practice, movement and meaningful interpersonal connection.”

Denise Hann Bisanz
MSW, LICSW

The weekend portion of the InterPlay Way typically starts Friday night and continues through Saturday and Sunday mornings and afternoons. This event is led by an **InterPlay master teacher** with specific training and expertise in applying InterPlay to the helping professions. You will...

- learn **fundamentals** of the InterPlay system, whether you are new to InterPlay or not
- **build strong connections** with other members of the group and
- **explore personal and professional questions** and concerns.

To change your life, change your practice.

Because one of the “secrets” of the InterPlay approach is **ongoing practice**, the weekend event is followed by **six gatherings** occurring every two weeks. Each of these 2.5-hour sessions is **limited to 8 participants** and insures individual attention for each person. The local leader gets to know you at the opening weekend and will design each of the ongoing sessions uniquely for your group.

A group may choose to **continue** on with the local leader after the six gatherings are over to continue to provide a place for support and development.

Cost

Tuition for The InterPlay Way is **\$750**. This includes the full weekend event and the six ongoing sessions. Tuition for the weekend alone is \$350. It is possible to attend the weekend event as a way of discerning whether to continue in the ongoing biweekly sessions.

CEUs

This program meets the qualifications for **28 hours** of continuing education credit (CEUs) for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. #2583. A full refund minus \$20 will be given if a participant cancels before the program begins.

To register

Call **Stephanie Pile** at the InterPlay/Body Wisdom office at **510/465-2797** to register using a credit or debit card. Visa, MasterCard and American Express are accepted.

For more information about the program, call **Cynthia Winton-Henry** at the same number above.