

BOOKING FORM

I would like to participate in the course
'Character Structures' with Morit Heitzler.

Name:

Address:

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Tel:

email:.....

Your qualification(s):

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Any special needs you would like us
to know about:

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Please make your cheque for £100 payable
to '**Denzil Underwood**' and send the
completed booking form to:

Denzil Underwood
Temple House, BRILL, Bucks HP18 9SX

For any queries regarding booking and
payment, please contact Denzil:
Tel: 01844 238255
email: denzil.u@btinternet.com

Morit Heitzler

Morit is an experienced Integrative Body
Psychotherapist and trainer who
maintains a private practice in Oxford,
leads groups and teaches on various
training courses in the UK and in Israel.

For many years she lived in South-East
Asia where she trained and worked as a
practitioner in a wide variety of
complementary therapies. She then
studied and gained her diploma at the
Chiron Centre for Body Psychotherapy,
London and later an MSc degree in
Integrative Psychotherapy at Metanoia
Institute. Since then she has completed
further trainings in Somatic Trauma
Therapy, Supervision and Bert
Hellinger's systemic approach to family
constellations.

Morit is a team member at the Oxford
Stress and Trauma Centre, where she
practices Somatic Trauma Therapy. She
is interested in transgenerational trauma
and works extensively with PTSD.
She designed this particular course on
character structures in 1998 and since
then has delivered it frequently in
different training institutes.



'CHARACTER STRUCTURES'

An integrative bodymind
approach to
developmental theory

A practical & experiential
CPD course for counsellors,
psychotherapists, helping professionals
& complementary therapists

with

Morit Heitzler

Integrative Body Psychotherapist
(MSc, UKCP reg)

**The course takes place over six Saturdays
between Sep. 2008 and Mar. 2009.**

m: 07779 593 546 e: morit@heitzler.gmail.com

About the Course:

Our clients bring to us limiting, self –defeating and destructive patterns which keep repeating themselves. They ask for our help in overcoming these patterns. In order to help them we rely on theories of childhood development. The central assumption of this approach is: adult patterns of being and relating to oneself and others are rooted in childhood development. A child’s experience of its early environment becomes a blueprint for relating and managing himself and the world.

The origins of repetitive patterns

These patterns manifest in the way we think, feel and behave; they also manifest in our body, its shape and structure, from our physiology through our muscular system to brain anatomy. The body is a frozen map of our emotional histories, reflecting our major wounds as well as our creative adaptations to environmental disappointments and challenges.

The body remembers

‘**Character structure theory**’ - as developed by Wilhelm Reich and others - is a comprehensive method of diagnosing and working with those habitual patterns. It offers insight into clients’ issues that arise from different stages of psychic development. It outlines the therapeutic tasks and challenges that can be anticipated in working with each type and structure, as well as providing the therapeutic tools and techniques for productively addressing the client’s specific wounds.

How can it help your practice

In this course you will learn about:

- u integration of various developmental theories, including Reichian and object relations perspectives
- u the common ground of the various psychodynamic theories
- u the basic steps of character formation
- u the major developmental phases
- u the varieties of emotional wounding arising in each of these phases
- u the ‘character structures’ pertaining to each of these phases
- u defensive and self-protective aspects of the various ‘character structures’
- u the therapeutic tasks and challenges presented by each ‘character structure’
- u what constitutes ‘working-through’ of the emotional wounding ?

Learning style and methods:

The learning on the course will build on participants’ previous experience. It will be both practical-experiential as well as theoretical, and supported by references.

Course Details:

Where: The Court Hill Centre, Court Hill, Letcombe Regis, Wantage, Oxon OX12 9NE

A map and directions to the venue will be sent out with your booking confirmation.

When: six Saturdays between Sep. 2008 and Mar. 2009:
September 20th, October 18th, November 15th 2008,
January 24th, February 28th, March 28th 2009

How much: the cost of the course is £ 300.

To reserve your place, please send a deposit of £ 100 together with your completed booking form to: Denzil Underwood, Temple House, BRILL, Bucks HP18 9SX

The remainder of the fee (£200) is payable by the end of August.

CPD Certificates will be available on completion of the course.