

Amsterdam, March 11 and 12, 2023

From “Let’s go!” to “Let go...”

your senses tell you the way to self-care and aliveness

*A two-day workshop with **Ginger Clark and Lidy Evertsen***



Hurry up, there is so much to do! - I wish I could have a holiday. - If only somebody would take care of ME. - Shut up, there is no time for this! Do these exclamations sound familiar? We neglect taking care of ourselves so often. We have all kinds of needs, wishes and longings. And it is worthwhile taking them into account. That allows us to rest better, relax, and also to feel filled with energy. Not the kind of energy that speeds you up, but a calm and pleasant kind of energy that broadens your perspective.

This workshop is for everyone who likes to spend two days developing the skill of self-care. The theme is listening to your body-self voice and honouring what's needed at the right moment, with the right amount of nourishment. The attunement to the rhythm of needs and their fulfilment is experienced as flow. This practice could lead to the discovery of how to be more at ease with yourself and even help prevent burnout.

We work by following the path of attention, sensory awareness, imagery, breath and voice. We will do experiential exercises alone, in pairs and in groups. There will be movement and work with touch. We will also share our experiences. You can propose issues you want to work with.

With this workshop, we aim for those who like to experiment with sensations and their meaning, for those who need to find rest in themselves and for those who want to regain their energy. We also welcome professionals who would like to work on this theme with their clients, students or supervisees, or who can use a refreshing weekend for themselves.

The workshop is offered in both English and Dutch.

Ginger Clark: I have been a Body Psychotherapy practitioner in private practice since 1989. My training includes Bioenergetics, Bodydynamic Therapy, and Gestalt Therapy. In 1980 I was certified as a Sensory Awareness leader by Charlotte Selver, the founder of the Sensory Awareness practice. For 35 years, I taught massage, anatomy, and physiology to students interested in becoming massage professionals in California. I moved to Denmark in 2020 to live with my husband, Erik Jarlnaes, cofounder of Bodydynamic Therapy. In 2013 my book was published: "Tuckyourself In: Using your senses to soothe yourself, softening resistance to self-care. [For more information see my website: tuckyourselfin.com](#) + Amazon recommendations

Lidy Evertsen: I am a Body Psychotherapy practitioner in my own practice since 1993. My Body Psychotherapy modalities are Unitive Psychotherapy, Bodydynamic Analysis and Bodydynamic Trauma Therapy. My work is also informed by Polyvagal theory. I specialised in working with dissociation, dissociative phenomena and DID. I am a trauma therapist, a trainer, a supervisor and a therapist for Body Psychotherapy students and practitioners. I was the EABP president from 2010-2016 and am still active in the development of the profession of Body Psychotherapy in the EABP Think Tank and Continuous Congress Content Committee. I started my professional life as a classical singer and voice pedagogue.

[I want to register for this workshop](#)