

## Pre-Congress Workshop on Authentic Movement: Danced & Moving Active Imagination

# ANIMA MUNDI IN TRANSITION: CULTURAL, CLINICAL, AND PROFESSIONAL CHALLENGES

Sunday, August 28, 2016 9:00 to 17:15

*"Psyche is as much a living body as body is living psyche."*

- C. G. Jung, 1934-1939  
Zarathustra Seminar, Vol. 1, p. 396.

Co-leaders: **Antonella Adorisio (CIPA-Rome), Joan Chodorow (CGJISF-San Francisco), Margarita Méndez (SVAJ-Caracas), and Tina Stromsted (CGJISF-San Francisco)**. With invited guests: **Takane Hirai, assisted by Yukari Sakiyama**. (see Pre-Congress Workshop online)



Water Fire Detail  
Franz Von Stuck, 1913

Interweaving theoretical, experiential, cultural and clinical material through presentations and discussion, this workshop will explore dance/movement as a form of active imagination, with special attention to the living body in analytic practice. By listening to the body to access and express the imagination, individuals may discover inner-directed movement as a way to bridge the realms of conscious and unconscious, body and psyche, instinct and spirit, affect and image, memory and emergence.

Sometimes called "authentic movement," this form of active imagination focuses attention on felt bodily sensations, impulses, multi-sensory images, feelings and emotions, which are then allowed to emerge as symbolic enactment. The work is done with one's eyes closed in the presence of a witness, whose task it is to hold and contain the experience of the person moving.

Analysts use the connection between body and psyche as a central clinical tool, yet there may be few opportunities to foster the development of this dimension. This workshop offers a structure within which analysts can both have a practical experience of their own moving imagination as well as enrich their understanding of its application to verbal analytic practice.

Morning and afternoon sessions include short papers, images, discussion, bodily awareness, reflection, movement experience, dialogue and exchange. Participants are invited to wear comfortable clothing and to bring a notebook and/or drawing materials to record their images and experiences.

### Overview of Program, Sunday August 28th:

09:00 - 12:15 *Morning Session:*

**WELCOME AND INTRODUCTION, Joan Chodorow, Co-leaders & Honored Invited Guests.**

**DANCING MOVING IMAGES IN NATURE (paper); Takane Hirai.**

Experiential Amplifications, **Takane Hirai, with Yukari Sakiyama.**

**DANCED AND MOVING ACTIVE IMAGINATION**

(experiential/discussion);

**Joan Chodorow (CGJISF-San Francisco).**

12:15 - 13:30 *Lunch Break*

13:30 - 17:15 *Afternoon Session:*

**THE TEMPLE IN THE EARTH (paper/experiential/discussion);**

**Margarita Méndez (SVAJ-Caracas).**

**BODY-PSYCHE ARCHEOLOGY: THE SUN WITHIN**

(images/paper/experiential/discussion); **Antonella Adorisio (CIPA-Rome).**

**EMBODIED ALCHEMY: TRANSFORMATIVE FIRES WITHIN**

(images, experiential/discussion); **Tina Stromsted (CGJISF-San Francisco).**

**INTEGRATIVE DISCUSSION & CLOSING CIRCLE, Presenters & Participants.**

**Pre-Congress Workshop Registration Fee:** Fee(s) to be determined, [see registration page](#).

**Space is limited, so register early!** Priority will be given to full congress participants. All others will be placed on a waiting list in case of last minute cancellations.

**Please note: Lunch is not included.** Please see conference program for possibilities for lunch.

For further information about the Pre-Congress Workshop, including text and photos, [click here](#).

**NOTE:** The Pre-Congress Workshop is not a commercial enterprise. As Presenters, we cover our own expenses and donate our time. Workshop Registration fee pays for the meeting room and AV equipment, with the balance to benefit IAAP.



Cave and light, Antelope Canyon, 2004.  
Anonymous, photographer



Cave in Namibia, 2007 (interior).  
Tina Stromsted, photographer