

What is Radix[®] ?

- *A unique approach to psychotherapy which uses vision, breath, sound, movement, touch and verbal therapy to assist you to fully engage with life.*
- *A powerful personal development programme which deepens and develops your emotional experience.*
- *A energetic process which works with the radix or life force for change, growth and healing.*
- *A therapy promoting deep embodied inner contact and flexible boundaries.*
- *A potent psychotherapeutic process bridging the physical, psychological and spiritual which integrates thinking, feeling and action.*

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Radix®

*Body Centered
Psychotherapy*



*Australian Training
Programme*

The Australian Radix Training Centre

PO Box 232, Daw Park, SA 5041

Who are the trainers?

Narelle McKenzie and Jacqui Showell are the Directors and Senior Trainers of the Australian Radix Training Centre.

Both Narelle and Jacqui completed their training with the Radix Institute, USA, in 1982 and established private practices in Adelaide, Australia. In 1987, they were invited by the Radix Institute, USA to become trainers, and established the Australian Radix Training Centre.

Narelle is a registered psychologist. She has a Masters degree in developmental psychology and extensive experience in the application and training of psychology at tertiary level which she integrates into her teaching of body centered psychotherapy. In her private practice and training, she also draws from a wide range of personal work and professional training in psychotherapy, in particular psychodrama and Jungian analysis.

Jacqui originally trained in physiotherapy and has worked in this area in a variety of clinical settings. She pioneered baby massage in Australia and was one of the early advocates for the recognition of the body mind interface in psychotherapy. She also draws from a wide range of psychotherapy training and experience including Imago Relationships Therapy.

As trainers and supervisors with such individual areas of speciality and competence, Jacqui and Narelle bring a true balance and synthesis of the body/mind to the Radix programme.

There is a Radix trainer training programme. This means that new trainers and trainee trainers may also be involved in the programme.

The Radix Training Centre reserves the right to amend, adjust or delete any details mentioned in this brochure re the training programme, course content, requirements and fees without notice. We are committed to developing the theory and practice of Radix work and to continuing to facilitate the learning process.

Are you interested?

The Radix training programme is a course for psychologists, psychotherapists, counsellors and other allied health professionals who wish to extend their professional experience to incorporate the role of the body and emotions into psychotherapy.

By helping practitioners to greatly increase the presence and emotional depth of their work, Radix training can be a powerful adjunct for existing verbal and body work practices or can be the basis of a professional practice in its own right.

Psychiatrists, psychologists, clinical social workers, marriage and family counsellors, dance therapists, holistic health practitioners, chiropractors, and massage therapists have all found training in Radix of great value to themselves and their clients.

The training programme is also an excellent course for new graduates who wish to obtain a solid grounding in some of the essential qualities and skills underpinning any effective counselling and psychotherapy practice as well as the fundamentals and application of somatic psychotherapy.

Non professionals seeking a career change who are able to demonstrate an ability to master conceptual and technical material at a professional level of competence are also welcome to apply. Acceptance into the training programme is based on an openness to learning and self understanding rather than academic or professional qualifications.

Graduates of the programme have found that this training has increased their effectiveness as therapists and counsellors. It has enlivened and developed their practices and enhanced their personal development.

What is the focus of the training?

The Radix Training Programme is designed to give its trainees a very comprehensive education in the theory and practice of Radix body psychotherapy, the relationship of Radix to other somatic therapies and its place in clinical practice.

It requires trainees to develop their skills through three focuses:

- The trainee's own **ongoing experiential work**. This begins either before or upon acceptance into the formal programme and continues at least to the conclusion of training. The heart of Radix training is the emphasis on the personal experiential work of the trainee. It is important to the process of a client that the therapist has explored the depths of their own experience, and is able to surrender to, and to be supportive of, their own deepest primary processes. This provides a solid grounding for the encouragement and support of these developments in their clients and creates a firm base of self knowledge to underpin one's work as a psychotherapist.
- The **study and application of theoretical and conceptual concepts** underlying Radix body psychotherapy. These concepts are experienced, discussed and integrated into a clinical understanding. Teaching methods include tapes and written reading materials, short seminars, experiential and training workshops, research and written assignments, group presentations, practical and written exams and supervision.
- **Supervised practice teaching**. Usually during the first year of training and at the latest by second year, each trainee must establish a small practice group with whom they work individually and in group and workshop settings. This enables the specific concepts, applications and interventions taught to be practised and supervised in depth.
- **This is a postgraduate level course**. Participating in the course and successfully completing it requires a strong commitment to your personal and professional growth and development.

What is the cost of Training?

Year One (14 mos) \$7520*

Year Two (12 mos) \$7000*

This information is current as of January 2006. Fees keep approximate pace with the cost of living.

Upon acceptance into the training programme trainees are required to pay a \$500 entry fee. Trainees may then pay the balance of tuition costs in full or by instalments. If paying by instalments, each year's first and last month's fees must be paid by March 1st of Year One and May 1st of Year Two.

Training fees include.

- Supervision, including at least twelve monthly individual supervision sessions and two, three hour in situ supervisions per year
- All the tuition fees for the scheduled training workshops
- Materials (tapes, printed materials, etc.)
- Written Examinations and assignments
- Administration and Program Planning
- Trainer fees for training workshops

Not included in the costs are:

- Experiential sessions beyond that given in any training workshops
- Any extra supervision sessions that may be required before certification
- Accommodation and meals for the training workshops
- Travel by the trainee, where applicable
- Telephone calls/tapes for those getting supervision by telephone
- Supplies, books, rental space for practice group
- Travel costs and expenses for supervisors for the in situ supervisions
- Travel costs for assessors for the final practical assessment
- Any extra supervision required between completion of the formal structure of the course and the final practical assessment.
- The Final Practical Assessment fee.

***NB.** Every trainee must recruit a 4-6 person Radix practice group. If you charge an adequate and realistic fee for this group, it will cover a large part of your training costs. In the past, trainees have charged participants up to \$180.00 per month which includes two individual sessions, two three hour group sessions and a one day workshop. After the successful completion of first year, trainees may increase the size of this group and therefore potentially earn more towards their training fees.

When does training commence?

The training course commences in March for Year One and in May for Year Two. Training applications for the following year close on December. 1st. For a new course to commence there needs to be a minimum of four trainees.

How do I apply or obtain further information?

Anyone interested in applying for the course or seeking further information should send an application form listing name, address, contact phone/fax/email and profession or previous experience to:

Radix Training Centre
PO Box 232
Daw Park,
South Australia 5041

Further information will be provided or an interview will be arranged to discuss your application. An application and processing fee of \$100 is charged for this application and interview.

Where is the training held?

This is a National training programme. The location of the training workshops is determined at the beginning of the course and such decisions are influenced by the trainees states of residency.

The structure required for completion of personal work and ongoing supervision is individually negotiated, in consultation, with each trainee taking into account the availability of a trained Radix practitioner.

Personal work in the programme can be completed with any Certified Radix practitioner who is currently licensed with the Australian Radix Teachers' Association. A list of current licensed teachers in Australia will be given at the application interview.

Course Structure

First year comprises **fourteen months of structured learning**. Second year consists of **twelve months of structured learning**. However, most trainees find that it takes around **three years to satisfy all the requirements for certification**.

Leave of Absence from the program for fixed limited periods may be granted under special circumstances, provided the trainee practises no Radix or neo-Reichian work while on leave. Sometimes, trainees are asked to take leave if their personal work or conceptual understanding is not progressing to enable them to attend more fully to these areas.

Throughout training and until certification, the trainee is expected to commit to the equivalence of **weekly individual experiential work** and to attend a minimum of three experiential weekend workshops per year.

By the commencement of second year, trainees must establish an **ongoing Radix practice group**. Working with this group, they address a range of therapeutic concerns from a Radix perspective.

Regular **ongoing supervision** is part of the programme. Supervision sessions focus on the application of the Radix approach to members of this group in individual, group and workshop settings. If for any reason certification in the programme is delayed, the trainee continues with supervision until successfully completing the programme.

The trainee attends **five training workshops*** in first year and **five** in second year. In these workshops, opportunities are provided for practice teaching, development of theory and personal work.

In the next two pages, some of the significant focuses of the course content are described. For each of these areas, the teaching methodology involves **written materials, didactic teaching, experiential learning and application**.

*Where possible these are residential.

Course Content

Year One: The Basic Concepts of Radix Work

Developing Observation Skills

Reading and listening to the body non judgementally
The art and significance of observation, reflection and mirroring in psychotherapy and counselling
Basic body awareness

Contact

Using the body to identify the presence and absence of contact in the client and self
Physical contact and touch as an intervention in therapy

Pulsation- Working with the radix (energetic flow)

Identifying and developing an energetic flow in the body
The relationship between emotion and energetic flow
Pulsation and pain/pleasure, anger/love and fear/trust
Working with the Reichian body segments and pulsation
Working with pulsation to integrate feeling, thinking, behaviour and the body/mind split

Boundaries

The significance of vision for boundaries
Embodying the psychological, physical and emotional experience
Working with the body to develop boundaries and containment
Developing flexible boundaries

Grounding and Centering

Working with the body to prevent overwhelm/acting out
Grounding the emotions
Using the body to bring a client into the here and now

Deepening and Developing Emotional Experience and Expression

Working with the Radix process to identify and enliven stuck and repressed emotions
Facilitating appropriate emotional expression
Working with anger effectively and safely
Differentiating grief and depression

Course Content

Year Two: Development of Concepts and Integration

Radix Characterology

The structural and functional aspects of character structure
The notion of pain, anger and fear structures
The application of characterology
Working with character strengths and defences
Characterology vs process work. Is there a conflict?
Radix structures/Reichian/neo Reichian character structures
Body psychotherapy characterology vs mainstream

Radix and Human Development

Applying Radix concepts to developmental theories/perspectives

Radix and Relationships

Applying radix concepts to the group process/relationships .
Merging and differentiating as a bodily experience

Transference, Counter transference and the Therapeutic Relationship

The function of the body in the transference process

Integrating Radix work into a Clinical Practice

Applying Radix concepts to current therapeutic issues. Eg.
Depression, Dissociation and Trauma, Emotional Containment and Expression, Anxiety and Panic Attacks, Sexual Aliveness

Certification

Within six months of completing all requirements of the of the course structure, the trainee, in consultation with their supervisor nominates a date for a final practical assessment. Upon successful completion of this assessment, certification is granted.

Licensing as a Radix Practitioner

When certified by the Australian Radix Training Centre, the trainee applies to become a member of the Australian Radix Body Centered Psychotherapy Association (A.R.B.P.A.), the licensing body for all Australian Radix practitioners. A.R.B.P.A. is a constituent member of the Psychotherapy and Counselling Federation of Australia. (P.A.C.F.A)



What does the Radix[®] logo mean?

The two arrows represent energy and spirit, objective and subjective, action and consciousness. It is the radix or life force which gives rise to these and is the bridge between them.