

# Self & Society

2015 Event Series

## **Embodiment: Because You're Worth It: by Michael Soth**

**Friday 8<sup>th</sup> May 2015  
18:45 - 21:30**

**Location: 7-9 Breams Buildings,  
London EC4A 1DT**

*Nearest Station: Chancery Lane*

**Book here:**

<http://www.ahpb.org>



In an age of narcissism epidemic, as demonstrated by celebrities all over the media, the body is used as a fashion accessory, as an advertisement for Self rather than an incarnation of the Self.

As Winnicott observed, for us to develop a sense of the “psyche indwelling in the soma”, we need a relational space where we do not feel pressure to adjust our gesture to Mummy’s expectation, whether that Mummy is personal, social, cultural or ‘therapeutic’

The longings for – and the therapeutic agendas towards – ‘embodiment’ create dilemmas for therapists of all kinds – psychological and complementary. How can we do justice to the valid intuitions of embodiment without exacerbating its postmodern contortions, confusions and misappropriations?

**Michael Soth** is an integral-relational Body Psychotherapist, trainer and supervisor (UKCP), with more than 25 years' experience of practising and teaching from an integrative perspective. Drawing on concepts, values and ways of working from a broad-spectrum range of psychotherapeutic approaches across both psychoanalytic and humanistic traditions, he is interested in the therapeutic relationship as a body-mind process between two people who are both wounded and whole. His published writing, teaching hand-outs and conference presentations are available at [www.integra-cpd.co.uk](http://www.integra-cpd.co.uk).

Find him on Facebook and Twitter or follow his regular blog on the ‘impossible profession’ - [www.integra-cpd.co.uk/blogs/the-impossible-profession](http://www.integra-cpd.co.uk/blogs/the-impossible-profession)

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