

## **BODY AWARENESS & EMPOWERMENT TRAINING FOR TRAUMA SURVIVORS**

When people are overwhelmed and hurt, they usually contract or collapse their breathing, posture, movement, and attention—which is experienced as fear, anger, dissociation or powerlessness. These response patterns stay locked into the body until they are deliberately unlearned. Through body and movement awareness exercises from Being In Movement® mindbody education, you will learn techniques for overcoming the body's distress responses. The work is an effective complement to psychotherapy.

By developing greater body awareness, you will be able to feel and talk about your emotions with more clarity. By learning how to open your breathing, musculature and posture, you can develop relaxation, alertness, and inner strength, which will keep you from being overwhelmed as you confront painful events and feelings. You will practice using these body processes of awareness and empowerment as a foundation for managing stress and pain, reducing dissociation, and overcoming body image distortion. These body processes will also be fundamental in developing skills of assertiveness and self-protection.

“Paul is a great teacher who is able to translate the empowerment I work to achieve with my clients verbally, emotionally and with metaphor into an actual felt body experience of awareness, self-protection and personal power.” Howard Fradkin, Ph.D. Psychologist. Affirmations Center for Psychotherapy and Growth.

“Paul's work is on the cutting edge of somatic education. In a very open and loving manner, he combines structural-functional body education with awareness training to create an effective path of healing and empowerment.” Richard Eshelman, Certified Hanna Somatic Educator

“The work we do with Paul teaches me how to be more fully present, physically and emotionally, in my life even through difficult times like memories, flashbacks, and current situations that remind me of past events. As a direct result of working with Paul, I feel more capable, stronger, and better able to care for myself and those around me.” PM.

“Paul's unique approach helped ‘reprogram’ my responses to perceived threats in my environment. I now interact with the world in a more powerful, less fearful way. His work is focused, challenging, compassionate, safe, and profound. All survivors of abuse should have access to these simple, counter-intuitive, effective recovery tools.” MF

## **PAUL LINDEN, Ph.D.**

is a specialist in body awareness education, the developer of Being In Movement® mindbody training, and co-founder of the Columbus Center for Movement Studies.



He holds a Ph.D. in Physical Education, a sixth degree black belt in Aikido and a first degree black belt in Karate, and he is an instructor of the Feldenkrais Method® of somatic education. He has extensive experience teaching people such as musicians, athletes, computer users, pregnant women, adult survivors of child abuse, and children with attention disorders. He is the author of a number of e-books, among which are:

- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*
- *Breakfast Essays: Brief Writings on Body Awareness and Life*

### **FOR MORE INFORMATION**

(614) 262-3355 or 263-1111.

paullinden@aol.com

[www.being-in-movement.com](http://www.being-in-movement.com)

**PRIVATE LESSONS** in the Columbus area are scheduled at your convenience,

**GROUP SESSIONS**

Are offered periodically

**WORKSHOPS**

For professionals can be custom designed and can take place in any location.

**FOR MORE INFORMATION**

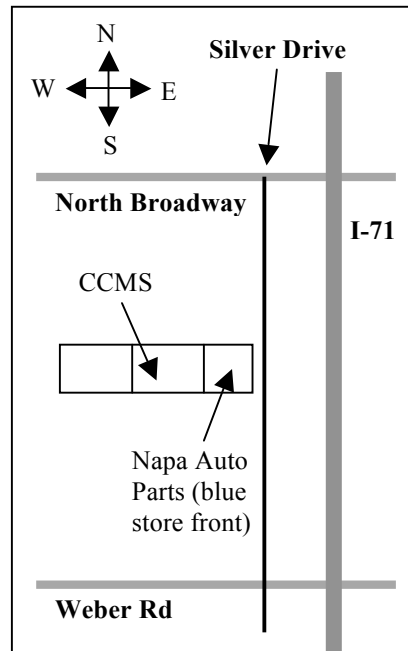
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[www.being-in-movement.com](http://www.being-in-movement.com)

See also the free, downloadable articles concerning abuse recovery on the website.

**LOCATION**

Columbus Center for Movement Studies  
3003 Silver Drive,  
Columbus, OH 43224

In Clintonville, by I-71 and North Broadway. On Silver Drive, which runs along the west side of I-71 between Weber Road and North Broadway. In the same building as Napa Auto Parts.



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