

# **ENERGY AND HEALING: LISTENING TO THE WISDOM OF THE BODY**

Friday, November 12, 2003  
9:00 am until 4:00 pm  
6 CEU's

*Amy D. Frankel, Ph.D., L.P.C.C.*

## **SUMMARY**

The human body is an intricate and beautifully designed ecosystem meant to interact with our environment in balance and in health. This biological ecosystem includes the physical, the emotional, and the energetic bodies. When our body experiences either anger or joy, it feeds these experiences into our awareness through our nervous system via what Candace Pert has termed the "molecules of emotion". If the body's natural rhythm of experience and release is thwarted or disturbed, the energy can become trapped within our body, resulting in physical and emotional symptoms. In this workshop participants will learn how to use the wisdom of body awareness to assist clients in finding their own balance and health.

***Amy D. Frankel, Ph.D., LPCC*** has over 15 years of experience as a clinical counselor in private practice at Akron Family Institute. Dr. Frankel has presented at several universities in both Cleveland and Akron on subjects concerning healing both mind and body. She has also appeared on a Health Network Television series exploring Mind Body Therapies. Dr. Frankel has studied energy work for several years focusing on polarity and cranial-sacral work and has made contributions to both textbooks and journals in her field.

## **OBJECTIVES**

- Participants will increase their awareness of their own somatic information as well as begin to track the subtle changes in this system.
- Participants will be able to assist clients to identify and track their own somatic and kinesthetic information.
- Participants will be able to identify client's internal and external resources that allow them to feel empowered and in balance.
- Participants will be able to anchor these resources in somatic and kinesthetic pathways.
- Participants will be able to assist clients to utilize these resources in dealing with challenging emotions.
- Participants will learn how to translate somatic information into emotional and cognitive awareness that is more amenable to traditional psychotherapeutic modalities.

**Akron Family Institute, Inc.**

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