

References

Every time I return from training with Julianne I find myself working from a much slower, grounded and human place. A gift for me and my clients.

Laura Brophy, BA Psych Hons. M. Clin. Psych.

Julianne Appel-Opper is a once-in-a-lifetime teacher. Having had the privilege of both training and being in supervision with her, I have found that she brings a depth of wisdom that has expanded not only my clinical practice but also my own personal growth.

Julianne's approach through the lens of body psychotherapy has offered me a gentle, graded, and sophisticated way to work with clients' embodied experiences, something I had been seeking but did not have the tools for before. What truly sets her apart is the space she creates: one that naturally fosters shame resilience and gentle exploration. In short, Julianne brings a rare blend of warmth, wisdom, and embodied practice that any therapist would be fortunate to experience.

Amanda Barry, Gestalt Psychotherapist, Supervisor, BACP (Snr.Accred)

*Julianne is a sensitive, attuning psychotherapist who is able to 'be with' the client with extraordinary attentiveness. She has developed a system of attuning and helping to regulate the client that is healing to experience and fascinating to learn. I travelled to Germany for Julianne's workshop 2008 and it was valuable for my personal development and my professional practice. The conversation goes beyond words and into a body to body (not necessarily touching) dialogue that is **positively trans-formative**.*

Philippa Perry, Psychotherapist, Author, U.K.

I feel changed, and so has my therapeutic work. I was able to accept my wounded/traumatised body, understand myself more, and approach myself with much more compassion. I assimilated this attitude through Julianne's slow, gentle, but focused work, with unlimited respect and care for all involved (including the observers). My awareness of what was going on in my body had risen. Therefore, I'm more aware of what is going on with bodies in the therapy sessions. And I'm more aware of this field perspective. It's an ongoing process, so - again - hard to grab and express in words - but it feels essential. That we influence and impact each other on a bodily level. That's why I practice self-care more intentionally. And I'm more aware that I affect my clients just in how I am there, that I AM there. And this feels reassuring, magical and responsible.

Breda Kenda, gestalt therapist, Slovenia. Participant of the ONLINE Training Program in Relational Living Body Psychotherapy

It is always fascinating to work with Julianne. She opens a space of ease and safety. Processes can unfold very individually in the rhythm of the body and also in the group. And even when the topics are deep and often difficult, especially when it comes to self-care, they are approached with joy and pleasure. The child is lifted up and can arrive in the here and now of the adult - it is deep, beautiful and life-affirming. And you are given not only a path for yourself, but also tools to use in your work with patients and to share with others.

Mag. Birgitta Schiller – Psychotherapeutin für Individualpsychologie in Wien.

As I am waiting for the words to take form in me from the experience, I had at Julianna's webinar I became aware of that - actually, that is exactly what happened in the webinar for - self - care for therapists. Something took form. Unprocessed material grew into a healthy and meaningful form. It felt real as the work we did materialized in a room that you physically can feel and use in a new creative way in life.

Siri Bye, Nurse and Gestalt therapist. Participant, webinar „Self-Care“ 2024.

I found Julianne's presence and style as a facilitator calming and challenging in equal measure, and very egalitarian. This rare combination of qualities allowed me space to explore the themes of the workshops freely; trusting not only in her abilities, but in my own and those of the rest of the group. Her approach to bodywork is unmistakably her own, but so harmonious with my Gestalt training and my own ethos as a practitioner that I found I didn't even need to think about how to incorporate what I learned from her into my work, it just happened. Her emphasis on the detail of how we communicate, body to body was probably what I took the most.'

C., Gestalt Psychotherapist, U.K.

*At first, I couldn't understand what is going on in Julianne's workshop, but then calm excitement sprung in my mind, Julianne was full of confidence grasping every incidents in her work. Julianne's work is based upon solid theory and experience. So I shouldn't call it magical. But it's like being starred in a movie based on your true story. **It is unforgettable experience.***

Seishi Harada, Gestalt Therapist, Japan

*Julianne was first recommended to me by a colleague, who said, Julianne and how she works, „**that's the real McCoy**“. That was the experience that I had attending Julianne's workshops on the body. My experience was that this way of working was unique (to her) and was paced completely differently to anything else that I had experienced throughout a long training. What I learnt through the workshops has served me well both in practice within the NHS and in Private practice. The workshops on the body have always been an „oasis“ for me!*

Catherine Soubhi, Psychotherapist, U.K.

*Julianne is following the process so **gently and sincere - so profound**. I have become happier and a much better gestalttherapist after the workshops with her. I'll do it again, and again and again... Actually I did already!*

Inger Johannessen, Gestalttherapist, Oslo, Norway

*Julianne's work is profoundly respectful of the embodied field that exists between all of us. I used to think - "What if our bodies could really talk to each other without words?" Julianne is living proof that you not only talk but listen and be available to allow natural unblocking of inhibited embodied energy and **both a healing and growthful way**.*

Roderick Aungier, Gestalt Psychotherapist, U.K.

Julianne is a miracle for me, apart from her being the existentialist therapist with all the possible skills and knowledge. she has an enormous ability to turn the journey of her clients and participants around. I attended one workshop with her in 2009, and she just with her natural being, as a healer, touched my wound, bandaged it, and helped me to let go. In my work, there has been a major leap and my being just changed with my clients as if I was able to be with my

*clients and patients in all the dimensions! **Her work at times seems to be beyond the realm of body and words.***

Dr. S., Psychiatrist and Psychotherapist, Pakistan

*As I reflect on attending Julianne's workshop I become aware of an image of a ball that's constructed out of different interlocking coloured pieces that are strong yet flexible. I felt contained, safe and yet able to push at my edges. I remember feeling moments of fun and excitement and times when I needed to retreat. I was able to stretch a little, expand and as I sit here I attend to my shoulders and **remember that I still carry Julianne's presence with me.***

Dr. Kathryn Morris-Roberts, Psychotherapist, U.K.

Every training with Julianne upgrades my clinical practice in so many relevant ways. The clinical knowledge, insights and wisdom rooted in her seamless integration of theory, experiential practice and personal wisdom, created a rich opportunity for learning which, in turn expanded the therapeutic potential in the therapeutic encounter in my clinical work

Dr. Fiona McKinney

Chartered Psychologist (BPsS, AFBPS), Counselling Psychologist (HCPC)