

Julianne Appel-Opper will offer

A WORKSHOP in Berlin about *Relational Living Body Psychotherapy* in English language on 4. until 6. December 2026 with the working hours: Friday 3-6.30pm; Sat 10am-4.00pm and Sun 10-4pm.

The cost is 400 Euro. This workshop is for qualified psychotherapists who have already worked with own clients for a minimum of 3 years.

The weekend is mainly process oriented and the aim is to provide an introduction and deepening of bodily and interbodily processes in a small learning group of 8-14 participants. We will explore own embodiment, the cocreated embodied field between therapist and client. Using her experience of many years of clinical practice and teaching, Julianne offers a safe and respectful place for exercises, experiential process, live supervision, live demonstrations, small group work together with theory input. With respect that we are living bodies, we will work in units of 90 minutes, and then breaks, so that the experiences and learning can be metabolized and integrated at a bodily level. For more information and to book your place, please email Julianne at: Julianne.ao@web.de.

Some feedback from previous participants:

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

“I highly recommend this training! I learnt so much for my clinical practice and for my own personal growth. “I loved Julianne’s exercises”. “In this training I felt safe.”

Relational living body psychotherapy

Julianne has developed a way of working – “Relational Living Body Psychotherapy” – that is theoretically rooted in integrative gestalt psychotherapy and intersubjective psychoanalytic thinking. This approach also draws on the research fields of attachment, developmental psychology, relational neuroscience and somatization.

Within a cocreated embodied field two living bodies communicate with each other as rhythms and melodies of moving and being moved. Gestures, tiny movements, looks, a still shoulder speak of embodied stories about what this person has experienced, how this living body has been treated, cared for, handled, looked at, ignored, threatened, and soothed. Julianne offers new ways of understanding of and working within these implicit body-to-body-communications from a radical relational and field perspective. Own bodily attunement to the relational body messages of the client, along-side an awareness of one’s personal physical resonances and impulses opens possibilities for new explicit interactions within the mode of body-to-body-communications.

Julianne Appel-Opper, psychologist, psychotherapist, supervisor and international trainer has worked over 35 years, for 9 years in the UK and is now in private practice in Berlin. She has developed an approach to Relational body work within an Integrative Gestalt and Relational Psychoanalytic frame which she has taught, presented internationally and written about in numerous publications, both in English and in German, including the Confer programs (www.confer.uk.com): *Embodied Approaches to Psychotherapy* in 2016, *Developing embodied awareness in the psychotherapy relationship* in 2019 and *Somatisation in 2021*; the *International Journal of Body Psychotherapy*, and the *German Gestalt Therapy Journal*. In 2024, she presented at an online panel at the White Institute/Wilhelm Reich Center in New York <https://wilhelmreichcenter.org/how-does-early-development-affect-the-embodiment-of-the-clinical-encounter/>.

Since 2001 she has worked internationally as a visiting tutor at several psychotherapy institutes. From 2004-2015 she was visiting tutor/viva examiner for the Integrative Department at Metanoia Psychotherapy Training Institute, London.

She is an Editorial Board Member of the *European Journal for Qualitative Research in Psychotherapy*, an accredited member of the Berlin and the East German Chamber for Psychotherapy, a member of the IAAGT, International Association for the Advancement of Gestalt Therapy, IARPP, International Association for Relational Psychoanalysis and Psychotherapy, and a founding member of IG-FEST, International Gestalt Therapy Study Group on Field-Emergent Self and Therapy.

Diplom-Psychologist, Clinical Psychologist, Registered Psychological Psychodynamical Psychotherapist in Germany, Accredited Integrative Gestalt Psychotherapist with the United Kingdom Council for Psychotherapy, MUKAHPP, Supervisor, University of Birmingham, U.K.

Her website is: www.thelivingbody.net

BERLIN workshop 4.-6.12.2026

Name:

Date of Birth:

Address:

Mobile Number, incl. country code:

Email Address:

Please could you answer the following questions. Thank you very much!

1. What is your counseling/psychotherapy training background? Please list type with start and end.

2. What experience and training do you have in body psychotherapy or body-oriented psychotherapy?

3. Please specify type/duration of personal therapy.

4. For how long have you worked as a psychotherapist/counselor? In which setting? Have you worked with short- and long-term clients?

5. What personal and professional goals do you have for this weekend in June?