Interoceptive awareness – the awareness and processing of inner body sensations and experience – is critical for self-regulation. Interoceptive awareness skills can be integrated into daily life for self-care to help manage stress and enhance emotional awareness and regulation. Bodywork therapists and mind-body practitioners are in a unique position to teach these skills.

This course is a special opportunity to learn how to incorporate interoceptive awareness and related skills for self-care into your practice. This course will be based on the Mindful Awareness in Body-oriented Therapy (MABT) approach.

Early bird registration ends October 31, 2015. See http://www.cmbaware.org

Cynthia Price, PhD, MA, LMP, developed Mindful Awareness in Body-oriented Therapy (MABT) as a research protocol to teach interoceptive awareness skills for self-care. She is an Associate Research Professor at the University of Washington and Director of the Center for Mindful Body Awareness.

Carla Wiechman, CC, LMP, works in private practice as a body-centered counselor and massage/craniosacral therapist. She is trained in Hakomi Therapy, and has been working on research studies with Cynthia delivering MABT.

For course description and registration see: http://www.cmbaware.org
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