



## Healing Psychosomatic Illness Workshop

Perth, Western Australia  
Saturday September 29 2012

Medicine and Psychology both now recognize that our mind is a powerful agent for health or illness in the body. Psychosomatics is the category of bodily illness caused by our emotional aspects of Self, whilst Psychogenics is the category of bodily illness caused by our mental aspects of Self.

It is now evident that many illnesses have a mind-body cause and relationship, and that in the same way our mind can trigger profound and deep healing and corrective processes to eliminate illness.

In the same way happiness, positive emotions and positive states of mind are now known to create health, wellness and resilience against illness and disease. Buddhist Psychology has for thousands of years understood and dealt with bodily illness as a manifestation of the mind of that person.

Learn how neuroscience has now proven the key role that our emotions and feelings play in mediating our mind or mental consciousness in one direction, and our bodily regulatory systems in another direction.

This workshop will highlight and explain the key Eastern and Western scientific and psychological frameworks and knowledge of how our mind creates and manages our health. Learn engagement in bodily practices, positive affirming processes, and how trauma resolution is a critical aspect to being able to engage in such positive life affirming methods.

Understand how concepts within spirituality can actually have positive life and health enhancing benefits. Learn how to turn your own life in a positive direction.

The facilitator Richard Boyd is an experienced somatic psychotherapist who practices Integrative Body Mind Psychotherapy™ in Perth, Western Australia.

Dome Cafe Maylands is the old Peninsular Hotel, and is the large 2 storey red brick Federation building opposite the train station in Maylands, Perth.

**Richard Boyd – Body Mind Psychotherapist**  
**Director of IBMP and Energetics Institute**  
MBA, PGrad, BA IP, Dip Commerce  
Adv. Dip. & Dip. Core Energetics Psychotherapy  
Cert. Sensorimotor Trauma Resolution Therapy  
Cert. Transpersonal Counselling  
Cert. Executive Coaching AICM  
Extended DISC Personality Profile Tool Accreditation



### Booking Information

- When:** Saturday September 29 2012  
9am to 5pm (Arrive at 8.45am sharp)
- Where:** The Ballroom  
Dome Café Maylands  
219-221 Railway Pde.  
(corner of Eight Ave. and Railway Pde.)  
Maylands  
Perth, Western Australia
- Wear:** Loose comfortable clothing
- Cost:** \$250 or \$200 Early Bird by September 22
- Includes:** Handouts and Refreshments
- Tel:** 08 93702341 040 7577793
- Email:** [info@energeticsinstitute.com.au](mailto:info@energeticsinstitute.com.au)
- Web:** [www.energeticsinstitute.com.au](http://www.energeticsinstitute.com.au)