

## Pre-Congress Workshop on Authentic Movement: Danced & Moving Active Imagination

# ACTIVE IMAGINATION IN MOVEMENT – ENCOUNTERING THE OTHER WITHIN US, BETWEEN US AND IN THE WORLD

Sunday, August 25, 2019 9:00 to 17:00 (9AM - 5PM)

*“The unrelated human being lacks wholeness, for he can achieve wholeness only through the soul, and the soul cannot exist without its other side, which is always found in ‘You.’ Wholeness is a combination of I and You, and these show themselves to be parts of a transcendent unity whose nature can only be grasped symbolically” (Jung 1946, CW 16, “Psychology of the Transference,” par. 454, pp. 244-245).*

Co-leaders: Antonella Adorisio (CIPA-Rome), Margarita Méndez (SVAJ-Caracas), and Tina Stromsted (CGJISF-San Francisco).



Painting by Peter Malone

Interweaving theoretical, experiential, cultural and clinical material through presentations and discussion, this workshop will explore dance/movement as a form of active imagination, with special attention to the living body in analytic practice. By listening to the body to access and express the imagination, individuals may discover inner-directed movement as a way to bridge the realms of conscious and unconscious, body and psyche, instinct and spirit, affect and image, memory and emergence.

Sometimes called “Authentic Movement,” this form of active imagination focuses attention on felt bodily sensations, impulses, multi-sensory images, feelings and emotions, which are then allowed to emerge as symbolic enactment. The work is done with one’s eyes closed in the presence of a witness, whose task it is to hold and contain the experience of the person moving.

Analysts use the connection between body and psyche as a central clinical tool, yet there may be few opportunities to foster the development of this dimension. This workshop offers a structure within which analysts can both have a practical experience of their own moving imagination as well as enrich their understanding of its application to verbal analytic practice.

Morning and afternoon sessions include Introduction, bodily awareness, movement experience, and reflection, toward dialogue and exchange. Participants are invited to wear comfortable clothing and to bring a notebook and/or drawing materials to record their images and experiences.

### Overview of Program, Sunday August 25th, 2019

09:00 - 12:20 Morning Session:

9:00 – 9:30 WELCOME AND INTRODUCTION, Tina Stromsted.

9:30 – 10:55 ACTIVE IMAGINATION AND INNER CONFLICTS (short paper/ experiential); Antonella Adorisio.

10:55 – 12:20 THE LIVING BODY IN ANALYSIS (experiential/symbolic amplification); Tina Stromsted.

12:10 – 13:35 Lunch Break

13:35 to 17:00 Afternoon Session

13:35 – 15:00 BRIGHT DARKNESS: FACING ‘the Other’ WITHIN (theoretical, experiential); Tina Stromsted.

15:00 – 16:25 3 DANCED MYTHS OF THE BODY; WITHIN US, BETWEEN US and IN THE WORLD (Talk/Images/Movement Experiential/Sharing); Margarita Mendez.

16:25 – 17:00 CLOSING: Tina Stromsted and co-leaders

**Pre-Congress Workshop Registration Fee: Fee(s) to be determined, see registration page.**

Space is limited, please register early! Priority will be given to full congress participants. All others will be placed on a waiting list in case of last minute cancellations.

**Please note: Lunch is not included.** Please see conference program for lunch options.

For further information about the Pre-Congress Workshop on active imagination in movement including text, photos, quotes, bibliography & registration details [click here](#).

**NOTE:** The Pre-Congress Workshop is not a commercial enterprise. As Presenters, we cover our own expenses and donate our time. Workshop Registration fees pay for the meeting room and AV equipment, with the balance to benefit IAAP. Co-leaders are among those working to build on Jung’s early and continuing recognition of danced and moving active imagination.

