

November 11 -16, 2023 in Bratislava

MAKING CONNECTIONS BMC® AND DIVERSABILITY

A week of workshops and individual meetings
for Parents, Therapists, Educators, and other Professionals

Workshop November 11 and 12, 2023

THE ALCHEMY OF ACCEPTANCE Body-Mind Centering® and Trauma with Anka Sedlačková and Thomas Greil



Anka and Thomas with Rebeka, Bratislava, February 2023

A weeklong meeting, teaching, exchanging, and sharing in Bratislava, coming out of the international project MAKING CONNECTIONS born in 2019 - starting with a workshop on the weekend November 11/12 THE ALCHEMY OF ACCEPTANCE – Body-Mind Centering® and Trauma. The project is especially addressed to families with a member with diverse abilities, parents, as well as educators, and therapists, with the idea that real change can only happen in the entire constellation of relationships around the person. And that only through cooperation can these changes integrate to support the person and his or her environment.

MAKING CONNECTIONS is therefore aimed not only at children/and adults with disabilities or psycho-physical frailty, but at all those who are involved in this experience, both as family members and as professionals, offering a space for mutual recognition of skills and opportunities to exchange and encounter between them.

In this week there will be several options to participate

For parents with their children: The weekend and during the week there is the occasion for your child to benefit from individual sessions with Anka or Thomas for your child in your presence. Monday through Wednesday will be a session once or twice a day, depending on the families interested. Other participants (also parents without their children) will observe the sessions. Wednesday at 5pm there will be a parent group, dedicated to the special situations of families with a child with diverse abilities. Parents with their child are also welcome during the weekend workshop for a demonstration in front of the group.

For parents and professionals: Participating in the workshop Monday through Wednesday includes the observation of the sessions, sharing observations and strategies, and exploring together key concepts of Body-Mind Centering® in relation to the sessions, in movement and hands-on. Parents are invited to participate without their child. Participating in the weekend workshop, Saturday, and Sunday, exploring key concepts of BMC® in movement and touch.

For somatic practitioners: All the above, plus a time, Thursday, reserved only for somatic practitioners (BMC®, Feldenkrais etc.), where we have the chance to explore common principles and the specific approach of BMC®. During the week, there is also the chance to collaborate in the sessions with the children, together with Thomas or Anka.

THE ALCHEMY OF ACCEPTANCE BODY-MIND CENTERING® AND TRAUMA

Workshops for Parents, Therapists, Educators, and other Professionals

with **Anka Sedlačková** and **Thomas Greil**

November 11 -12, 2023 in Bratislava



Thomas and Anastasia with Marta and Emily, Bratislava, February 2023

It is crucial to understand with compassion and kindness the situation of families with a child with diverse abilities, from the everyday challenges to experiences they went through together, from birth to medical interventions, from time spent in hospitals to home care. When we have an experience, we need time and space to be able to integrate the experience afterwards. The stronger the experience is the more attention and time we need for this process. Traumatic experiences are overwhelming experiences which cannot be processed at the time because the person does not have the resources to cope with the experience. Only later under safe and resource full conditions, the trauma can be revisited and integrated. Processing traumatic events happens in the community, caring for each other, feeling connected, accepted and listened to in our suffering as well as in our joy.

The alchemy of acceptance is a continuous process of finding the ingredients, the time and space to integrate experiences. A key element in this process is the understanding of the effect of trauma on our physical well-being. With the tools of Body-Mind Centering® we will explore movement and touch to free up new spaces and create a sense of flow in the body, and with that the weight of trauma can be released.

The workshop is part of a weeklong meeting, teaching, exchanging, and sharing in Bratislava, coming out of the international project MAKING CONNECTIONS born in 2019. The project is especially addressed to families with a member with diverse abilities, parents, as well as educators, and therapists, with the idea that real change can only happen in the entire constellation of relationships around the person. And that only through cooperation can these changes integrate to support the person and his or her environment.

Dates: November 11 and 12, 2023

Times: Saturday 10-17.30 and Sunday 10-16.00

Language: English/ Slovak with translation

Costs: 150 euros

Registration: Angelika babyfit@babyfit.sk

Making Connections – BMC® and Diversability



Anka with Carla Bottiglieri/ BMC® teacher, Bratislava, February 2023

Children are masters of neural plasticity. Making connections means providing the brain with the right information to unfold potentials, to awake dormant abilities or to expand already existing skills. The key word is learning. New connections are created when we are able to engage the child and the family in a process of learning. Neural connections are increased by connecting to the living processes inside the body and facilitating connections to the world around.

Learning means making new connections between mental, emotional, and physiological processes. The brain develops on the base of experience. Effective learning, including "academic" learning, can happen if the basic learning processes are included, if relationship skills, movement and touch are working together. The plasticity of the nervous system allows us to learn throughout life and make connections within ourselves and with others and the environment: within the realm of the self, gravity and space. This also includes the context, the family, society, schools and institutions, as well as the group of educators and therapists caring for a child with special needs. These connections create the foundation of all learning processes.

MAKING CONNECTIONS is based on the principles of Body-Mind Centering® and other somatic approaches and is characterized by a gentle, nonintrusive approach embracing the wholeness of the person and the process, involving parents, family members and caregivers. Making connections supports a wide range of learning processes, from micromovements to locomotion in space, from neuro-muscular organization to talking, getting up and walking. It combines a structural approach working with the different body system (like organs or fascia) with sensory integration and functional alignment of the neuro-muscular system.

www.making-connections.org

Body-Mind Centering® is a gentle, non-intrusive approach. It is rather enticing than demanding. It is highly specific to the individual child and family. BMC® does not force, but engages, interacts, and seeks to spark the child's inherent curiosity and interest. BMC® supports self-directed learning, stimulating, independent of the abilities of the child, the process of discovery. It always looks at the whole person and fully embraces the process of each child and their caregivers, parents, and family.



Zrinka with Timko, Bratislava, February 2023

Body-Mind Centering® (BMC®) was developed by Bonnie Bainbridge Cohen, an occupational therapist and movement artist. BMC® explores the foundations of learning, the organization of movement and its development from pre-natal to walking. Each developmental step leads to the next. BMC® is a study from an embodied and experiential perspective, from everybody's own experience: Life, from conception to walking, from embryonic stages to adult anatomy and physiology. The principles of Body-Mind Centering have been brought into many fields of activities like dance, sports, acting, physical therapy, education, birth preparation, baby-parent groups, and many more.

www.bodymindcentering.com

Making Connections – BMC® and Diversability

Detailed outline

THE ALCHEMY OF ACCEPTANCE

Saturday 10-17.30 and Sunday 10-16.00 (Nov. 11/12)

Public workshop for parents, professionals, and somatic practitioners

This workshop is open to anybody without previous experience, interested in the application of BMC® in the field of care, or being concerned as a parent, a family member, friend, therapist, or educator.

Learning objectives

- Getting a basic understanding how experiences affect our physiology
- How we can release and integrate traumatic experiences through touch and movement
- Working through play and enticement to foster connections and flow in the body
- Understanding the importance of touch and care for development and change
- Understanding the relationship of memory and imagination
- Facilitating bottom-up processes in relation to top-down processes
- Getting an introduction to a dynamic approach to working with infants and children with special needs and their families
- Facilitating with respect for the child and the family

Costs: 150 Euro

Monday – Wednesday 9.30-17.30 (Nov.13-15)

Workshop/ individual sessions with children

The group will meet at 9.30. At 10 we will welcome the first 2 families. There will be two sessions to observe parallel. Anka and Thomas work with one child each, assisted by another practitioner or participant. After the session, there will be a brief break, followed by a sharing and exploring key themes of the sessions. After the lunch break, we welcome another two families, share our observations and reflections. We plan to finish the day with hands-on. These three days are open to anybody, including parents, educators, and therapists. Wednesday, we finish at 16.30, because there is a meeting with the parents at 17-19.

Costs: 150 Euros

Thursday 10-14.00 (Nov.16)

Workshop for BMC® people and somatic practitioners

This day is reserved for people already experienced in the somatic field, BMC® certified IDME, SME etc. It is the time to reflect on the specific resources we have in somatic education and therapy for the work with families and teaching professionals in the field of care.

Costs: 50 Euros

For participating in the weekend workshop and the three days the cost is 280 Euro

For all the cost is 300 Euro

Language: English/ Slovak with translation

Places are limited: deadline for applications is October 20, 2023

Please send application to Angelika at babyfit@babyfit.sk



Anka Sedlačková is a dancer and performer, teaching in the Academy of Arts in Bratislava. She has been studying BMC® since 2000 and graduated as an Infant Development Movement Educator, BMC® Practitioner and BMC® Teacher. In 2003 she started to work with babies and children with special needs. Together with Angelika Kováčová founded non-profit organization Babyfit which is focusing on the education in the field of developmental movement. She has been teaching in France, Japan, Czech Republic.
www.babyfit.sk

Thomas Greil is a practitioner and trainer of Body-Mind Centering®, especially for the work with babies, and a JKA practitioner. He works with all ages since more than 20 years. His interest in children and their families comes from his research of human development, neuroscience, healing trauma and embodiment. He lives in Faenza, Italy, where he directs together with Carla Bottiglieri minima somatica, a nucleus of somatic research in practices and narratives of embodiment.

www.minimasomatica.org
www.making-connections.org



Thomas with Rebeka Bratislava, February 2023

Sense, Feel and Move with Awareness and Pleasure

SENSE FEEL AND MOVE with awareness and pleasure



Making Connections/ February 2023 in Bratislava