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**Main Themes**

Integrated treatment

**Keywords**

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**Title**

Beyond Words: How Do Our Bodies Speak?

**Abstract for**

Workshop

**Abstract**

This workshop invites participants to explore the "language of our bodies" and how we can better attune to it in the therapeutic space— especially when clients present with intense physical states.

Through non-verbal exercises and theatre-inspired games, attendees will delve into the embodied experience of distress, using their own physicality to deepen their understanding of such dynamics. Participants will be encouraged to notice their bodily responses and reflect on how these may shape their interactions with clients.

What stirs within us when we encounter a client in a deeply somatic state? How do we respond, both consciously and unconsciously? What untold stories do our bodies carry—stories that words alone cannot express?

Theatre improvisation and other exercises are adopted and used for this experiential journey, which transcends theory, offering a transformative approach to engaging with the body's wisdom in psychotherapy. By embracing the unspoken, we can enrich our therapeutic presence and strengthen our connection with clients.

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