

You, Me, and the In Between: Compassionate Boundaries for Practitioners

PRESENTED BY:

Francine Kelley, LCPC, SEP, RTY500



FRIDAY, JANUARY 12, 2024

1PM-4PM | VIRTUAL

Only \$100

3 CEs upon completion



Course Description: You may have heard that boundaries are like cell membranes. Able to keep bad stuff out and let the good stuff in. So, then it should be simple right? Get in touch with your “cell membrane” and voila! You’ll be handling confrontations like a pro. If only it were that easy. In this session we will play together with boundaries. We will explore boundaries as gentle and compassionate presence—with ourselves and others. We will explore the in-between, what came before and the resting into.

Learning Objectives:

- Explore boundaries as compassionate presence with self.
- Gain understanding of the concepts of somatic countertransference, merging and joining.
- Experience skills for self-awareness while in connection.

Presenter Bio: Francine is a Jamaican-born integrative psychotherapist based in Chicago, IL. Trained in Somatic Experiencing, Sensorimotor Psychotherapy, Trauma-Sensitive Yoga, Trauma-Informed Yoga Therapy, LifeForce Yoga, Reiki and somatic touch, Francine is fascinated by scientific, energetic and spiritual approaches to healing. As a workshop facilitator and trainer, Francine is on the faculty of Somatic Experiencing International and has presented nationally and internationally to mental health and medical practitioners on the topic of mind/body approaches to health and healing. Francine is a co-developer of the 24-week Integrative Trauma Recovery (ITR) group process which combines DBT, somatic approaches, yoga skills and psychoeducation to help trauma survivors gradually move toward a more knowledgeable and empowered involvement in their recovery from trauma. Her collaborative style combines yoga, mindfulness, meditation and other somatic (body-centered) and energetic approaches to provide clients with a broad range of options for healing traumatic wounds and experiencing their authentic selves.