

# The InterPlay Way for Helping Professionals

Weekend Retreat • Fri–Sun, March 16–18, 2012

with **CathyAnn Beaty**, MDiv, InterPlay Master Teacher

**Six 2.5-Hour Sessions** to follow approximately every two weeks, TBD  
with **Barbara Jo Stetzelberger**, LCSW, BC-DMT, InterPlay Leader/Trainer

**A program providing  
transformational tools, ideas  
and practices for**

**therapists  
social workers  
spiritual directors  
hospice workers  
spiritual leaders**

*Gather with others in your field for  
personal support and professional  
development*



**InterPlay**  
unlock the wisdom of your body

[www.interplay.org](http://www.interplay.org)

- Are you a **therapist, social worker, spiritual director, hospice worker, spiritual leader** or other helping professional?
- Are you **drained** by your work? Need to **take better care** of yourself?
- Do you long for more **personal support and affirmation**?
- Would you benefit from learning **“body wise” skills and tools** that provide **personal support** and reflection as well as making your work with your clients more **effective and sustainable**?

Even the most competent and caring among us get worn out. We all need a support team. The **InterPlay Way** gives you new tools to use both with clients and for self-care. It provides concrete ways to play with the ongoing challenge of meeting the needs of others.

## Learn how:

- body wisdom tools address both **professional demands** and **personal challenges**
- **creativity** leads the way to **insight** and **health**
- simple forms give you access to the **“harder to articulate”** aspects of your work
- your professional peers can **support you** to do your best work in a sustainable way
- non-verbal techniques move you and your clients more quickly from **stress to ease**
- indirect methods shift us from fixing problems to **creating new possibilities**
- InterPlay accesses the wonderful **mystery and joy** of human interaction

## The Program

The **InterPlay Way** starts with a **weekend retreat** (March 16-18, 2012) followed by **six 2.5-hour sessions** (dates to be determined). The schedule for the initial weekend will be Friday 7–9:30 pm and Saturday and Sunday 10 am–12:30 pm & 2–4:30 pm.

[www.interplay.org](http://www.interplay.org)

*Check out our full schedule of classes and events online!*

*“InterPlay has allowed me to access my own body wisdom through movement, play and non-verbal connection with others. In turn I have been able to bring my experience to each psychotherapy session and be present for each client in a more embodied manner. For me InterPlay provides an experience where I can integrate mind-body psychotherapy, meditation and spiritual practice, movement and meaningful interpersonal connection.”*

**Denise Hann Bisanz**  
**MSW, LICSW**

**Master teachers** with specific training and expertise in applying InterPlay to the helping professions give you a place to

- learn **fundamentals** of the InterPlay system, whether you are new to InterPlay or not
- **build strong connections** with other members of the group and
- **explore personal and professional questions** and concerns.

### **To change your life, change your practice.**

The weekend event is followed by **six gatherings** occurring every two weeks. Each of these 2.5-hour sessions is **limited to 8 participants** and insures individual attention for each person. The local leaders get to know you at the opening weekend and will design each of the ongoing sessions uniquely for your group.

Groups often choose to **continue** on with the local leader after the six gatherings end.

### **Cost**

**Tuition for The InterPlay Way is \$750.** This includes the full weekend event and the six ongoing sessions. **Tuition for the weekend alone is \$350.** It is possible to attend the weekend event as a way of discerning whether to continue in the ongoing biweekly sessions.

### **Location**

**Central Austin, TBA**

### **CEUs**

This program meets the qualifications for **12-27 hours** for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences (#2583). The half-day gatherings include **3 ethics CEUs**.

### **Registration deadline March 9.**

Call the InterPlay/Body Wisdom office at **510/465-2797** for more information or to register using a credit or debit card. Visa, MasterCard and American Express are accepted. A full refund minus \$50 will be given if a participant cancels before the program begins.

**CathyAnn Beaty, MDiv,** is an InterPlay master teacher. She has been working with ongoing groups of therapists, clergy and other helping professionals for the past 10 years through her business SoulPlay, [www.soulplay.org](http://www.soulplay.org), and has developed new approaches to healing based both on her professional and personal experience. CathyAnn leads groups in Minneapolis and teaches nationally and internationally.

**Barbara Jo Stetzelberger,** LCSW, BC-DMT, is a Board Certified Dance Movement Therapist specializing in somatic psychology to help individuals integrate mind and body for growth and healing. She is an InterPlay leader and trainer. In private practice she works with individuals and groups. She offers clinical supervision, mindbodyfit workshops and retreats. Visit [www.mindbodyfit.com](http://www.mindbodyfit.com).