

The InterPlay Life Practice Program

Training for Helping Professionals

\$100 off
Register by March 8, 2021

therapists
social workers
spiritual directors
hospice workers
spiritual leaders
teachers
medical professionals

Creative ways to bring deep body wisdom to professional practice for your own benefit and that of your clients.

led by

Sharie Bowman, LMHC & Nancy Pfaltzgraf, MDiv

assisted by

Jiling Lin, LAc, MS, AOM & Rosemary Senjem, MFT

Online, 2021

WEEKEND WORKSHOP

“The Secrets of InterPlay for Helping Professionals”

April 8–11, 2021

10 WEEKLY SESSIONS

Friday nights & Saturdays

April–June 2021



InterPlay
unlock the wisdom of your body

Weekend Workshop

“The Secrets of InterPlay for Helping Professionals”

April 8-11, 2021

Thursday, 5-8 pm PT

Friday & Saturday, 1-3:30 pm & 5-8 pm PT

Sunday, 1-3:30 pm PT

10 Weekly Sessions

Fridays & Saturdays

5-7 pm PT / 6-8 MT / 7-9 CT / 8-10 ET

April 16, 17, 2021

April 23, 24

April 30, May 1

May 7, 8

May 14, 15

May 21, 22

May 28, 29

June 4, 5

June 11, 12

June 18, 19

Local contact

Sharie Bowman

interplaynorthwest@gmail.com

Information Session

Saturday, March 6, 2021 • 4-5 pm PT

Email Sharie to register and receive the Zoom link

InterPlay/Body Wisdom, Inc.

510/465-2797

info@interplay.org

www.interplay.org



The InterPlay Life Practice Program for Helping Professionals may be just right for you!

- Are you a therapist, social worker, spiritual director, hospice worker or other **helping professional**?
- 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**?
- Are you **drained** by your work? Need to **take better care** of yourself?
- Do you long for more **personal support** and **affirmation**?

More than 1000 people have participated in the InterPlay Life Practice Program around the world. Helping professionals who have completed the program have developed **creative ways to bring the deep body wisdom of this system to professional practice for their own benefit and that of their clients.**

In this comprehensive program you will learn the techniques and body wisdom principles of InterPlay (sometimes referred to as cognitive-behavioral therapy for kinesthetic learning):

- Learn to **lead your life in a more embodied, playful way**, and learn great self-care techniques
- Reclaim voice, movement, stillness, and stories as **important ways of knowing**
- Discover a **mindfulness approach** for people who can't sit still
- Gain new creative approaches to **support challenging clients**
- Ground yourself in a communal ethic of play to **replace stress with health, creativity, joy and purpose**
- Learn specific techniques to create and support **healthy group/family interaction** and build a sense of **community**
- Learn simple but powerful techniques for **building bonds of attachment** between partners and parents and children
- Develop improvisational skills to **increase confidence** in working with clients and speaking in front of groups

This program is also open to anyone even if you are not a helping professional. It will cover all the basics of the more general Life Practice Program.



The Program

The Life Practice Program begins with a weekend event called **The Secrets of InterPlay for Helping Professionals** (April 8–11, 2021 from Thursday 5 pm to Sunday 3:30 pm PT). This is an introduction and overview of the InterPlay practice and philosophy. You may participate in this event even if you don't enroll in the entire Life Practice Program.

Note: This special Secrets will also satisfy that requirement for those enrolled in Life Practice Programs in other parts of the country.

One of the “secrets” of InterPlay is that change requires both “knowing” and “practicing” so the initial weekend is followed by 10 weekly sessions (Friday and Saturday evenings) where you will have opportunities to deepen your own body wisdom, get individual support and mentoring, and reap the benefits of affirming community.

Those who complete the InterPlay Life Practice Program for Helping Professionals will also be eligible to enroll in the Leader Training Program.

Continuing Education Credit

Up to 55 CE credits (15 for the Secrets weekend and 40 for the weekly sessions) for various healthcare and allied healthcare professions are available for those practicing throughout the U.S. and for educators only practicing in Illinois. CE pre-registration is required before the start of your event.

Email Jane Siarny at interplaychicago@sbcglobal.net to *apply* for CEUs. There is a charge of \$25–\$40 per program. CEUs are offered through Continuing Education Institute of Illinois or R. Cassidy Seminars.

About InterPlay

InterPlay was developed by **Cynthia Winton-Henry** and **Phil Porter**, beginning in 1989, in the San Francisco Bay Area. The two are leaders, writers, artists and philosophers who seek to put the wisdom of the body back in the center of learning and life. InterPlay has grown into a worldwide movement dedicated to creativity, well-being and peace building. Trained leaders are taking the deep body wisdom of InterPlay into many different professional settings and communities. More at interplay.org.

Leaders



Sharie Bowman, MA, LMHC, is a Mental Health Counselor and also InterPlay's Regional Coordinator for the Pacific Northwest. In 2006, Sharie completed her training as an InterPlay leader and also received her degree in mental health counseling, so InterPlay and counseling have been woven together in her body-spirit from the start. She finds InterPlay to be foundational in building and maintaining her personal resilience, as well as supporting her work with clients. She has led the InterPlay Life Practice Program eight times in the last 15 years.



Nancy Pfaltzgraf, MDiv, has been joyfully leading InterPlay classes and retreats in local and national settings since 2006. InterPlay and the Life Practice Program helped her discover ease and joy in her professional life as the pastor of progressive Christian congregations. Her experience as an RN and a Hospice Chaplain has also given her a unique perspective on the way InterPlay can relieve stress and empower people in the helping professions to live and work with more grace and ease.



Jiling Lin, LAc, MS, AOM, is an acupuncturist, herbalist, and yoga teacher in Ventura, CA. She empowers wild, creative, spirited health through embodied classes, clinics, and holistic resources. Jiling specializes in treating pain, trauma, and complex chronic conditions. Passionate about living life as art, Jiling brings years of outdoor education, improvisational dance, and global adventures to her Earth-centered InterPlay leadership.



Rosemary (Rosie) Senjem, MFT, is an InterPlay Leader and a Marriage and Family Therapist in Minnesota who specializes in relationship conflict and uses InterPlay in her practice. Her InterPlay journey began in 2000 on her path of recovery from back surgery and divorce. She has applied InterPlay to community organizing, workshop leadership, logo design process, business coaching, grandparenting, and a current project to support nurses and nursing assistants.

Tuition (Helping Professionals 2021)

The tuition for the InterPlay Life Practice Program is \$1950 (a \$300 discount while the program is online.)

A \$100 deposit reserves your place in the Life Practice Program. A payment of \$400 will be due when you register for The Secrets of InterPlay for Helping Professionals. Both of these payments apply to your total program tuition. The balance of the tuition can be paid all at once or in installments over time. If you are paying in installments, we require monthly payments by credit or debit card or automatic check be set up in order to enroll.

Students currently enrolled in undergraduate or graduate programs related to helping professions may enroll at the “repeaters” tuition rate (see below.)

Register and make your deposit by March 8, 2021 and get a \$100 discount for the program.

Your deposit and/or tuition checks can be made out to “Body Wisdom, Inc.” and sent to 2273 Telegraph Avenue, Oakland CA 94612. Call the InterPlay office at 510/465-2797 to pay by credit card (Visa, MasterCard, American Express, Discover) or set up a payment plan.

Diversity is a great gift in the InterPlay experience. Based on our commitment to **Racial Equity and Transformation** and our understanding of other structural and personal inequalities that exist, we are committed to making our programs financially accessible. Financial considerations need not be a barrier to your participation. Please feel free to speak to one of the leaders of this program or contact the InterPlay staff in the national office (Stephanie@interplay.org or 510/465-2797).

Repeating the program

Graduates of previous years of the program may take the InterPlay Life Practice for Helping Professionals at a greatly reduced rate.

Repeating only the Secrets of InterPlay retreat is \$300. Participating in just the Life Practice group sessions is \$750. If you wish to do both, tuition is \$1000.

Repeaters who enroll in the whole program and pay a deposit by March 8, 2021 will receive a \$50 discount.

Sign me up!

Send this form to this address or fax to 510/836-3312. To use a credit card (Visa, MC, AmEx, or Discover) to make a payment or set up a payment plan, contact **Lucia@interplay.org** or **Stephanie@interplay.org** for more information. (Do not email your credit card information!)

NAME

ADDRESS

CITY/STATE/ZIP

EMAIL

AREA CODE/PHONE

I am enclosing a check for my deposit of \$100 made out to “Body Wisdom.” Please send to 2273 Telegraph Ave, Oakland, CA 94612. (Payments for all programs regardless of their location in the country go to this address.)

Please charge my credit card (Visa, Mastercard, Discover and American Express.) You may also register by phone at 510/465-2797.

CARD #

EXP DATE

SIGNATURE

Body Wisdom, Inc.

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