

# Using Body Awareness to Stay Present with Clients

**When:**

Thursday, March 8, 2018

**Time:**

11:00 AM

Registration, Networking and Lunch

11:30 AM-12:30 PM

Session

12:30 PM-1:00 PM

Networking

**Speaker**

Elodie Andrews, BFA, MSW, LCSW

**Where:**

The Heights

8001 Dale Avenue

Richmond Heights, MO

63117

**Cost:**

Free for PStL Members

Guests are welcome to attend.

**To Register, Visit:**

[www.psychotherapy](http://www.psychotherapy)

[saintlouis.com](http://saintlouis.com)



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This hour-long participatory workshop will help therapists find ways to use their own body awareness to stay present, facilitate emotion regulation, and lessen the potential for secondary trauma in their work with clients.

The event will cover the following:

- The role and importance of body awareness in therapeutic interaction
- Three strategies for increasing body awareness while counseling others
- An opportunity for practice and discussion with other professionals

**About the presenter:** Elodie Andrews, BFA, MSW, LCSW, is a therapist in Brentwood specializing in the treatment of trauma, anxiety, and mood disorders. She has had advanced training in Sensorimotor Psychotherapy which is a somatic approach to treating trauma, and she focused on mental health and somatic studies in graduate school. Elodie is a retired modern dancer and dance educator and brings this experience into her work around body awareness and self care.

