

# AIKI-Based Body Awareness Training for TRAUMA WORK & PEACEMAKING

A Training for martial artists, psychotherapists and bodyworkers

WITH [PAUL LINDEN](#), 6th Degree Aikido Black Belt

in [Columbus, Ohio USA](#)

July 8-13, 2016 & January 12-17, 2017

Co-sponsored by

[Aiki-Extensions](#) and [Male Survivor](#)

Conflict and trauma are commonly approached as mental, emotional, spiritual, political, cultural and historical in nature. However, the body's responses are crucial and often ignored. In this workshop, you will experience that trauma recovery and peacemaking are functionally identical in the body. You will learn body awareness tools for improving the way you handle stress, conflict, or trauma.

These tools will also improve aikido, or any other activity.

When the body's responses to conflict and injury are not addressed, it is difficult to establish peace and healing. Aikido centering is effective in this. However, aikido is too difficult and time-consuming for most people's purposes. Based on his 47 years of experience in aikido, Paul Linden has developed body-oriented methods of training which are simple, rapid, and effective.

When people are challenged, threatened, or hurt, they naturally react with physiological distress responses such as fear, anger or dissociation. However, these distress responses interfere with balance and ease of movement. They hijack the rational mind and move people's thinking and acting toward opposition and violence. When the distress responses are locked into the body, that is the trauma state.

In this training, you will learn simple effective ways to create a physiological state of calm alertness and compassionate power. You will be able to use these tools for yourself and you will learn how to teach them to others.



Being able to regulate one's body and replace the distress responses with this new state allows people to choose calm, constructive ways of responding to stress and conflict. This state of calm alertness and compassionate power enables trauma survivors to live in the present in safe and satisfying ways.

To register, fill out the form below and email / mail it together with payment to [paulinden@aol.com](mailto:paulinden@aol.com) or Paul Linden, 221 Piedmont Road, Columbus, OH 43214

## Course Details

The course will take place at Aikido of Columbus, 3003 Silver Drive, Columbus, OH 43224. It will consist of three phases:

### Phase 1 July 8 - 13, 2016

A six-day workshop, in which you will experience and practice teaching the basic body awareness and empowerment exercises developed by Paul Linden and their application in peacemaking and trauma recovery. This workshop includes work with:

- Awareness and intention
- The structure and function of the body.
- Postural alignment as relates to who we are
- Breath
- Self-concept and meaning in the body
- Imagery
- Reframing body actions as hypotheses and hypotheses testing
- Embodied ethics

For those who wish, there will be aikido practice every day.

### Phase 2 July 2016 - January 2017

A six-month process of self-directed learning (with online support from other students and practitioners, and the instructor). You will have the opportunity to work through the material in two training videos created by Paul Linden. The two videos are

- *Embodying Power and Love: Body Awareness & Self-Regulation* (10 hours long)
- *Talking With The Body: Body Awareness for Professionals*. (9 hours long)

As a support for the videos, you will also receive three e-books by Paul Linden.

- *Feeling Aikido: Body Awareness Training as a Foundation for Aikido Practice.*
- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors.*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution.*

### Phase 3 January 12-17, 2017

A second six-day workshop will give participants the opportunity to find solutions for problems they encountered in Phase 2. In addition, more advanced techniques will be taught and practiced.

## Instructor



**PAUL LINDEN, Ph.D.**, is a martial artist, a body awareness educator and an author. He is the developer of [Being In Movement](#)<sup>®</sup> mindbody education, and chief instructor at Aikido of Columbus. He has been practicing aikido for 47 years and holds a sixth degree black belt in Aikido and a first degree black belt in Karate. Paul has a Ph.D. in Physical Education and is an instructor of the Feldenkrais Method<sup>®</sup> of somatic education.

## Accommodation

Both workshops in Columbus will be held at Aikido in Columbus. There are a number of [motels](#) nearby. Mat space is available (sleeping space on the dojo's training mats, bring a sleeping bag, showers are available).

## Fee

The fee includes both six day workshops, two study videos and three accompanying e-books, as well as online support during the self-directed learning phase.

\$850 early bird registration by June 1, 2016

\$1200 after June 1, 2016

People from outside North America may be eligible for a discount - please contact [paullinden@aol.com](mailto:paullinden@aol.com) for details.

If you cancel your registration after June 15, 2016, there will be a non-refundable fee of \$450.

## Co-Sponsors

**Aiki Extensions**, created by Don Levine around 1999, is an organization of aikido practitioners who are dedicated to applying and promoting the principles and methods of the nonviolent martial art of aikido in all aspects of life. Paul Linden was a founding member of AE, and the first AE conference took place at his dojo in 2003. From his 47 years of aikido practice, Paul has developed body-based methods for working with conflict and trauma. One goal of this training is to engage aikido practitioners in teaching these methods of peacemaking both within aikido and to non-aikidoists.

**MaleSurvivor** is an organization that focuses on healing for male survivors of sexual abuse and assault. Weekends of Recovery are retreats put on by a team of trained therapists and educators. Since 2004, Paul Linden has taught body methods for self-awareness and empowerment in the Weekends of Recovery program. A goal of this AIKI-based Body Awareness Training is to bring more martial artists into working with trauma generally and in particular to work with MaleSurvivors.

## Testimonials

Linden's work is absolutely essential to understanding your personal reactions to conflict. Through his work, participants learn clear and operational techniques to build self-awareness of our physiological responses to stress and conflict. This self-awareness then allows us to make different choices and see situations in completely different circumstances. I highly recommend that anyone who works in high-conflict or high-stress situations take this training. *Stephen Kotev – Conflict Resolution Consultant and Adjunct Professor of Conflict Analysis and Resolution at George Mason University*

Paul Linden is a pioneer in somatic healing for survivors of sexual trauma. Through decades of experience working with survivors and training therapists in his work, he has been able to translate his approach into a step by step process that, along with psychotherapy, truly empowers survivors to reclaim their power and be present for all of life's challenges. Each time I witness Paul work with a client, I see that client take another solid step forward in his recovery. When combined with effective psychotherapy, Paul's work effectively helps survivors move from being survivors to being able to thrive.

*Howard Fradkin, Ph.D., LICDC-CS, Co-Chairperson, MaleSurvivor Weekends of Recovery*

I have found few resources in trauma work for survivors of sexual abuse as powerful or constructive as the work developed by Paul Linden. Paul uses a method of somatic education that focuses on how body mechanics relate to emotions, thoughts, beliefs and self concepts. Paul's work has been one of the most powerful adjuncts to my work with individuals who are shut down or constricted because of shame, stress, or fear.

*Mikele Rauch, is a Licensed Marriage Family Counselor. She has been a facilitator for the Male Survivor International Retreat Team since its inception in 2010.*

I am astounded at Paul's ability to read the significance of the smallest body response. I would like to strongly recommend Paul's workshop on Aikido and body work to all Aikidoists. I believe that Being In Movement® training is insightful, profound, and deeply healing.

*Mary Heiny Sensei, 6th Dan Aikido*

# Registration Form – AIKI-Based Body Awareness Training for TRAUMA WORK & PEACEMAKING, July 8-13, 2016 & January 12-17, 2017

Please mail or email completed form and full payment to **Paul Linden, 221 Piedmont Road, Columbus, OH 43214**  
[paullinden@aol.com](mailto:paullinden@aol.com)

Full payment must accompany registration form (online payment or check).

\$850 early bird registration by June 1, 2016

\$1200 after June 1, 2016

Please note that you are not registered for this workshop until payment in full is received. After June 15, contact [paullinden@aol.com](mailto:paullinden@aol.com) to be sure that space is still available. People from outside North America may be eligible for a discount - please contact [paullinden@aol.com](mailto:paullinden@aol.com) for details. If you cancel your registration after June 15, 2016, there will be a non-refundable fee of \$450.

Name

Address

City, State, ZIP, Country

Phone / Cell Phone  Email

Martial arts experience? Which, and for how long

Bodyworker, or Psychotherapist?

Do you have any medical or psychological condition that would interfere with full and safe participation?

What do you hope to gain from this workshop?

## **READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY**

I, the undersigned student at COLUMBUS CENTER FOR MOVEMENT STUDIES/AIKIDO OF COLUMBUS (hereafter called "School"), acknowledge that I am applying for instruction in a Movement Studies/Aikido involving strenuous exercise and personal body contact. I acknowledge that any insurance that the School may carry may not cover injury. I do hereby hold the School, the instructor Paul Linden, employees, volunteers, contractors, and agents harmless from any and all liability (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Movement Studies/Aikido, or any variation thereof, whether occurring on the premises of the School or elsewhere, excepting only those claims, actions, or damages caused by their gross negligence or willful misconduct. I agree to abide by the rules of the School and to follow explicitly all instructions given by the instructor. I understand that (a) training is a privilege, (b) the School may refuse to provide instruction or membership to any person at any time, and (c) fees paid may not be refundable. I agree to receive communications at the above addresses from the School and I agree that the School may use any photos or images of me taken at the seminar. I agree (1) not to bring or consume any recreational drugs (including alcohol) during the workshops in Columbus, (2) not to take any video images of the seminar.

Signature

Date