



# Workshop # 5

## The 5 Character Structures

### April 8, 2017

*Bioenergetic Basics Workshop Series, Southern Great Lakes Area*

Bioenergetic Psychotherapy has, in its foundation, the understanding of Character Structures. Character is defined as a fixed pattern of behavior, the typical way an individual handles his striving for pleasure. Character is structured in the body as chronic and generally unconscious muscular tensions and form. There is a psychic attitude that correlates to the bodily form, and guides movement, expression, how a person reaches for love & contact, and how a person aggresses to get needs met or reach goals. There are 5 main character structures—these structures are formed at the convergence of repeated relational injury (deprivation, suppression, frustration, oppression, etc) and the developmental time-period in which that injury was sustained. In this experiential workshop we are going to learn:

- How psychology and biology meet in the study of Character Structures
- The 5 main characterological stances, the story of each, and how each lives in the body
- How the body forms in response to the environment
- How form follows function, i.e., how body shape tells a person's story and how it is a manifestation of his or her current life dilemma

**Date & Time:** April 8, 2017 10:00 to 5:00 with 1 hour lunch break

**Location:** 1900 S Livernois Rd, Rochester Hills, MI 48307

**Cost:** \$100 CAD, \$76 USD in advance/\$120 CAD, \$90 USD at the door

**To Register:** Contact Ann Coleman, [email@anncoleman.us](mailto:email@anncoleman.us) or 248 709-2332

#### Workshop Leaders:

**Ann Coleman**, LMSW, CBT (Certified Bioenergetic Therapist) enjoyed her career in Social Work since 1995 and has been involved in Bioenergetic Therapy since 2000. She has been in private practice since 2008. Her work began with emotionally and physically traumatized children and their families, which shaped her expertise in multi-generational patterns of trauma and abuse. She has professional training in Experiential/Adventure Therapy, Co-Occurring disease (when a person lives with two or more disorders), and Addiction Recovery.

**Jane Ahlfeld**, SW, MA in Guidance and Counseling, CBT, Local Trainer with the IIBA, has been in private practice since 1984 and has been a local trainer in Michigan for more than 15 years. Overlapping careers as a speech/language pathologist and Certified Bioenergetic Therapist have helped her develop expertise in working with traumatic children and autistic children. She has had success in working with narcissistically wounded adults, couples stuck in belief and relationship patterns, and individuals experiencing issues related to anxiety and depression.