



Course Syllabus

5 days; 10 sessions; 28.5 CEU hours

Workshop Leader: Ann Bradney, Director, Radical Aliveness Institute

“Radical Aliveness: A Radical Aliveness Institute Workshop”

Due to the spontaneous nature of this co-creative group work, the class format may change throughout the week but the Radical Aliveness principles and skills as outlined below will be covered in each 5-day period.

WORKSHOP SCHEDULE AND COURSE CONTENT

Sunday evening session (2.5 hours)

Introduction – group introductions; Container building; Connection; Writing, discussing and sharing about socialization to bring awareness to our own perceptual filter.

Monday morning session (3 hours)

Theory and principles of Radical Aliveness – review of principles of Radical Aliveness, energy and consciousness, introduction to somatic techniques, theory and practice.

Monday afternoon session (3 hours)

Exercises to unearth socialized experiences and attitudes that are held somatically. Exploring personal blocks to aliveness and presence. Teaching of somatic theory of emotional holding and energetic holding.

Tuesday morning session (3 hours)

Mask, adjusted self – Demonstration and teaching about Adjusted Self (Mask) using somatic techniques to move through and beyond blocked energy. Connecting deeply to the authentic self. Working with group and in triads developing vulnerability and presence. Application of Radical Aliveness principles: “Saying yes to everything”, and “Being willing to be changed by our encounters.”

Tuesday Afternoon session (3 hours)

Radical aliveness group theory and process - Active participation in Radical Aliveness group applying somatic techniques and key concepts of energy and consciousness. Practice techniques for working with personal and interpersonal conflict. Demonstrate understanding of impact and intent. Application of Radical Aliveness principle- “Honoring multiple perspectives”

Wednesday morning session (3 hours)

Lower Self/Destructive Energy – Instruction on concept of Lower Self/Destructive Energy. Self-observation exercises to demonstrate how this energy lives within each of us, blocking actualization of leadership skills. Application of somatic and awareness techniques to transform energy to constructive life energy. Demonstrate understanding of Radical Aliveness principles: “Saying ‘Yes’ to everything,” and “Cultivating a non-shaming heart.”

Wednesday afternoon session (3 hours)

Radical Aliveness Group Theory & Process – Building on and applying key concepts of mask/adjusted self, lower self/destructive energy; energy and consciousness; somatic techniques; conflict; risk taking. Demonstrate and practice understanding of Radical Aliveness principles: “Honoring multiple perspectives,” “Saying ‘Yes’ to everything,” “Knowing that you don’t know.”

Thursday morning session (3 hours)

Higher Self/Whole Self – Group process to experience the transformed self (creative, constructive self). Experience process group to create connection to the whole. Revealing gifts and abilities. Working with concepts of surrender and loss of control as a doorway to the transpersonal self.

Thursday afternoon session (3 hours)

Final Radical Aliveness Process Group – Radical Aliveness group process demonstrating knowledge of all principles used throughout the workshop. These include: energy and consciousness; somatic techniques; intention and impact; Mask/Adjusted Self; Lower Self/Destructive Energy; Higher Self/Whole Self, creative/constructive self; techniques for working with conflict; and the 5 Radical Aliveness principles: “Cultivating a non-shaming heart,” “Knowing you don’t know,” “Honoring multiple perspectives,” “Saying ‘Yes’ to everything,” “Be willing to be changed by your encounters.”

Friday morning session (2 hours)

Closure – Discussion of integration of Radical Aliveness principles and somatic techniques into life and professional practice. Question and Answer. Closure process.

CEU Additional Notes for LMFTs, LCSWs, LPCCs, LEPs and other clinicians: In its use for practitioners, Radical Aliveness requires that the practitioner have experienced his/her own deeply held patterns, assumptions, biases and feelings. The Radical Aliveness workshop is experiential and didactic to facilitate and deepen this process. It is essential that practitioners who utilize the Radical Aliveness process develop a capacity to hold large energy without the need to know, while honoring multiple perspectives (as outlined in RA principles). These practitioners are vulnerable (open and available) and cultivate this quality through the practice and application of Radical Aliveness principles.