



**“RADICAL ALIVENESS”  
A RADICAL ALIVENESS INSTITUTE WORKSHOP  
Hollyhock**

**Course Syllabus, Goals and Learning Objective**

**5 days; 8 sessions; 22.25 CEU hours**

**Workshop Leader: Ann Bradney, Founder and Director, Radical Aliveness Institute**

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**

**Monday morning session (2.75 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 (2.75 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 (2.75 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.”

**Thursday morning session (2.75 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 (2.25 hours)**

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

**WORKSHOP GOALS**

To enable professionals to enhance and deepen their skills of working with individuals and groups. To provide a safe and supportive environment and methodology in which they can experience the deeply held patterns, assumptions, biases and feelings that inhibit them from deeper exploration and facilitation with their clients. To facilitate the professional practitioners to a state of open and available vulnerability, authenticity, ease of expression and joy of relationship with clients and others. To enable them to view their life and work through the humane and healing lens of the Radical Aliveness principles:

*Cultivating a non-shaming heart;*

*Knowing you don’t know;*

*Saying “Yes” to everything;*

*Being willing to be changed by your encounters;*

*Honoring multiple perspectives.*



## **WORKSHOP LEARNING OBJECTIVES**

As a result of having participated in this workshop, professionals will be able to:

Recognize some fundamental ways energetic patterns form in childhood to protect survival allowing practitioners a non-pathologizing way of working with clients' "defenses."

Apply a variety of somatic techniques in individual, relational and group client contexts to free blocked emotional energy as a skill to enhance therapeutic speed and effectiveness.

Demonstrate specific embodiment techniques for interpersonal conflicts within professional, clinical and group settings, as tools to enhance the quality of professional relationships and develop workgroup efficacy.

Experience a new level of comfort and self-confidence in the face of intense emotion and conflict. Evidence enhanced ability to facilitate positive change and healing in these situations with clients and also in all aspects of their lives.

Utilize principles and techniques of Radical Aliveness to facilitate group process for clients as well as for professional associates.

Practice the embodiment of Radical Aliveness principles as a foundational skill base for holding a healing and transformative space for clients and others.

Integrate the Radical Aliveness principles into their lives and their work, thereby modeling and providing clients with a unique and supportive frame of reference for their lives and their personal interactions.