

## INTERPLAY

Movement, Voice, Story and Stillness Practices  
to Engage the Wisdom of the Unconscious

**CathyAnn Beaty, MDiv**

**SATURDAY SEPTEMBER 16, 2017**

**9 AM – 12 PM**

Registration at the Door Begins at 8:30 AM

3 CEUs | Members Cost \$20 | Non-Member Cost \$30

Carondelet Center | 1890 Randolph Avenue | Saint Paul, MN 55105

**DESCRIPTION:** InterPlay is an active and creative approach to access the wisdom of the unconscious using voice, movement, and stillness. InterPlay's unique system of forms and its philosophies intersect with somatic, mindfulness and positive psychology approaches, allowing InterPlay to be used therapeutically in traditional mental health settings. Although it is most often practiced in groups, it can also be used with individuals, couples, and families.

The core of the InterPlay's approach is a tool kit full of improvisational "forms" that can help participants increase awareness of inner resources, experience new ways of understanding challenges, and enable positive change. InterPlay's eight body wisdom tools offer a way to enact positive psychology principles by teaching people to look for the good in their lives and pay attention to their bodies. InterPlay could be thought of as Cognitive Behavioral Therapy for kinesthetic learners or Play Therapy for adults. It is an alternative Mindfulness Practice for people who struggle to sit still, but still allows them to experience the present moment. Many who practice InterPlay regularly report experiencing less stress and a greater sense of well-being. For therapists who engage in Interplay regularly, it builds skills to really be present with clients.

This experiential learning event is designed to introduce health care professionals to Interplay, and to invite participants to explore the hypnotic possibilities in this exciting practice. **IMPORTANT:** Please dress in comfortable clothes that will allow you to freely move, bend, and engage in the experiential exercises.

### **Learning Objectives:**

1. Identify 3 InterPlay forms and indications for their use.
2. Identify 2 InterPlay Body Wisdom Tools and how they are linked to Positive Psychology
3. Identify at least one way in which InterPlay could be construed as a form of Clinical Hypnosis

**Bio:** CathyAnn Beaty, MDiv, is an InterPlay Master Teacher, dancer, and visual artist. She has been practicing and teaching InterPlay for 30 years and specializes in using InterPlay with therapists, clergy and spiritual leaders thru her business SoulPlay [www.soulplay.org](http://www.soulplay.org). She has learned that playing with issues is often more effective than working on them. CathyAnn was an InterPlay Peace Ambassador to India in January 2009 and returned in January 2010 to teach and perform. She taught with Phil Porter, co-founder of InterPlay and Trisha Watts, co-founder of InterPlay Australia, in Australia in Jan 2011. CathyAnn is director of SoulPlay Performance Ensemble, teaches the InterPlay Way, InterPlay Life Practice Program and Secrets of InterPlay, as well as mentoring for InterPlay leaders in training. She is an ordained minister in the United Church of Christ, serving 3 parishes from 1983 to 1997.

