



Helen Payne: The Discipline of Authentic Movement



Prof. Helen Payne is a dance movement psychotherapist, Professor of Psychotherapy, and researcher at the University of Hertfordshire, UK. She has developed the body-mind approach to support people with persistent bodily symptoms and also trains psychotherapists. This is an introduction to the Discipline of Authentic Movement, particularly witnessing, embodiment, the elements of transpersonal and ecological psychology, relationship, and participatory knowing.

TOP EMBODIMENT TIP: Have the intention to be present to yourself and to the other.

What is Discipline of Authentic Movement? Description of a mover

- A mover with eyes closed, moves spontaneously from a bodily impulse, then from the unconscious tending to the present moment and trusting in the body's wisdom. The mover is witnessed benignly by another with a non-judgmental presence and retains control through their inner witness.

Who benefits from the Discipline of Authentic Movement?

- **It's beneficial for most people**, and especially those who have difficulty processing their issues verbally through traditional talk therapies.

What is witnessing?

- By tuning into the body's felt senses—interoception—and through deep listening and attending to the interior environment of the body, the inner witness can **observe and feel emotions and track impulses, without identifying with them, and consciously choose how to respond.**

Transpersonal experiences are beyond words.

- In authentic movement, movers may **dis-identify** from the personal and experienced states, and are being moved by impulses from the collective unconscious or cultural aspects.

How does Healing Take Place? Cultivating our awareness of the interdependence of our ecological self

- Healing dissociation or alienation involves us remembering, reconnecting, and reassociating through the replacing of our humanness within the larger place of the more than human world.
- By empathically witnessing sentient beings outdoors, we feel more grounded, connected, and fully ourselves.
- By sharing the impact of these experiences we attend to our own bodily, felt experience.

Resources

- ❖ **Courses:** Training in Discipline of Authentic Movement, 242 hours,
<https://authenticmovementcirclesblog.wordpress.com>
Application form: H.P.Payne@herts.ac.uk
(Also contact regarding small group for witnessing and movement)
- ❖ **Website:** https://www.researchgate.net/profile/Helen_Payne



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