

Assistants



GILL BELL

B.Ed Licensed Biodynamic Psychotherapist, Fellow IOBM; Deputy Training Director, Institute of Biodynamic Medicine

Gill has worked in the biodynamic field for almost 22 years. She is a qualified Primary School Teacher, and was involved in Sligo Arts over many years. Gill offers biodynamic residential programmes in Strandhill, Co Sligo and maintains her independent Biodynamic Clinic practice there, as well as at the Biodynamic Clinic at The Gables, in Shankill, Dublin. Gill is Convenor of North West Humanists in Sligo.



OLIVE KENNEDY

Licensed Senior Biodynamic Psychotherapist, Fellow IOBM, Deputy Clinical Director -The Biodynamic Clinic

Olive works at The Biodynamic Clinic in Killala. She offers individual ongoing sessions and also block therapy for those who may have to travel from further afield. Olive has over 23 years experience working in this field. She is a founding member of Killala Quilters and has published a book about the Famine in Ireland-"An Gorta Mór"

Workshop Leader



MARY MOLLOY

BA (Hons) FIOBM Founder and Principal Institute of Biodynamic Medicine

Mary has over 40 years experience in this field. She has applied and evolved the clinical methods of Biodynamic Psychology and Psychotherapy developed by Clinical Psychologist Gerda Boyesen into the newly emerging field of Biodynamic Medicine. She specialises in biodynamic treatments for relief of physical and nervous symptoms, diagnosed and chronic conditions, physical and emotional pain, and relief from the effects of stress and trauma, howsoever caused. The aim is to restore peace, essential organic relaxation, happiness and well-being.

DATES & TIMES

Saturday 1st December
& Sunday 2nd December
10am-6pm

LOCATION

Biodynamic Clinic
Quay Road, Killala

COURSE FEE

€225

BOOKINGS

Contact Carmel: 086 822 2070
iobm@biodynamic.org

BIODYNAMIC MEDICINE

MAKE UP
YOUR OWN
MIND

FOLLOW
YOUR
HEART

TRUST
YOUR
GUT
INSTINCT



Killala

**Saturday 1st
& Sunday 2nd
December**



INSTITUTE OF
BIODYNAMIC
MEDICINE

Biodynamic Medicine is defined as the art and science of healing in accordance with biodynamic principles.



Biodynamic Glymphatic System Treatment



Biodynamic Massage

Based on well established, safe and proven biodynamic psychology and psychotherapy practices, the Institute of Biodynamic Medicine is engaged in the development and application of new biodynamic protocols to advance knowledge in this field.

Weekend workshop

This is an experiential weekend for those interested in finding out more about the biodynamic approach, or in training in Biodynamic Medicine and its related fields with the Institute.

Our weekends can often mark the beginning of a lifelong journey of self discovery based on the biodynamic principles of self-regulation, 'primary personality' and independent wellbeing.

"This is energy work that goes to the cellular level of our human experiences and dissipates the trapped energy for moving forward in living." Clinical Nurse Specialist

"I experienced the workshop as very moving, very informative, very creative and at all times interesting."

"The weekend helped me to feel my emotions, allow them, articulate them, and clarify my position in staying with them."

"I began to feel connected to the world in a new and energetic way. It helped me to get beyond my neurotic self. It facilitated my experience of energetic pulsation and rhythm."

The Biodynamic approach

Recent research in neuro-science has indicated that the gut and brain are directly connected, and each play a crucial role in recovery from trauma and stress, howsoever caused. The aim of the biodynamic approach is to restore the health of this connection and ensure the circulation of life energy between the brain, heart and gut.

Using a loudspeaker stethoscope to monitor psycho peristalsis feedback from the gut we work to re engage the brain-draining function of the glymphatic system. This restores the normal regulation of the life-saving 'fight and flight' and 'freeze mechanism' responses to optimum function so that they are only activated when needed and don't remain constantly "switched on " or shut down. It also helps to support normalisation of neuroreceptors rooted in the brain, heart and gut.

Mary Molloy, Founder of the Institute of Biodynamic Medicine, has developed new clinical protocols from the combination of core biodynamic psychology and psychotherapy theory and practice and recent research findings in neuroscience. Joined by other Senior Licensed Biodynamic Psychotherapists, she will share and demonstrate these findings at the Introductory Weekend.

Biodynamic medicine brings a radical new dimension to total wellbeing and a welcome return to vibrant natural health.

What to expect

During the weekend we will explore and experience the life enhancing benefits of this new knowledge. We will find creative ways to restore the flow of life energy (bio-dynamic) in the natural channels and pathways of the body.

Within a comfortable biodynamic environment the group becomes a safe place to articulate feelings and knowledge, to 'rest and digest' and to restore the 'social engagement system'. This is an essential key to happiness and involvement in life.

Bio-dynamic is the life enhancing flow that nourishes our body and mind. It nurtures the soul and renews our sense of meaning and purpose. It brings quality relationships with self and others and builds capacity and zest for life.

We do hope you can join us and we look forward to see you at this weekend.

"I learned to trust myself and to listen to the wisdom of my gut, its okay to speak my truth, to experience true freedom."

"This has been a very special two days for me. I leave here with a very thankful heart."

"I found the weekend delightful and inspiring. While challenging at a personal level, it was very worthwhile. I would highly recommend this weekend to others."

"Preventative and healing medicine at its best"