



Mastering our emotions; an update on potential training in the therapeutic applications of the Perdekamp Emotional Method

Many of you were intrigued by the interview which Jane Jones undertook with the originators of the Perdekamp Emotional Method (PEM) in a recent edition of the Human Givens journal (Volume 23, No. 1). In this article Stephan Perdekamp and Sarah Victoria explained how their technique, which originated in the world of acting, enables people to recognise and manage innate emotional movement patterns, which can lead to better health. PEM has also been recognised as contributing to personal and professional development, and PEM Centre Hamburg not only offers state-certified programmes for communication and acting training, but has recently been officially certified by an agency of the German Accreditation Administration (Deutsche Akkreditierungsstelle) as an institution for professional development for all of Germany.

A number of Human Givens practitioners subsequently expressed interest in learning more about this method, with some attending the introductory workshop and even undertaking some further training. At the time of the interview the PEM team, who have so far been mainly based in Austria and Germany, were in the process of establishing a UK presence in drama schools and were also keen to offer further training for therapists in the UK. Unfortunately however the decision of the UK to leave the European Union has led to uncertainty about the immediate future of PEM in this country, and so they have for the moment been focussing their attention elsewhere, with centres now being developed as far away as Australia. Jane has nonetheless been continuing to liaise with Stephan and Sarah to try to create an opportunity for UK based therapists to learn practical exercises that they can use where appropriate with clients. As a result of this the PEM team are now developing an intensive programme intended to cover exercises for the range of emotions that might be of most value therapeutically. This is being planned as a four or five day course, probably in October/November and probably in London, but with dates and venue to be confirmed. The cost per day of this training would be equivalent to the day rate for Human Givens training. The intensive training would be open to those who are on a professional therapists register, such as the HGI, and to be eligible therapists must have undertaken the introductory PEM workshop. In order for the intensive training programme to be viable for the PEM team they would require a minimum of 16 participants and the maximum capacity would be 20.

If you would be interested in attending this intensive training then please complete the one minute survey below so that Jane and the PEM team can determine whether or not this course will be viable.

<https://www.surveymonkey.co.uk/r/T8FDBMN>

If you are interested but have not yet done the PEM introductory workshop for therapists then you have a chance to do this on either **Saturday 17th** or **Saturday June 24th 2017** in London (venue to be confirmed). This six hour workshop costs £95. Please see the PEM website for details of this workshop and to sign up. <http://pem-acting.com/pem-beyond-the-arts>