

Addiction. Affliction?

Or a guide to wholeness?

23 & 24 April 2022

I'm excited to offer a transpersonal way of working with addictions. Addictions are a distorted way of seeking wholeness. Discover how, by using substances, we unconsciously try to access denied aspects of ourselves. We will then, using altered states of consciousness, learn how to access the missing 'piece' *without* the addictive substance or behaviour.

Transpersonal theory of addiction

Jung proposed that symptoms can be seen as unconscious processes seeking to make themselves known. Addictions are symptoms and therefore can be seen as messages from the unconscious. Taking this view as the basis for the workshop and drawing upon the teachings of Carl Jung, Christina Grof, Arnold Mindell and others, we will examine the theory that addictions are a distorted way of seeking wholeness and we will discover how to reach down to the roots of the addiction and pinpoint the unconsciously sought-after marginalised aspect.



What you'll get from this workshop

- ▶ the role and purpose of altered states of consciousness
 - ▶ how to recognise addictions, substance abuse and addictive tendencies
 - ▶ creative techniques to help us identify the 'holes' in the personality which lead to the need for addictions
 - ▶ imaginative ways of getting to the root of the addiction and to help integrate the split-off parts of the psyche which propel us towards addiction.
- (continued overleaf...)



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psychotherapy

- ▶ how to harness the split-off part and listen to the message the addiction is presenting and how to use this message as a guide towards individuation.

The weekend is aimed therapists and counsellors, psychotherapists-in-training and student counsellors who work with people either suffering from addictions, substance abuse or addictive tendencies.

Addictions - friend or foe?

In asking this question, we are not taking addiction lightly. If we don't fully understand the origins of the addiction, how can we be confident of avoiding a relapse? Because we usually marginalise the state obtained via use of the addictive drug, we rarely pause long enough to explore whether there is anything really useful about the state itself ~ whether the compulsion to repeatedly experience that state might mean that there is an important aspect of the personality that has been sidelined. So, we will explore addictions from a perspective that's rather different to mainstream viewpoint.

Working on your own material

In order to gain the maximum benefit from the experiential work, it will be useful for participants to identify an addiction (or an addictive tendency) of their own. It need not be a serious addiction. Some examples of previous presenting issues on this workshop are: workaholism, thinking excessively, exercising to excess, internet addiction, compulsive over-eating, alcoholism, alcohol abuse, recreational drug use, etc.

The location	Violet Hill Studios, 6 Violet Hill, St John's Wood, London, NW8 9EB (closest tube Maida Vale)
The dates	23 & 24 April 2022
The times	10 am - 5pm
The cost	£235
To book	Visit my website www.lynnsomerfield.com/workshops/ or email me.
Website	www.lynnsomerfield.com
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A Certificate of Completion for 12 hours' CPD will be issued, together with comprehensive handouts. For more information about my training, qualifications and workshops, please visit my website.



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