



Lynn Somerfield  
psychotherapy

## Workshops

### Psychology and the Chakras

#### It's not all woo-woo\*

\* Woo-woo (adj.) concerned with emotions, mysticism, or spiritualism; other than rational or scientific; mysterious.

The chakra system was formulated thousands of years ago and written about in the Yoga Upanishads and Tantric texts. Chakras are vortices of energy which receive, assimilate, transmit and transform energy. Traumas and abuses can and do cause chakra imbalances and blockages which impede the flow of the life force and if left unattended, causes physical symptoms. The life force ~ the Chi, the Ki, the Prana, "The Force" ~ is the mystery that makes us who we are.

I am offering this workshop to explore how the chakra system corresponds to the developmental stages outlined by Freud, Erikson, Lowen, Maslow Wilbur and others.

Drawing upon upon the works of Anodea Judith (Eastern Body, Western Mind), Arthur Avalon, Caroline Myss and others we will see how the chakra system can be used to help diagnose traumas, abuses and arrested developmental issues which cause the chakra system to become out of balance which, in turn, can cause physical, emotional and psychological issues.

## Imbalances in the Chakras

Imbalance in the chakra system impedes the flow of the life force. This is experienced in many ways ~ as a lack of vitality — or as physical symptoms in the areas affected by the imbalanced chakra. Problems with expressing one's self can be caused by an imbalanced throat chakra; hoarding or persistent financial problems might be due to an excessive or deficient base chakra.

## What you will Learn

During this workshop (part lecture, part-experiential) we will learn:

- What the chakras are
- An overview of the chakra system
- The location of the chakras
- The developmental stage when each chakra is formed
- The developmental tasks associated with each chakra
- Traumas and abuses that can cause chakra imbalances and developmental problems
- Examples of some ways of balancing the chakras

During the workshop, we will explore our own chakra system combining theoretical input and guided visualisations and we will draw a personal chakra 'map'.

**The Location**    9 Orme Court, Bayswater London W2 4RL  
Next to Kensington Gardens.  
Nearest Tube Stations are Queensway and Bayswater.

**The Dates**        31<sup>st</sup> July and 1<sup>st</sup> August 2021

**The Times**        10am to 6pm

**The Cost**          £220

**How to Book**    To secure your place on this Workshop, please either email me  
at [lynn@lynnsomerfield.com](mailto:lynn@lynnsomerfield.com) or sign up via my website [www.lynnsomerfield.com](http://www.lynnsomerfield.com)

## Training Manual and Certificates of Attendance

A training manual will be provided, together with Certificates of Attendance for 12 CPD hours.

## Workshop Leader

For more information about the workshop leader Lynn Somerfield, her therapeutic style, approach and qualifications, please visit...

[www.lynnsomerfield.com/about-me](http://www.lynnsomerfield.com/about-me)