

Transpersonal and Humanistic CPD

Gestalt & The Dreambody Experiential Weekend



12 & 13 February 2022

"Practice isn't the thing you do once you're good. It's the thing you do that makes you good." Malcolm Gladwell



Lynn Somerfield
psychotherapy

I'm excited to offer a two-day workshop designed to help anyone who's interested in enhancing their skills in the *transformational* therapies of gestalt and process-oriented psychology.

We will:

- explore the gestalt cycle of experience
- review the possible causes of interrupted cycles of experience and how to diagnose and remedy disturbances

We will then:

- take a look at the language and techniques of gestalt
- practice spotting polarities as a way of unearthing what's trying to unfold
- find ways of separating the polarities in order to integrate emerging secondary processes
- work with the dreaming body, learning how to help the client process through the basic modalities of sight, sound, hearing, sensation and movement to enable the message of the symptom to be directly experienced and understood.

The time, the place, the cost

Place: Violet Hill Studios, Centre for Healing, 6 Violet Hill, London, NW8 9EB

Date: 12 & 13 February 2022

Time: 10 am - 5pm

Cost: £235

To book: Please book online - www.lynnsomerfield.com/workshops/ or email to reserve your place.

Please note:

Places cancelled less than 30 days before workshop must be paid for in full.

Lynn Somerfield

I graduated as a psychotherapist in 1998, and have a busy private practice. I am a staff member at CCPE in Little Venice, a supervisor and group facilitator and I have run hundreds of workshops during 23 years in the field of psychotherapy. I lead a variety of workshops every year – please visit my website for further information.

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A CPD certificate for 12 hours will be provided on completion of the workshop.