

Professional Development Workshop

Gestalt and the Dreaming Body

An experiential weekend with Lynn Somerfield

28 & 29 March 2026



In **alchemy**, the Ouroboros symbolises the unity of opposites, the eternal return, and the transformative process. In this enlivening weekend workshop, we will explore unresolved experiences and the hidden messages within symptoms, uncovering how engaging with them can open the way to resolution, integration, and renewed vitality. For more details and booking information, see overleaf or scan the QR code.



Join me for a two-day workshop exploring Gestalt and Process-Oriented Psychology. Through teaching, demonstrations, and hands-on practice, this enlivening and invigorating training will deepen your skills and expand your practice.

Day One – Foundations of Gestalt

- Explore the *Gestalt cycle of experience*.
- Understand the causes of interruptions in this cycle — and how to recognise, diagnose, and work with them.
- Learn the language and core techniques of Gestalt practice.

Day Two – Process Work in Action

- Develop skills in spotting polarities to uncover what is emerging.
- Practice methods of separating and integrating polarities to support transformation and closure.
- Work with the *dreaming body* — learning to process experiences through sight, sound, movement, sensation, and imagery — so that the more profound message of symptoms can be directly experienced and understood.

Practical Details

Place: CCPE, Beauchamp Lodge, 2 Warwick Crescent, London W2 6NE
Date: Saturday 28 & Sunday 29 March 2026
Time: 10:00 am – 4:30 pm
Cost: £295

Booking:

Online: www.lynnsomerfield.com/workshops or email: lynn@lynnsomerfield.com

A 50% deposit is non-refundable. Cancellations made less than 10 weeks before the workshop are payable in full.


About Your Facilitator

Lynn Somerfield, a psychotherapist and workshop leader with over 25 years' experience, was a staff member at CCPE for many years. I lead a range of professional and personal development workshops each year. Her new book, published by Routledge, is scheduled for release in early 2026. Look out for it - *"The Seeds of Change: How Therapists Cultivate Personal Growth"*

For more details:

 www.lynnsomerfield.com

 lynn@lynnsomerfield.com

 07762 738238

CPD Certificate: A certificate for 12 hours will be provided upon completion

Scan the QR code for details on this and other workshops.

