

# Women and weight

An exploration of the psychological blocks that can cause us to hold onto unwanted weight



## A burden we are forced to carry? Or an important message from the unconscious?

Those of us who struggle with weight issues often treat our bodies like a burden we are forced to carry. But what if our unwanted excess weight is carrying a message from our unconscious?

Food represents love and sustenance; outside of the womb, being breast-fed is one of the earliest experiences of fusion with another human.

So, when we discuss our struggles with food, we are talking not just about bodily urges but emotional appetites and wanting to be loved.

When we are unhappy with our bodies, we may wish to ignore its existence and yet ~ ironically ~ it becomes increasingly difficult to do so when we are carrying excess weight.

Carl Jung suggested that, to become conscious of the body was to become conscious of the spirit. Could it be that being overweight is our way of calling attention to matters pertaining to the spirit? Is there an important message we're not hearing?

Within each person's unconscious there is a 'blueprint' for the total personality containing all the qualities which constitute a total psychological being. For most of us, only a fragment of this has been made conscious, which means we're not fulfilling our potential.

To do this, we need learn to consult with our unconscious.

In the process of becoming whole, the conscious and the unconscious have crucial parts to play. When these two fail to communicate, disturbances such as physical symptoms (like being overweight), 'accidents', compulsions, depression and neuroses.

Over the course of this weekend workshop, we will explore the issues of unwanted weight, overeating, our relationship with our bodies and the impact these issues have upon our lives.

Carl Jung described the unconscious as an energy field ~ the creative source of human consciousness. The integration of unconscious material is necessary to reflect our wholeness although the process is never fully complete. Jung called this process individuation.

In this experiential workshop, we will explore the issues of weight, overeating, our own bodies and the impact of treating our bodies with antipathy at best and hatred at worst.

Through discussion and a series of creative exercises we will examine how our unwanted weight may carry a hidden message of importance to our lives and our process of becoming whole.

This workshop is for people who are interested in the subject and also for psychotherapists and counsellors who have clients who struggle with this all-too-common problem.

Those who've struggled with issues such as unwanted weight and body image issues will benefit most from this workshop.

Whether you're hoping to lose weight or to learn to accept your body shape, this workshop will help you be less afraid of (and more in touch with) your own body, what you are really hungering for and help you build a new relationship with the food you eat. My aim is to help you discover the psychological reasons behind the roller coaster of yo-yo weight loss and gain. This knowledge can help shed a light on why weight loss is all too often regained.

### **Lynn Somerfield**

I worked in the advertising industry for around 20 years before changing careers.

I studied for a total of ten years at the Centre for Counselling and Psychotherapy Education (CCPE) in

Maida Vale, London, graduating in 1998 with a Diploma in Transpersonal Psychotherapy and going on to obtain an MA (Distinction) in Transpersonal Psychotherapy (my dissertation was on women and weight) and also obtained Diplomas in Supervision, Advanced Psychotherapy and EMDR Parts 1,2 and 3.

I am in private practice as a psychotherapist and supervisor in London and Bedfordshire. I am a lecturer at CCPE ~ a large transpersonal and integrative psychotherapy training centre and clinic in Maida Vale, London, W2 ([www.ccpe.org.uk](http://www.ccpe.org.uk)).

I run regular weekend workshops on a variety of topics ~ please visit my website for more information.

### **How to book**

Visit my website or email for further information or to book.

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