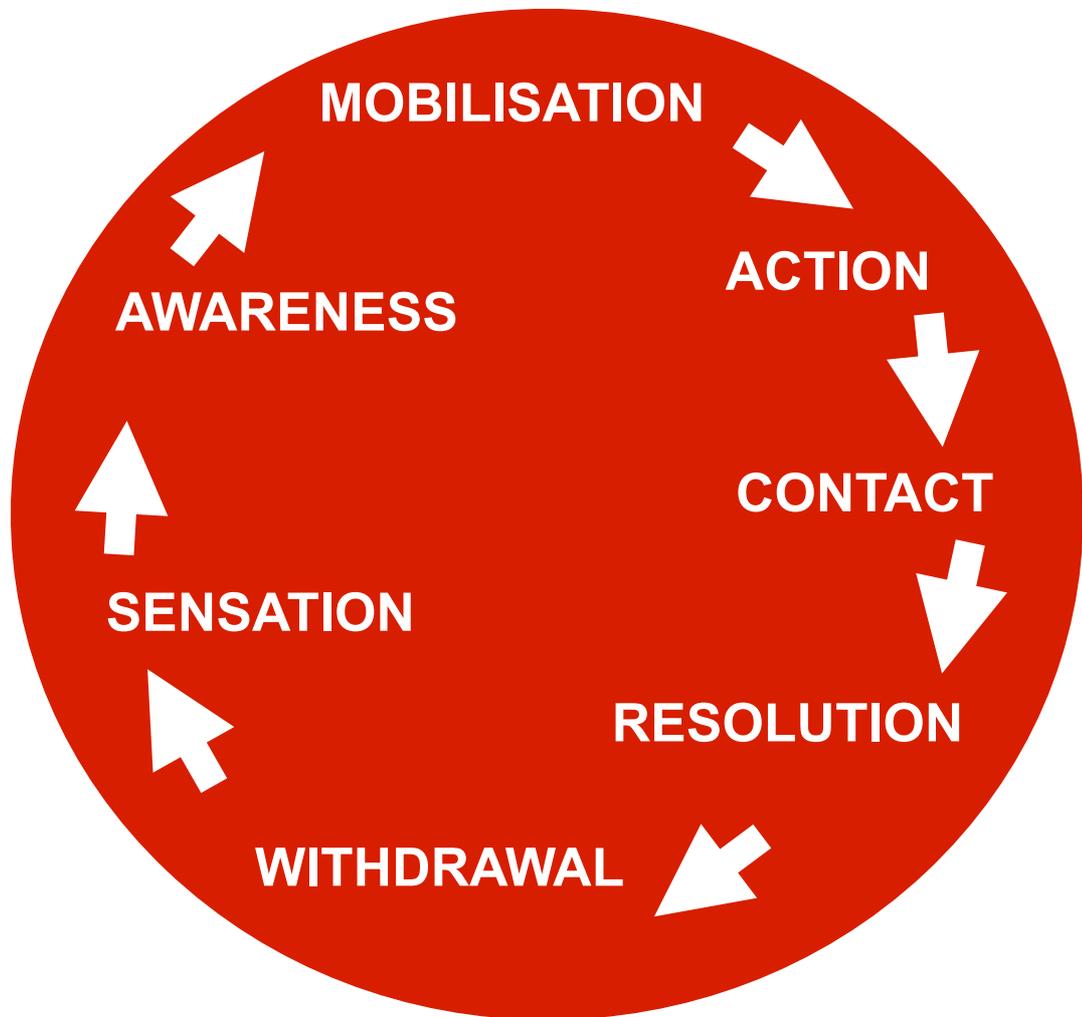


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# GESTALT REFRESHER DAY

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**RE-LIGHT YOUR FIRE AND  
REFRESH YOUR SKILLS**

One-day workshop with Lynn Somerfield

I'm thrilled to offer you an affordable one-day gestalt skills experience.

This workshop is designed primarily for those people who have some experience of working with gestalt techniques and the extra practice will benefit those who attended the CCPE 2nd year gestalt seminar.

But don't exclude yourself if you're really interested ~ call me and we can discuss whether this is the right workshop for you.

#### We will:

- ▶ re-cap on the gestalt cycle of experience
- ▶ review the possible causes of interrupted cycles of experience and...
- ▶ the ways to remedy this

#### We will then:

- ▶ take another look at the language and techniques of gestalt
- ▶ consider working with polarities as an important tool when using gestalt techniques

And most importantly of all ~

- ▶ we will practice, practice, practice!

**This is a standalone workshop day or you can double-down on your skills practice by attending day 2 - **Working With The Dreaming Body.** See separate leaflet for details.**

## **Lynn Somerfield**

I graduated as a transpersonal psychotherapist in 1998, and have a private practice seeing individuals and couples.

I am a staff member at CCPE in Little Venice, a supervisor and group facilitator and I run a variety of workshops ( please visit my website for further information).

Website:

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Tel:

07762 738238

### **Workshop dates, times and cost**

Please email Lynn for details of forthcoming workshop.

Time: 10 am - 5pm

Cost: £110

### **To book**

Please email or call Lynn for further information or to book.

Please note:

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

A CPD certificate for 6 hours will be provided on completion of the workshop.

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