

The Dreaming Body

Gestalt and Process-Oriented Therapy
Experiential Weekend



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

Sat 26th and Sun 27th April 2025



See overleaf...

I'm delighted to offer a two-day workshop to enhance your skills in the transpersonal and transformational therapies of gestalt and process-oriented psychology.

We will:

- explore the Gestalt cycle of experience
- take a look at the language and techniques of Gestalt
- review the possible causes of interrupted cycles of experience and how to
- diagnose and remedy disturbances
- practice spotting polarities as a way of unearthing what's trying to unfold
- find ways of separating the polarities to integrate emerging secondary processes
- work with the dreaming body, learning how to help the client process the symptom through the primary 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

Dates: 26 & 27 April 2025

Time: 10 am - 5 pm

Cost: £290

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

About Lynn Somerfield

I graduated as a psychotherapist in 1998 and have a busy private practice working with individuals, couples and supervisees. I have been a workshop facilitator for over 25 years – please see my website for further information. I trained at CCPE, where I was on staff for many years. I have an M.A. (Distinction) in Transpersonal Psychotherapy and Diplomas in Transpersonal Psychotherapy & Counselling, Advanced Transpersonal Psychotherapy, and Supervision.



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A CPD certificate for 12 hours will be provided upon workshop completion, and a training handout will be provided.

