



Addiction. Affliction? Or A Guide To Wholeness?

30 September & 1 October 2023

I'm pleased to offer a transpersonal way of working with addiction. Addictions are a distorted way of seeking wholeness. Discover how, by using substances, we unconsciously try to access denied aspects of ourselves.

We will then, using altered states of consciousness, learn how to connect with the missing 'piece' without the addictive substance or behaviour.

[Transpersonal theory of addiction](#)

Jung proposed that symptoms can be seen as unconscious processes seeking to make themselves known. Addictions are symptoms and therefore can be seen as messages from the unconscious. Taking this view as the basis for the workshop and drawing upon the teachings of Carl Jung, Christina Grof, Arnold Mindell and others, we will examine the theory that addictions are a distorted way of seeking wholeness and we will discover how to reach down to the roots of the addiction and pinpoint the unconsciously sought-after marginalised aspect.

[What you'll get from this workshop](#)

We'll explore:

- the role and purpose of altered states of consciousness
- how to recognise addictions, dependence and abuse
- creative techniques to help identify the 'holes in the personality which lead to the need for altered states of consciousness



Transpersonal and Integrative CPD Workshops

- ways of accessing the root of the addiction/addictive tendency
- methods of integrating the split-off parts of the psyche which can propel us towards addiction

If we don't fully understand the origins of the addiction, how can we be confident of avoiding a relapse? And because we usually marginalise the state obtained via use of the addiction, we rarely pause long enough to explore whether there is anything really useful about the state itself. The compulsion to repeatedly experience that state might mean that there is an important aspect of the personality that has been sidelined. So, we will explore addictions from a perspective that's rather different to mainstream.

Who Can Attend?

Psychotherapists and psychotherapists-in-training and anyone who's struggling with addictions or dependence on ingested substances or addictive behaviours.

In order to gain the maximum benefit from the experiential work, it will be useful for participants to identify an addiction (or an addictive tendency) of their own. It need not be a serious addiction. Some examples of previous presenting issues on this workshop are: workaholism, thinking or exercising excessively, internet addiction, compulsive over-eating, alcoholism/abuse, drug use, etc.

The Location Violet Hill Studios, 6 Violet Hill, St John's Wood, London, NW8 9EB (closest tube Maida Vale)

The dates 30 Sept and 1 Oct 2023

The times 10 am - 5pm

The cost £250

To book Visit my website or email me.

Website www.lynnsomerfield.com/workshops/

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A Certificate of Completion for 12 hours' CPD will be issued, together with comprehensive handouts.

For more information about my training, qualifications and workshops, please visit my website.