

## Some examples of addictions/addictive tendencies

Alcohol	Romance
Relationships	Religion
Rage	Shopping
Television	Thinking
Books	Work
Gambling	Exercise
Computers	Food
Crises.....etc	Negativity
Drugs	
Sex	

## The time, the place, etc.

Dates: June 10 & 11 2006  
Times: 10—5  
Venue: CCPE, Beauchamp Lodge, Little Venice, London, W2 6NE.  
The cost: £150 for the weekend, including handouts.  
Tel: 01525 840871  
Cell: 07762 738238.  
Email: lynn.somerfield@gmail.com  
Website: www.lynnsomerfield.co.uk  
To book: Send a deposit of £65 (non-refundable and not transferable). Cheques made payable to 'Lynn Somerfield' c/o CCPE (address above) together with your contact details.

## Lynn Somerfield

I worked in advertising for around 18 years organising TV, radio, press and poster advertising campaigns from client briefing stage through to implementation and beyond— organising research and auditing effectiveness and so on.

In 1991, after suffering a long bout of M.E. or chronic fatigue syndrome, I decided to change careers. I obtained Diplomas in Anatomy and Physiology, Holistic Massage, Advanced Massage, Indian Head Massage, Clinical Aromatherapy and Reflexology. In 1994, I obtained a Certificate in **Stress Management** and studied at CCPE, gaining a **Certificate in Transpersonal Counselling Skills**, graduating four years later in 1998 with a **Diploma in Transpersonal Psychotherapy**. I went on to obtain a **Masters in Transpersonal Psychotherapy** and **Diplomas in Supervision and Advanced Psychotherapy**.

I now have a busy psychotherapy practice in Central London and in Bedfordshire. I am on the staff of CCPE as a facilitator and supervisor and work as a trainer and coach. I run regular weekend workshops on a wide variety of topics – from more esoteric and transpersonal subjects through to Cognitive Behavioural Therapy and Transactional Analysis.

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# Addiction: friend or foe?

An experiential workshop  
working with altered states of  
consciousness

with Lynn Somerfield



**10 & 11 June 2006**  
**£150**

A 'must' for anyone struggling with addiction,  
or for therapists working with addictions.

## Who's the workshop aimed at?

This experiential workshop is designed to help people struggling with addictions and compulsions to gain insight into their own addictions (or addictive tendencies). It's also a 'must' for therapists working with people suffering from addiction.

However, you will need to have an addiction or an addictive tendency to work on in order to participate in the exercises. It needn't be a serious problem. Please phone Lynn if you'd like advice on whether you'd benefit from the workshop.

## The theory

Many of us suffer from some habit we'd rather be without. Jung proposed that symptoms can be seen as unconscious processes seeking to make themselves known.

Addictions and compulsions can be viewed in the same way. This theory forms the basis for the workshop. We will explore addictions as a distorted way of seeking wholeness. We will uncover the essence of the addiction and explore how the *essence* is something we are compelled to seek, although through addiction, we are doing this in a distorted manner.

## What you'll get from this workshop

After creating a safe container, we will, as a group, begin to explore addictions from a perspective that's rather different to the normal way. We will explore:

- ξ Altered states of consciousness & their role in our lives—why we need them, what their purpose is;
- ξ What constitutes addiction;
- ξ What's the difference between addiction, heavy usage, a tendency and an attachment;
- ξ How we - as a society—marginalise addictions, addictive substances, some types of behaviour, altered states of consciousness, etc.;
- ξ Why we feel the need to do this;
- ξ The reason why we sometimes repeatedly ingest a substance or indulge in an addictive behaviour that has apparently self-defeating effects;
- ξ ...and more

We will then move on to explore our own addictions, tendencies and attachments. Participants will be guided through a series of exercises which will be explained and demonstrated.

You will be asked to work in pairs, working on your own addiction. Each exercise is designed to give increasing insight into the nature of your own addiction or addictive tendency and what you are (at a soul level) attempting to resolve by the use of the substance, relationship or behaviour.

You will then—using an altered state of consciousness—discover how to access this desired altered state of consciousness without the use of the substance, relationship or behaviour.

## Health warning

If you have recently given up a very addictive substance, one of the exercises is to be avoided in case it produces cravings. For this exercise, you can choose another, less addictive, less problematic addiction or addictive tendency to work on. Lynn is able to advise people individually about this—please seek advice if you are at all concerned. You can still benefit hugely from the workshop without working directly on your main addictive tendency.

## Lynn's qualifications for this workshop

Lynn has 25 years of recovery from addiction under her belt.

In addition to this, she has worked professionally in the field of addiction for around 10 years.