

Addictions

Friend or Foe?

This experiential workshop is designed to help people struggling with addictions and compulsions to gain insight into their own addictive tendencies or addictions. The workshop is designed for personal growth but therapists but therapists or anyone with an interest in the subject are welcome but you will need to have an addiction or addictive tendencies to work on in order to participate!

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 seen in the same way. This workshop will explore addictions as a distorted way of seeking wholeness.

In this workshop, we will examine how we marginalise addictions and altered states of consciousness. We will learn how to access the essence of the addiction/ altered state of consciousness and explore how to use this essence as a guide on the journey to wholeness.

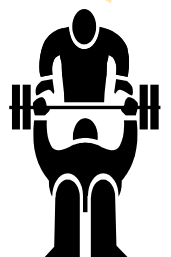
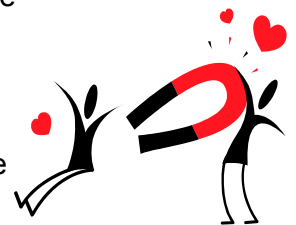
So we will explore the nature of the addiction from a transpersonal perspective. The workshop will be conducted in a safe, non-judgemental atmosphere; an attitude of openness and curiosity will be encouraged. In order to participate in the exercises, attendees will need to work on their own addictions or addictive tendencies (*go on, you're bound to have something you can work on!*).

Some examples of possible types of addiction: drink, drugs, sex, love, shopping, thinking, work, exercise, food, negativity, people (co-dependency), religion, television, books, computers, crises.....etc

The Facilitator

Lynn Somerfield graduated as a psychotherapist in 1998. She has a Masters Degree and a Diploma in Transpersonal Psychotherapy together with Diplomas in Supervision and Advanced Psychotherapy. She has busy private practice and also works as a facilitator, supervisor and workshop leader.

Lynn has worked for years in the field of drink and drug addiction and has a special interest in working transpersonally with addictions and non-ordinary states of consciousness



Next workshop:

March 11 & 12 2006

Venue:

CCPE, Beachamp Lodge, Little Venice, London, W2 6NE

The Cost:

£150 for the weekend, including handouts

Telephone:

Lynn Somerfield on 01525 840871 or 07762 738 238

Website:

www.lynnsoomerfield.co.uk

To Book:

Send a cheque for £65 (non-refundable and not transferable to anyone else or another workshop) to 'Lynn Somerfield', c/o above address, together with your name, address and telephone number with a little information about yourself (is workshop for personal growth, are you in therapy or not, is workshop for professional development etc?)