

Dates, venues, how to book, etc.

The dates: Sat & Sun 7 & 8 October 2006.

The cost: £150 for the weekend, including handouts.

To book: Send a deposit of £65 (**non-refundable and non-transferable**) made payable to *Lynn Somerfield* to CCPE at the address below.

The venue: CCPE, Beauchamp Lodge, 2 Warwick Crescent, Little Venice, London, W2 6NE. Tel: 020 7266 3006.

Phone: 01525 840871 or 07762 738238

Email: lynn.somerfield@gmail.com

Website: www.lynnsomerfield.co.uk

Lynn runs regular workshops in Beauchamp Lodge, a Grade II listed building in leafy Little Venice, London, W2, on the banks of the Grand Union Canal and also at the stunning Violet Hill Studios in St. John's Wood, London.

Venues in other parts of the country are arranged when sufficient numbers of people are interested in attending a workshop. Lynn is also available for work in organisations. Please telephone for more information.

To put your name on Lynn's mailing list, or enquire about forthcoming workshops, please visit the website, Email or telephone Lynn.



Lynn Somerfield,
M.A. Psych. Couns.; Dips. Psych. Couns.,
Supervision & Advanced Psychotherapy.
UKCP Accredited & BACP Member.

Lynn Somerfield

After leaving school, I worked in the advertising industry for around 18 years, working as an Account Manager then Account Director in a client-agency liaison capacity, organising TV, radio, press and poster advertising campaigns from briefing stage through to implementation and beyond.

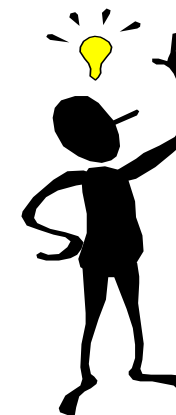
In 1991, after suffering a long bout of M.E. I decided to change careers. I obtained Diplomas in **Anatomy & Physiology, Holistic Massage, Advanced Massage, Indian Head Massage, Aromatherapy, and Reflexology.**

As I worked on my clients' bodies, I listened with fascination to the story of their symptoms – which usually expanded into the story of their lives – and it began to dawn on me that there was a close connection between their symptoms and their life challenges. People with 'bad' backs seemed to be burdened, clients with skin problems were often not in touch with their own sensitivity, and so on. I began to feel excited – I intuitively felt I was onto something!

I wanted to somehow help people listen to the wisdom of their bodies. I had little idea, however, how to go about this, nor was I aware that there was a body of literature and whole schools of thought that covered this topic. So I began intuitively – as I always have - with whatever 'flirted' strongly with my attention. I did a short training in **Stress Management** and then studied at CCPE, graduating in 1998 with a **Diploma in Transpersonal Psychotherapy**, going on to obtain a **Masters in Transpersonal Psychotherapy** and **Diplomas in Supervision and Advanced Psychotherapy.**

now have a busy psychotherapy practice and 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/transpersonal subjects through to Cognitive Behavioural Therapy and Transactional Analysis.

Website: www.lynnsomerfield.co.uk
To contact: 01525 840871
To email: lynn.somerfield@gmail.com



Stuck? Unable to change? Recurring patterns of behaviour?

It's probably your Life Script.
Learn what yours is, is it a Winning, Losing or Mediocre Script? Discover how it influences your decisions and your life. *Change it!*
A weekend workshop that makes Transactional Analysis easy!
7 & 8 October 2006
Facilitated by Lynn Somerfield

T.A. for Dummies!

Who's the workshop aimed at?

This seminar will be equally useful to skilled professionals looking to increase the number of 'tools' in their toolkit such as psychotherapists and counsellors who already work - or are willing to work - holistically, integratively.

Also professionals such as social workers, project workers, trainers, HR professionals, life coaches, etc. and those who are interested in personal growth.

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What is T.A?

Transactional Analysis is a theory of personality and a model of psychotherapy aimed at personal growth and change. The theory breaks down roughly into 3 parts:

THEORY OF CHILD DEVELOPMENT

TA's theory of child development offers a concept of the **life script**. The TA model of the life script suggests that we develop childhood strategies in order to cope with our childhood challenges and continue to re-play these childhood strategies as adults – even when this produces self-defeating, painful results.

The life script is made up of a number of components such as life positions, games, rackets, drivers, 'trading stamps', attributes and injunctions.

Because we are mostly unaware of our life script, it can – and does - dictate what happens in our lives. Understanding your own life script and becoming increasingly conscious

of your own 'scripty' behaviour (and changing it) is the aim of TA.

THEORY OF PERSONALITY

TA's personality theory uses a three-part model called the **ego state model**. This model helps us understand how people express their personality in terms of their behavioural patterns.

THEORY OF COMMUNICATION

TA's theory of communication uses the ego-state model to explain what goes on during the process of communication. It uses the term **transaction** to describe what happens when two people communicate. Using the ego-state model we can identify (through body language, the spoken word, tone of voice, etc.) whether an individual is in their **Parent, Adult or Child** ego state – and by using a complementary ego state we can learn to become skilled communicators.

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What you will learn on this workshop

Life scripts

How they developed – what constitutes Winning, Losing and Mediocre scripts, etc.

The script components

Games – what they are, why we play them, what yours is, the drama triangle, the payoffs, etc.

Rackets – how they tie into your script beliefs, how they influence feelings, 'rackety behaviour', how to break out of the Racket System.

Drivers – the definition, the 5 most popular types, positive and negative aspects, how to identify yours and how to use them, rather than become a victim of them!

Attributes – what they are, how we come to 'own' them, how to ascertain whether they are really true and what to do about them and so on.

Injunctions – what they are; 12 commonly identified injunctions, how our life decisions relate to our injunctions, etc.

Life Positions – definition of, why and how we take a position such as "*I'm OK, You're Not OK*", etc., how it serves us or doesn't, and so on.

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EXPERIENTIAL WORK

Woven in throughout the weekend will be exercises designed to help integrate the learning with some practice. You will be working on real life problems to disinter and learn to deal with your own Games Rackets and Drivers.

DISCOVER YOUR OWN SCRIPT

What it is, what it comprises, how it serves you or defeats you.

Re-write it!

You'll learn how to overcome your losing or mediocre script and choose the only realistic healthy alternative – consciousness!