

During the weekend and time permitting, we will be using:

Transpersonal Therapy

Gestalt Therapy

Process Oriented Therapy

Working with The Body

Psychodrama

Sculpting

About 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 to the story of their symptoms 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 intrigued – I instinctively felt I was onto something!

I wanted to 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 a whole school of thought that covered this topic. So I began with a short training in Stress Management and then studied Transpersonal Psychotherapy at CCPE, graduating in 1998 with a Diploma and going on to obtain a Masters in Transpersonal Psychotherapy and Diplomas in Supervision and Advanced Psychotherapy.

I now have a busy psychotherapy practice operating from Central London and from my home 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 variety of topics – from more esoteric/transpersonal subjects through to Cognitive Behavioural Therapy and Transactional Analysis.

Please visit my website for more information.

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Creative Therapy



**Frozen in your chair — listening
whilst your clients talk?
Sometimes feel stuck in your
client work?
Wondering how to help the
process along?**

Here's a workshop to help..

Don't push the river, go with the flow.....?

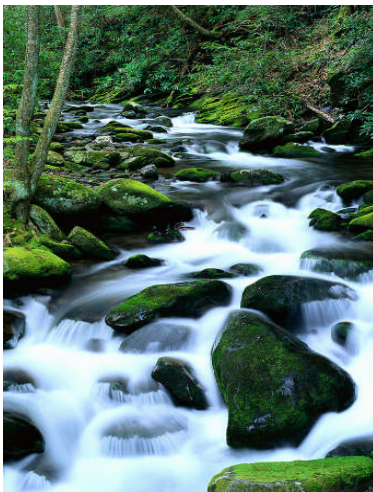
Therapists! Counsellors! Student Counsellors!! Ever feel like you're glued to your chair, stuck in the talking-and-listening modality whilst your clients tell you their story whilst you listen, mirror, paraphrase? Feel shy about suggesting something different to your client?

Ever wondered how you can get things *moving*? Unsure when you're just going with the flow and when are you simply feeling stuck by the riverside, monitoring what's flowing past you, too safe in your own comfort zone to do some swimming?

Push the river? The therapist as lubricant

In India it's considered a great sin to awaken someone who's fast asleep. But when your client's in front of you and they've volunteered for therapy, aren't they already stirring?

In this weekend workshop, you will learn how to —without crashing through defences (and always with your client's permission) - with a little nudge here, a small 'experiment' there —ways to ease the process along more swiftly than it might otherwise.



Working with channels

On this workshop, you'll learn how to *lubricate the therapeutic process*. To move from *observing the flow of the river to swimming in it*. Emotion has been described by John Bradshaw as "**e-motion—energy-in-motion**". Which begs the question—how on earth can we easily help clients to express blocked emotions when we (and they) remain fairly motionless in a seated position?

The workshop

During the weekend, you will learn how to help the client out of the comfort zone (usually— but not always— the talking modality) and into the other 'channels' or modalities:

Visual Relationship Auditory Sensation Movement

Working in this way, the client's unconscious contents are more easily accessible.

This exciting workshop is largely experiential and you will be guided through a series of transpersonal exercises that will enable you to work in a way that Lynn describes as the **Tao of Therapy**.

Taoism (pronounced "*Dowism*") began as a combination of psychology and philosophy but was later adopted as a religion. Tao can be roughly translated as *the way*. It embodies the harmony of opposites - there would be no love

without hate, no light without dark, no male without female.

Basically indefinable, it has to be experienced. The Tao has been described as a power which envelops, surrounds and flows through all things, living and non-living;. It is that which regulates natural processes and promotes balance in the Universe.

During this weekend workshop, we will learn to use 'meta skills' - awareness of body language, 'double signals', primary and secondary processes, foreground and background information, introverted and extroverted feeling, sensing, seeing, hearing, etc.) You will learn to follow the client's process without interrupting to ask for clarification or questions, learning to facilitate the progression through the channels without actually steering the client at all.

Based on recognised bodies of work such as Process Oriented Psychotherapy, Gestalt Therapy, Mindfulness and Focusing and often using Altered States of Consciousness, Lynn will guide participants through a variety of exercises designed to access the 'holes' in the personality, the shadow, unconscious contents and most of all hidden potential. Exercises will be demonstrated and then participants will be asked to work in pairs to gain experience.