

## A workshop addressing the *real* questions about weight...

This is a weighty workshop with a difference. We will be looking at weight from a different perspective than the usual calories-in versus calories-out one. Our unconscious is constantly seeking to make itself conscious. According to Carl Jung, the famous Swiss psychiatrist, if we don't co-operate with the unconscious, it makes itself heard through symptoms - either physical symptoms, such as weight gain or backache, migraines and so on, or through compulsions, depressions and neuroses (*"Neurosis is always a substitute for legitimate suffering"*, Carl Jung)

### **During this 2-day experiential workshop we will explore:**

- what it's like to be overweight in a society that worships thinness;
- what *purpose* our fat serves and why it sometimes won't budge;
- the *price of being 'nice'* and its impact on our physical bodies;
- how we relate to, and develop our attitudes towards, our bodies;
- how being instinct-injured affects our relationship with food;
- how we *repress aspects* of ourselves that seek expression, and...
- how we can *gain access* to the unexpressed aspects of ourselves and begin a process of transformation and healing.



## What you can expect from this workshop....

We will begin the weekend by creating a safe, containing environment so that each of the participants can begin to explore the message hidden within her own unwanted excess weight. As the group grows in familiarity, we will harvest the group's wisdom and support. Using a variety of creative therapeutic processes, we will begin to move individually and collectively towards healing and developing a healthy, nurturing, non-violent relationship with our bodies. Workshops vary according to the needs and requirements of the participants but we invariably use a variety of experiential processes such as:

***Mindfulness***

***Art therapy***

***Dance***

***Mythology***

***Guided visualisations***

***Archetypes***

***Music***

***Gods & Goddesses***

***Story telling***

***Spiritual practices***

***.....and fun!***



## What are you really hungry for...?

Ever found yourself looking in the refrigerator and wondered what you're really hungry for? Ever wondered how it is that we - as women - tend to nurture, love and anticipate others' needs so well whilst simultaneously ignoring or denying our own?

When we reach for food to stuff down our feelings, we anaesthetise ourselves rather than address what needs to be addressed. When we reject our bodies - by ignoring them, neglecting them, dishonouring them, *we* marginalise *ourselves* every bit as much as society marginalises the overweight person for not measuring up to some unattainable 'ideal' image.

There are many psychological reasons for weight gain or lack of weight loss. *It is not always a simple matter of calories in versus calories out.* Sometimes, when we're carrying excess weight it's because we're suppressing what our unconscious is trying to say.

*Symptoms are messages from the unconscious.* And excess weight *can* be an indication that there's something in your unconscious that you're not listening to.

**Maybe you're ready to move from a rigid diet-and-exercise routine. Perhaps you're sick of your yo-yoing weight. Or maybe you're just plain bewildered about the next step towards self-acceptance. Possibly you're beginning to realise how sad it is to not honour your body - the body that cloaks your soul - just because it doesn't seem to measure up to society's 'ideal' image.**

**If any of this is true, this is the workshop for you.**

The time, the place, and  
so on....

**The dates:**

2006 to be advised

**The times**

10am – 5pm

**The cost**

£150 for the weekend

**The venue**

*The Centre for Counselling & Psychotherapy  
Education (CCPE)*

Beauchamp Lodge, 2 Warwick Crescent, Maida  
Vale, London, W2 6NE. Tel: 020 7266 3006

**How to book**

Send a £65 non-refundable deposit. Make cheque  
payable to 'L. Somerfield' and send to Lynn  
Somerfield c/o CCPE at the above address,  
together with your contact details including phone  
no. CCPE students can leave an envelope at  
reception for my pigeon-hole.

*The balance of the fee will be payable on the first  
day of the workshop*

**Facilities**

There is a kitchen in the Centre where food can be  
prepared/heated. Tea and coffee making facilities  
are available. There are cafes and restaurants  
within walking distance of the Centre.

*The Centre has a 'no shoes' and 'no smoking' policy, so please  
bring comfortable indoor shoes or socks to wear.*

**For more information**

Telephone me on 01525 840871 or 07762 738238.  
I will call you back asap

**If you're fed up with your  
body-image, this workshop is designed to  
help you discover  
how your excess weight  
might hold the key to your transformation!**

## About Lynn

After 17 years in advertising, Lynn decided  
to change careers, qualifying in Holistic  
Healthcare Massage, Advanced Massage,  
Clinical Aromatherapy and Reflexology and  
working as an Holistic Healthcare  
Consultant for several years. She studied  
at CCPE in Little Venice, London,  
graduating with a Diploma in Transpersonal  
Psychotherapy and Counselling in 1998.  
She went on to obtain a Masters degree in  
the same subject – her dissertation was on  
the subject of Women and Weight. Lynn  
continued studying and obtained Diplomas  
in Supervision and Advanced  
Psychotherapy.

Lynn works with clients on an individual  
basis, runs groups and workshops and is  
on the staff of CCPE as a facilitator and  
supervisor.  
She runs regular workshops on a variety of  
subjects such as *Addiction* (from a  
transpersonal perspective), the *Chakras &  
Psychology*, *Cognitive Behavioural Therapy*,  
*Stress Management* and '*The Tao of  
Therapy*'. Please visit website for further  
information.

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# Women & Weight



*Facilitated by Lynn  
Somerfield*



A weekend workshop for women  
exploring the complex issues of  
weight, body-image, food and  
women's self-worth.

**£150**