

# ALTERED STATES & UNCONTROLLABLE URGES

**ADDICTIONS AND SUBSTANCE ABUSE.**  
AN *IRRESISTIBLE* WORKSHOP FOR THERAPISTS.



SATURDAY AND SUNDAY

**OCT  
14 & 15**

2017

**12 CPD HOURS**

Jung proposed that symptoms can be seen as unconscious processes seeking to make themselves known. Addictions are symptoms and therefore can be seen as messages from the unconscious. Taking this view as the basis for the workshop and drawing upon the teachings of Carl Jung, Christina Grof, Arnold Mindell and others, we will examine the theory that addictions are a distorted way of seeking wholeness and we will discover how to reach down to the roots of the addiction and pinpoint the unconsciously sought-after marginalised aspect. Using gestalt techniques and the 'dreaming body' discover how to help access the missing 'piece' *without* the addictive substance or behaviour. See *overleaf*.

# ADDICTION ~ FRIEND OR FOE?

## Who is the workshop aimed at?

This workshop is aimed at therapists who work with people either suffering from addictions, substance abuse or addictive tendencies.

## Addictions - friend or foe?

In asking this question, we are not taking addiction lightly. If we don't fully understand the origins of the addiction, how can we be confident of avoiding a relapse? Because we usually marginalise the state obtained via use of the addictive drug, we rarely pause long enough to explore whether there is anything really useful about the intoxicating state *itself* ~ whether the compulsion to repeatedly experience that state might mean that there is an important aspect of the psyche that has been sidelined or denied. So, we will explore addictions from a perspective that's rather different to mainstream viewpoint.

## What you'll get from this workshop

- ▶ How to recognise addictions, substance abuse and addictive tendencies
- ▶ The role and purpose of altered states of consciousness (ASCs)
- ▶ How and why mainstream society marginalises ASCs
- ▶ Why we sometimes repeatedly ingest a substance or indulge in behaviour that has self-defeating effects.

## Working on your own material

In order to gain the maximum benefit from the experiential work, it will be useful for participants to identify an addiction (or an addictive tendency) of their own. It need not be a life-threatening addiction ~ it could be a tendency towards workaholism, thinking excessively, excessively exercising, internet addiction ~ or a compulsion to comfort-eat.

## Experiential work

We will learn:

- ▶ Creative techniques to help us identify the 'holes' in the personality which lead to the need for potentially addictive substances or behaviours;
- ▶ Creative ways of drilling down to the root of the addiction in order to explore the marginalised aspects to which the addictive substance or behaviour allows access.

## LYNN SOMERFIELD

I graduated as a Transpersonal Psychotherapist in 1998 and have been in private practice since then.

I am an experienced workshop leader, a staff member at CCPE, a supervisor and group facilitator and I run a variety of workshops ~ please visit my website for further information.

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## HOW TO BOOK

**Place:** CCPE, Beauchamp Lodge, 2  
Warwick Crescent, London, W2 6NE.

**Dates:** 14 & 15 October 2017

**Times:** 10 am - 5pm

**To book:** please email [lynn.somerfield@gmail.com](mailto:lynn.somerfield@gmail.com) for details on how to book a place on the workshop. You can choose to pay either the full amount of £230 or a deposit of £100 to secure your place.

**Please note: deposit is non-refundable and non-transferable.**

Balance required 14 days prior to workshop.

## The objective of the workshop

The aim is to explore the messages hidden in the symptom of addiction in order to help integrate the split-off parts of the psyche (which are sought through the addictive substance or behaviour) by using altered states of consciousness. The information gained can then be used to help enable transform the addiction from a self-defeating and even life-threatening condition into a guide to individuation.

## Confidentiality

Always important and particularly so on this workshop because of the unhealthy shame that often accompanies addiction. We will establish safe boundaries by asking that nothing that is shared on the workshop is repeated outside the group.