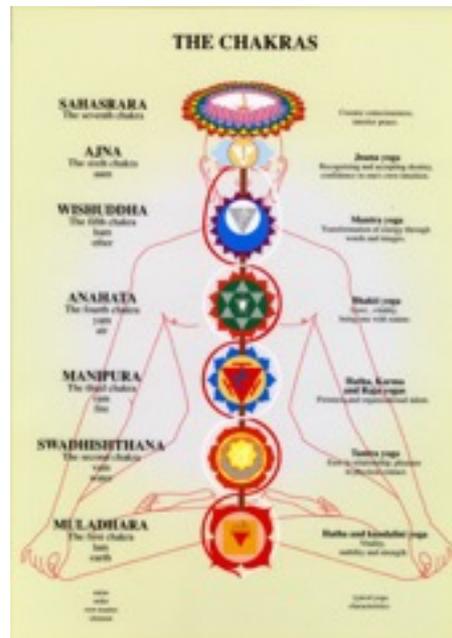


The Chakra System and The Developmental Stages



Psychology & the Chakras. It's not all woo-woo*.

**A one-day
workshop
(6 CPD hours)**

**£99
10-5pm**

**at
CCPE
Little Venice
London, W2 6NE.**

* **Woo-woo:** *adj.* concerned with emotions, mysticism, or spiritualism; other than rational or scientific; mysterious. Also *n.*, a person who has mystical or new age beliefs.

It can get pretty tiresome fending off skeptical comments emanating from practitioners from other theoretical perspectives. And yet, if we can't back up our intuitive knowing with some research, we can hardly blame the more skeptical types for questioning some of the esoteric methods we rely upon to effect transformation and self-actualisation.

As Ken Wilbur said, "like the tail denying the existence of the dog".

I am offering this one-day 'taster' chakra workshop on how the chakra system corresponds to the developmental stages outlined by Freud, Erickson, Lowen, Maslow and Wilbur in order to help show how this wonderful theoretical model developed by Anodea

Judith (author of *Eastern Body, Western Mind*) can be drawn upon to point to possible traumas, abuses, arrested developmental issues in our clients and ourselves, of course.

The chakra system was formulated thousands of years ago and written about in the Yoga Upanishads and Tantric texts.

Chakras are vortices of energy which receive, assimilate, transmit and transform energy.

please turn page.....

Imbalances in the chakras

Traumas and abuses we suffer during our lives can and do cause chakra imbalances, which, in turn, cause symptoms such as a block in the flow of the life force. The life force ~ also known by many other names such as Chi, the Ki, the Prana, "The Force" ~ is the mystery that makes us who we are.

Imbalance or blockage of the life force is experienced as a lack of vitality, a deadening or as physical symptoms in the areas affected by the imbalanced chakra such as recurrent tonsillitis or recurrent neck problems due to an imbalanced throat chakra, hoarding or persistent financial problems due to an imbalanced root chakra.

During this one-day workshop we will explore:

- What the chakras are
- An overview of the chakra system
- The location of the chakras
- The developmental stage when each chakra is formed
- The developmental tasks associated with each chakra
- Traumas and abuses that can cause imbalance chakra imbalances and arrested developmental problems.

We will explore the chakras through guided visualisations and the drawing of a personal 'chakra map.

Where and When

The date:

The time: 10am ~ 5pm

To book:

Email: lynn.somerfield@gmail.com

Tel: 07762 738238

Please send a cheque for £99 to Lynn Somerfield, c/o CCPE, Beauchamp Lodge, 2 Warwick Crescent, London, W2 6NE. Fifty percent of this fee is non-refundable and not transferable to another workshop. Alternatively, text or email Lynn for her bank details to make a bank transfer. Only places secured by payment can be confirmed. Places cancelled less than two weeks prior to the workshop must be paid for in full. Numbers limited due to room size.

A Certificate of Attendance for 6 CPD hours will be issued to participants.

Follow Up Workshop: Balancing the Chakras

Anybody wishing to continue learning about the chakra system and how to balance the chakras is welcome to attend my follow-up weekend seminars on Balancing the Chakras.

The **Balancing the Chakras** workshop is aimed at people wishing to explore a variety of methods aimed at identifying developmental fixation and to explore remedial work to assist with this, such as bioenergetics, gestalt, drawing and writing techniques and many other chakra balancing methods designed to bring vitality back into the organism.

If you are interested, please email Lynn for a leaflet for further

information, or visit her website, click on CPD, then go to the workshop you're interested in and click on 'More Info'

**Lynn
Somerfield**

Lynn worked in the advertising industry for around 18 years before changing careers.

En route to becoming a psychotherapist she studied for Diplomas in Anatomy & Physiology, Holistic Massage, Advanced Massage, Indian Head Massage, Clinical Aromatherapy, and Reflexology.

Lynn then studied for 5 years at the Centre for Counselling and Psychotherapy Education (CCPE) graduating in 1998 with a Diploma in Transpersonal Psychotherapy and going on to study and obtain an MA in Transpersonal Psychotherapy, followed by Diplomas in Supervision and Advanced Psychotherapy and EMDR Parts 1,2 and 3.

Lynn now practises in London and Bedfordshire, is a tutor and facilitator at CCPE ~ a large psychotherapy training centre and clinic in Little Venice, Central London (www.ccpe.org.uk). She runs regular weekend workshops on a variety of topics ~ please visit her website for more information.

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