

DON'T PUSH THE RIVER, GO WITH THE FLOW

*When I let go of
what I am, I become
what I might be.*

Lao Tzu

THE SPIRITUAL ART OF THERAPY

During this two day workshop we will explore ways to allow the process of therapy to flow more easily. We will learn how to 'get out of the way' in order to help the client move out of their comfort zone and into other modalities – visual, auditory (including speaking) relational, sensate or movement. Working in this subtle way, the call of the soul is more easily heard, inner guidance more accessible. By switching modalities, we become conscious that we are the living embodiment of the Tao.

Taoism (pronounced 'dowism') is a philosophical, ethical, and religious tradition of Chinese origin that emphasises living in harmony with the Tao.

The term Tao means "way" or "path". It embodies the harmony of opposites – there would be no love without hate, no light without dark, no male without female. Indefinable, the Tao has to be experienced. It's a power which envelops, surrounds and flows through all things, living and non-living; it is that which regulates the Universe.

So, in this exciting workshop, we will be throwing ourselves into the river of life, learning how to work in a way that could be called "The tao of therapy".

See overleaf.....



The fluid therapist

We will learn to be mindful of body language, to look for double signals, to monitor our own responses and ~ keeping one foot in the client's process and one foot firmly out ~ we will witness what can happen when we don't push the river, but we go with the flow.

As we enter into the process of the work and focus on the subtle, feeling level, we awaken to the excitement of not knowing, the liberation of letting whatever happens, happen.

Where

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

Nearest tube stations

Paddington and Warwick Avenue.

When

The dates

Please email or call Lynn for forthcoming dates.

The times

10-5 Saturday and Sunday

The cost

£220 for 2-day workshop

About the facilitator

Hi, I'm Lynn Somerfield. You might want to know a little about me before booking on one of my workshops.

After a 20 year career in advertising, and via various trainings in bodywork, I graduated in Transpersonal Psychotherapy in 1998.

I now have a private practice in Little Venice, London, W2 and in Bedfordshire, where I now live. I'm a staff member at CCPE ~ lecturing and facilitating ~ and I run a variety of workshops. Please visit my website: www.lynnsomerfield.co.uk for more information.

*MA Transpersonal Psych,;
Diplomas: Transpersonal Psych.
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Making contact

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