

WORKING EFFECTIVELY WITH ADDICTIONS.

AN IRRESISTIBLE WORKSHOP FOR THERAPISTS.

19 & 20 MAY 2018



ADDICTION. AFFLICTION ~ OR A GUIDE TO WHOLENESS?

Addictions are a distorted way of seeking wholeness. Using gestalt techniques and the 'dreaming body' discover how to help access the missing 'piece' *without* the addictive substance or behaviour.

What you'll get from this workshop

- ▶ the role and purpose of altered states of consciousness (ASCs)
- ▶ how to recognise addictions, substance abuse and addictive tendencies
- ▶ creative techniques to help us identify the 'holes' in the personality which lead to the need for addictions
- ▶ imaginative ways of getting to the root of the addiction and to help integrate the split-off parts of the psyche which propel us towards addiction
- ▶ to learn how to harness the split-off part and transform the (sometimes) life-threatening addiction into a guide towards wholeness.

See overleaf.

ADDICTION ~ FRIEND OR FOE?

Who is the workshop aimed at?

This re-vitalising workshop is aimed at therapists and counsellors and psychotherapists-in-training who work with people either suffering from addictions, substance abuse or addictive tendencies.

Transpersonal theory of addiction

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.

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 state *itself* ~ whether the compulsion to repeatedly experience that state might mean that there is an important aspect of the personality that has been sidelined. 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, exercising to excess, internet addiction ~ or a compulsive over-eating.

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;
- ▶ imaginative 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.

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 though 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

We will establish safe boundaries by asking that nothing that is shared on the workshop is repeated outside the group.

LYNN SOMERFIELD

I graduated as a Transpersonal Psychotherapist in 1998, and am in private practice seeing individuals and couples. I am a staff member at CCPE in Little Venice, 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: Violet Hill Studios, 6 Violet Hill, St. John's Wood Village, London, NW8 9EB

Dates: 19 & 20 May 2018

Times: 10 am - 5pm

To book: please call Lynn for details on how to pay either the full amount of £220 or a non-refundable deposit of £110.

Please note: £110 deposit is non-refundable and non-transferable. Balance required 14 days prior to workshop.

A CPD certificate for 14 hours will be provided on completion of the workshop.