



2015
Facilitated by Lynn
Somerfield
£99 for one-day workshop

**COME ALONG | JUMP IN |
HAVE FUN |
INCREASE YOUR CONFIDENCE.**

**LOSE YOUR MIND AND COME
TO YOUR SENSES**

GESTALT REFRESHER DAY

This is a one-day workshop for those psychotherapists-in-training at CCPE who have attended the 2nd-year 3-day gestalt seminar led by Lynn Somerfield. The workshop will be mostly experiential, with just a brief re-cap of relevant theory from the 3-day seminar. Graduate therapists and students welcome. If you need to check for boundary clashes, please ~ just ask.

Empty Chair Work

The day will be spent covering the use of the Empty Chair in a variety of scenarios, including:

DREAM WORK

**WORKING WITH
SYMPTOMS**

**WORKING WITH
SPLIT-OFF PARTS,
SUB-PERSONALITIES,
ETC**

**WORKING WITH
BODY 'PARTS'**

**FINISHING
INCOMPLETE
GESTALTS**

Process-Oriented Therapy

In the afternoon, I will re-state some theory of working with modalities (or channels) ~ visual, auditory (including speaking), movement and body sensations ~ and demonstrate how to facilitate movement through the modalities, reminding participants how to look for double signals, to monitor our responses and ~ keeping

one foot in the client's process and one foot firmly out ~ to see just what exciting things can happen when we don't push the river, but go with the flow.

If you'd like to register your interest in this workshop, or book onto a forthcoming one, please call Lynn, go to the Workshops page on her website and click on 'sign-up' or email for further information.

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