

WORKSHOPS

Integrating gestalt*

Working with addictions*

The chakras and the developmental stages*

Balancing the chakras

Good Grief

Addictions ~ friend or foe?

Women and Weight

* The asterisked workshops are CPD (continuing professional development) workshops for psychotherapists and counsellors and those in training, life coaches, and interested professionals. Please visit my website for further information, to download a leaflet or email to find out whether the workshop would be appropriate for you.

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LYNN SOMERFIELD

I have 20 years' experience as an integrative and transpersonal psychotherapist in private practice, as a supervisor, group facilitator and workshop leader. Prior to changing careers, I worked for 20 years in the advertising industry on a number of famous brands.

For more details please visit my website where you will find information on how I work and the workshops I run for the public and professional colleagues on a regular basis.

Please don't hesitate to email if you'd like to discuss any issues you're struggling with, if you're seeking supervision or looking for CPD workshops.

Lynn Somerfield

Integrative and transpersonal
psychotherapist, supervisor and
facilitator

UKCP accredited

Integrating CBT

(with a touch of the transpersonal)



6th, 7th & 13th Oct
2018

with Lynn Somerfield



Why attend this workshop?

CBT is effective. It's in demand. It can be integrated into your own way of working.

CBT is commented upon in social media, in the press, radio and television more than any other type of therapy and this is reflected in enquiries from the public.

NICE recommends CBT, Employee Assistance Programme providers and insurance companies look for it when referring clients.

So if you don't want to turn away clients unnecessarily and you'd like to become a more effective therapist, adding CBT skills to your current repertoire will help.

CBT is helpful for...

Trauma
Depression
Anxiety
Relationship issues
Emotional regulation
OCD
Phobias
Sleep disturbances
Addictions
Mood swings
Shyness
Social anxiety
Self esteem issues
Substance abuse
Assertiveness
Panic attacks
Eating disorders
Recurrent negative thoughts
Self-defeating behaviour
~ and more

THE WORKSHOP

Who is this workshop for?

This seminar is aimed at psychotherapists and psychotherapists-in-training, counsellors and student counsellors, life coaches and other interested parties,

Members of the public looking to learn some useful CBT techniques to help themselves are welcome too ~ however, please email or call me to discuss whether the material will be suitable for your needs.

For unearthing self-defeating core beliefs which can rule the roost and ruin lives, CBT techniques are unparalleled.

The multi-modal CBT model I teach is easy to learn and use within an integrative approach and delivers an added-value aspect which enables a finely-tuned targeting of the presenting issue (and therefore a better chance of treating the problem accurately and quickly).

Aim of the workshop

My focus will be on teaching interventions and techniques; the structure is part-lecture, part-experiential. We will examine thoughts and beliefs and discover how these are connected to emotions, moods, imagery, sensations and behaviour and how to effect change. We will explore the behavioural, sensory, affective, imagery and cognitive modalities, learning how to diagnose and treat the root of the issue. Finally we will look at ways of adding a creative dimension to help integrate the outcomes of CBT.

Time and place

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

When Sat & Sun Oct 6 & 7 and Sat Oct 13 2018

Times 10 am ~ 5pm

Cost £330 for 3 days

This is a 3-day workshop with a one-week break between days 2 and 3 to allow for integration of the material from the first two days.

How to book

A bank transfer of £150 or the full amount of £330 (£150 of which is non-refundable) will guarantee your place. If you'd like to attend, please email me and I will send an invoice. Payment can be made by bank transfer, debit or credit card. If paying a deposit, balance to be paid 14 days prior to workshop.

Places cancelled less than 7 days before the workshop must be paid for in full.

Certificates of Attendance will be distributed at the end of the seminar and a comprehensive workbook will be provided.