

Integrating Psychotherapy & the Chakra System*



It's not all woo-woo*.

* *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.

**A two-day
workshop**
(14 CPD hours)

7 & 8 April 2018

£220

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. Traumas and abuses can and do cause chakra imbalances and blockages which impede the flow of the life force which, if left unattended, result in physical symptoms. 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.

I am offering this workshop to explore how the chakra system corresponds to the developmental stages outlined by Freud, Erikson, Lowen, Maslow Wilbur and others.

I aim to show how this wonderful model (developed by Anodea Judith author of *Eastern Body, Western Mind*) can be drawn upon to help diagnose (and subsequently work with) traumas, abuses and arrested developmental issues in our clients (and ourselves).

Imbalances in the chakras

Imbalance or blockage of the life force is experienced in many ways ~ as a lack of vitality, a deadening or as physical symptoms in the areas affected by the imbalanced chakra. For example, symptoms such as recurrent tonsillitis or recurrent neck problems can be caused by an imbalanced throat chakra; hoarding or persistent financial problems might be due to an imbalanced base chakra.

During this one-day workshop (part lecture, part-experiential) 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 chakra imbalances and developmental problems.

We will explore our own chakras through the lecture together with guided visualisations and you will be invited to draw a personal chakra map.

Where and When

The dates:

7 & 8 April 2018

The time

10am ~ 5pm

The place:

Violet Hill Studios, 6 Violet Hill, St. John's Wood Village, London, NW8 9EB

To book:

If you would like to make a payment by bank transfer, please text or email me for my bank details. The deposit of £110 is non-refundable and not transferable to another workshop. 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 14 CPD hours will be issued to participants who attend the whole workshop.

Balancing the Chakras ~ a complementary workshop

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

This 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 **bodywork, 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

I worked in the advertising industry for around 20 years before changing careers. En route to becoming a psychotherapist I qualified with Diplomas in Anatomy & Physiology, Holistic Massage, Advanced Massage, Clinical Aromatherapy and Reflexology.

I 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 in 2000, followed by Diplomas in Supervision and Advanced Psychotherapy and EMDR Parts 1,2 and 3.

I now have practices in London and Bedfordshire, I am a lecturer and facilitator at CCPE ~ a large psychotherapy training centre and clinic in Little Venice, Central London (www.ccpe.org.uk). I run regular weekend workshops on a variety of topics ~ please visit my website and click on 'CPD' for more information.

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