



Lynn Somerfield
psychotherapy



Workshops

Addiction? Affliction? Or a Guide to Wholeness?

I'm excited to offer a transpersonal way of working with addictions. 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.

Who is the workshop aimed at?

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

If you're not a counsellor, psychotherapist or in training, please call me first for a discussion so we can explore whether this is an appropriate workshop for you. I'd hate for you to be disappointed.

What you'll get from this workshop?

- The role and purpose of altered states of consciousness (ASCs)
- How to recognise substance abuse, addictive tendencies and addiction
- 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
- How to harness the split-off part and transform the (sometimes)life-threatening addiction into a guide towards wholeness.

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 and triggers and neuroscience of addiction, how can we be confident of avoiding a relapse? We usually marginalise the state obtained via the use of the addictive drug and 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, which leads to a compulsion to repeat the experience.

So, we will explore addictions from a perspective that's rather different to mainstream viewpoint. Working on your own material, in order to optimise the benefit from the experiential work, it will be useful for you to identify an addiction (or an addictive tendency) of your own. It need not be a serious addiction, or it may be. Some examples of previous presenting issues on this workshop are: workaholism, thinking excessively, exercising to excess, internet addiction, or compulsive over-eating as well as alcoholism, alcohol abuse, recreational drug use, etc. (Anyone who is in early recovery from an addiction - please call me for a pre-workshop discussion so that we can discuss how best to proceed and gain benefit from the workshop without destabilising the early-recovery process).

Experiential Work

We will use creative techniques to help us identify the 'holes' in the personality which lead to the need for potentially addictive substances or behaviours.

The Location 9 Orme Court, Bayswater London W2 4RL
Next to Kensington Gardens.
Nearest Tube Stations are Queensway and Bayswater.

The Dates 3rd and 4th July 2021

The Times 10am – 6 pm

The Cost £230

How to Book To secure your place on this Workshop, please either email me
at lynn@lynnsomerfield.com or sign up via my website www.lynnsomerfield.com

Training Manual and Certificates of Attendance

A training manual will be provided, together with Certificates of Attendance for 12 CPD hours.

Workshop Leader

For more information about the workshop leader Lynn Somerfield, her therapeutic style, approach and qualifications, please visit...

www.lynnsomerfield.com/about-me