



WS IV - ADDICTION

# psychosynthesis, somatic experiencing and trauma

Venue: The Institute of Psychosynthesis, London

Date: 02<sup>nd</sup> – 03<sup>rd</sup> June 2012

Times: 10:00 – 5:00

## Addiction:

- themes and symptoms
- trauma leading to and from addiction

Working somatically and experientially, we will explore working with trauma somatically in the context of recovery from addiction.

Continuing to work from a psychosynthesis context we will explore:

- Developing the body as a container
- Recognising and working with symptoms of addiction
- Self regulation and addiction
- Opening to Self and Being
- Freeing will energy
- I-Self connection

WS I – Ground is a prerequisite to this workshop

**Workshop Cost: £200.00**

10% early bird discount if payment  
received before 14 April 2012

For more information, and an  
application form please contact  
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sensing Self