

***WORKING WITH TRAUMA AND ITS COMPLEXITIES***

***Converging Streams - Depth Energy Psychotherapy Training***

***Five day Foundation Course in London***

***skills based training for counselors, psychotherapists and psychologists*** ***integrating energy work into psychotherapy practice***

*“This .. training in energy psychotherapy provides an ongoing clinical learning opportunity that goes far beyond mere technique, enabling a deeply personal integration of energy perspectives into psychotherapy.” Phil Mollon – Psychoanalyst and Clinical Psychologist*

***(Part 1: 3 days)*** *Fri  July 31st 2015 2 – 8 pm*

*Sat 1st August 9.30 – 5.30 pm  & Sun 2nd August 9.30 – 4*

***(Part 2: 2 days****) 31st October & 1st Nov 2015*

Advances in neurobiology and the impact of trauma on the body have led to wide recognition that to relieve traumatic stress we need to use methods which include and integrate the *bodymind*. Energy Psychology (EP) is one such modality, a developing field fast gaining recognition, with an ever increasing body of research demonstrating its effectiveness. Energy Psychology methods are relatively simple providing a valuable resource for client and therapist alike, offerings ways of treating developmental /relational/attachment trauma as well as situational trauma. EP facilitates releasing PTSD from the body, clearing the traumatic memories at a cellular level, it helps with the regulation of affect, calms down the nervous system and facilitates the release of deep blockages which cannot ordinarily be accessed  by talking therapies alone. It is also extremely effective in helping clients to move beyond their defence systems so that they can access deep healing, and clients consistently report feeling considerable relief and amazement as long held blocks are released. Increasing numbers of therapists are learning how to integrate EP methods within their practice, to create a depth integrative energy psychotherapy which synthesizes ‘talking treatment’ with energy work.

ABOUT THE CONVERGING STREAMS FOUNDATION COURSE: This experiential skills -based foundation course is for professionals such as : psychotherapists, counsellors, psychologists and psychiatrists. It focuses on teaching basic Energy Psychology tools which forms the foundation for more advanced courses. It is possible to do Part 1 or Part 2 of the course separately, but if you wish to go onto the more advanced seminars of the *Converging Streams* course, accredited by *Energypsychotherapyworks,*  you need to attend all five days. (See below for further information on the full 13 day accredited course which can be undertaken in modules).

Part 1 focuses on:

* Teaching about the various energy systems of the body
* correcting neurological disorganisation and dehydration,
* clearing ‘ reversals’ ( the system’s energetic ‘ defence’ against treatment)
* basic energy testing (kinesiology)  including self muscle testing
* using the energy centres (chakras) to  identify and release all kinds of trauma from the body
* teaching how to identify the origins of trauma,  repetitive traumatic patterns and transgenerational trauma including  AIT's ‘ 3 step’ transformation
* installing energetically positive qualities and core beliefs to fill the void left by the release of trauma
* therapists’ self care

Part 2 focuses on working with the meridians and deepens the skills for part 1, including working with energetic boundaries

APPLICATIONS:   If you would like to apply for this course please fill in the application form (see below) and return it to  [ruthie.efsmith@gmail.com](mailto:ruthie.efsmith@gmail.com)  with a copy of your qualifications and your deposit of £100 (non refundable) **made payable to *The Flame Centre***Unit 3D, The Chandlery, 50 Westminster Bridge Road, London SE1 7QY. Do feel free to discuss your application if you have any queries

COSTS FOR THE COURSE:

* Part I is £375 ( 3 days) and Part II is £250 ( 2 days) These can be booked separately
* The five day foundation course is £625, with an Early Bird Reduction of £75 making the total cost £550 if you book for both parts by July 15th 2015
* A non refundable deposit of £100  is payable on application and the balance  is due  in mid July 2015 before the training starts. Please feel free to discuss payment, if you would like to attend the course but need to pay over a longer period of time
* People who have previously attended a Converging Streams Foundation Course may like to repeat Part 1 and/or Part 2 of the course to reinforce their learning in which case the fee is reduced to approximately half price: i.e. £195  for Part 1 and £125 for part 2. Please state which course you undertook when applying for this
* NB If you would like to go on do the EnergyPsychotherapyWorks/Converging Streams Accredited Energy Psychotherapy Course of which this course forms the foundation, additional fees are payable for tutoring and reading submissions ( see below)

PERSONAL EXPERIENCE OF ENERGY PSYCHOTHERAPY:

Where possible, we recommend that participants experience some energy psychotherapy  themselves before the course , since it  will greatly assist in your learning. A list of energy psychotherapy practitioners is available on the energy psychotherapy works website : *energypsychotherapyworks.co.uk*

ACCREDITATION WITH ENERGYPSYCHOTHERAPYWORKS:

*Energypsychotherapyworks*  and *Converging Streams* courses were developed by Judith Anderson, James Barrett, Heather Redington and Ruthie Smith to provide depth training which supports the learning and integration of psychotherapy with energy work, incorporating a variety of energy therapy modalities. Having trained in various Energy Psychology modalities, including Advanced Integrative Therapy (AIT)  EFT (Emotional Freedom technique), PEP (Phil Mollon’s Psychoanalytic Energy Psychotherapy)  TAT and others, they also draw on a range of  sources  (Jungian, Psychoanalytic, Attachment Based,  Spirituality &  Energy Psychology methods and others ) integrating several disciplines without preference of one modality over others. As more people train, *Energy psychotherapy works* is building a  community of practitioners to explore the rich field of energy psychology, through running courses and having CPD days where people can gather and share their learning .  Other experienced energy psychotherapy practitioners are also part of the teaching teams.

For practitioners who wish to be accredited in their energy psychotherapy practices, advanced training, supervision and accreditation is available on a modular basis, comprising an additional 8 days of training in addition to the five day foundation. If you would like to take up this option please go to the website for further information and the curriculum. You will be required to pay an additional fee for accreditation which includes tutoring  costs and the reading of written submissions.

MAILING LIST: If you would like to be on the Energypsychotherayworks mailing list so that you receive mailings about future courses, please contact Sandra Figgess [therapy@greenfig.org.uk](mailto:therapy@greenfig.org.uk)

TEACHERS ON THIS FOUNDATION COURSE:

**Ruthie Smith** is a Psychoanalytic Attachment Based Psychotherapist , Supervisor and  energy psychotherapist who  previously worked for 10 years as a Principal Individual Psychotherapist in the NHS before founding *The Flame Centre* in London. Ruthie has taught on a number of psychotherapy trainings, lectured at *Confe*r  and is a teacher and supervisor of AIT (Advanced Integrative Therapy). She is also part of the team organizing the *Converging Streams* Courses [ruthie@theflamecentre.co.uk](mailto:ruthie@theflamecentre.co.uk)  07971 964438   [www.theflamecentre.co.uk](http://www.theflamecentre.co.uk/)

**Tessa Underwood** is a clinical psychologist and  experienced energy psychotherapist who works in the NHS in adult psychology and in an eating disorders unit. She has trained extensively in AIT and also works privately  as a therapist and supervisor of energy psychotherapy

[tessa\_underwood@hotmail.co.uk](mailto:tessa_underwood@hotmail.co.uk)  07852 729580

*For further details about other Energy Psychotherapy  courses and training  see*

[***Energypsychotherapyworks.co.uk***](http://energypsychotherapyworks.co.uk/)