



WORKING WITH TRAUMA AND ITS COMPLEXITIES

A Converging Streams Five-Day Foundation Training in Energy Psychotherapy

Sat 21 – Sun 22 May 2016 9.30 – 5 pm 2 days meridian based
Fri 30 Sept 2 – 8 pm, Sat, Sun 1 & 2 Oct 10 – 5pm 3 days chakra based

VENUE: The Flame Centre, Unit 3D The Chandlery, 50 Westminster Bridge Rd, London SE1 7QY

“This Converging Streams 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, Energy Psychotherapist and Clinical Psychologist and author of *Psychoanalytic Energy Psychotherapy* (2008)

Energy Psychotherapy (EP) is a family of integrative approaches to psychotherapy that work with the mind-body connection. EP is particularly powerful in working with trauma, releasing PTSD and helping with the regulation of affect. Growing numbers of therapists are learning to integrate its gentle and effective methods into their practice. This developing field is quickly gaining recognition, with an increasing body of research demonstrating its effectiveness. New understandings of the impact of trauma on the body, including advances in neurobiology, support the use of methods which integrate the body and mind. EP clears out trauma at a cellular level facilitating deep and lasting healing.

This five-day experiential skills-based course (**32 hours CPD**) teaches the tools of EP and will enable you to begin to draw on these methods as part of your practice. The foundation course can be followed by 8 additional days of advanced EP seminars leading to formal accreditation.

*NB Within the Converging Streams Accredited Course, the 3 day course is generally referred to as Part 1 and the 2 day course as Part 2. **The courses are designed so it doesn't matter which order you take them in.***

Converging Streams Energy Psychotherapy Courses are for professionals with therapy or counselling qualifications such as psychotherapists, counsellors, psychologists and psychiatrists.

COURSE CONTENT in 2 parts:

2 days focusing on meridians

- Basic introduction to working with the body to clear trauma using energy methods
- Ensuring the body's energy system is neurologically organised and well hydrated
- Clearing 'reversals' (the system's energetic defence/resistance against treatment)
- Using basic meridian sequences to clear trauma from the body
- Practising talking and tapping, working with the free associations of the body

3 days focusing on neurological energy centres (chakras):

- Basic energy testing (kinesiology) including self-muscle testing
- Learning about the various energy systems of the body
- Using the energy centres to identify and release trauma from the body
- Learning to identify the origins of trauma, repetitive traumatic patterns and trans-generational trauma including AIT's (Advanced Integrative Therapy) '3-Step transformation'
- Installing energetically positive qualities and positive core beliefs to fill the void left by the release of trauma

- Therapists' own self care, including working with energetic boundaries

WHAT PEOPLE HAVE SAID ABOUT THE COURSE:

"The course was brilliantly rich and well structured, gave me so much to take away, consolidate, develop and integrate into my psycho-dynamic practice. It broke new ground in my clinical work, as well as for me personally"

"I continue to be inspired by the healing that can be achieved with clients and for myself using Energy Psychology"

"However would you ever get to the depth of this in talking therapy? You wouldn't even become conscious of it, never mind resolving it"

PERSONAL EXPERIENCE OF ENERGY PSYCHOTHERAPY:

Where possible, we recommend that participants experience some energy psychotherapy for themselves, since it will greatly assist in your learning. A list of energy psychotherapy practitioners (face-face or Skype) is available via: www.energypsychotherapyworks.co.uk

COSTS OF THE COURSE:

NB if you have done either or both of these courses previously you are welcome to sign up for either one of them again (see below for reduced price)

Payment schedule details – see application form

The two parts can be booked separately or together

- The cost of 2 DAYS working with meridians is £225
- The cost of 3 DAYS working with chakras is £350
- Total for 5 days £575.
- Early Bird Reduction of £75 making the total cost £500 if you book for both parts together by April 30th with a £100 non–returnable deposit.

REPEATING THE COURSE **reduced price**

- Repeating 2 days with meridians is £100
- Repeating 3 days with chakras is £150.00
- Repeating both: £250

COURSE TIMES:

Sat 21st and Sun 22nd May 2016 9.30 – 5 pm 2 days working with meridians

Fri 30th September 2 – 8 pm, Sat/Sun 1st & 2nd October 9.30 – 5pm 3 days energy centre/chakra based

TEACHERS :

Ruthie Smith is a Psychoanalytic Attachment Based Psychotherapist , energy psychotherapist and supervisor who previously worked for 10 years as a Principal Individual Psychotherapist in the NHS before founding The Flame Centre in London.

Tessa Underwood is a clinical psychologist and energy psychotherapist with 25 years experience, who works in the NHS and at the Flame Centre in London, using energy psychotherapy to treat trauma

APPLICATIONS:

Please fill in the application form and return with your non-refundable deposit or the full fee (cheques payable to The Flame Centre or via Paypal using info@theflamecentre.co.uk) Please note - the balance is due two weeks before the course starts. Email ruthie@theflamecentre.co.uk and post cheques to *Converging Streams Course, The Flame Centre, Unit 3D, The Chandlery 50 Westminster Bridge Rd, London SE1 7QY. If you wish to discuss this please phone Ruthie on 07971 964438*

MAILING LIST: If you would like to be on the Energypsychotherapyworks mailing list so that you receive mailings about future courses, please contact Sandra Figgess therapy@greenfig.org.uk For more information on the Energy Psychotherapy Network and **Converging Streams** trainings see www.energypsychotherapyworks.co.uk