



A Converging Streams Foundation Training in Energy Psychotherapy

Fri 2pm - 8 pm May 18th 2018 & Sat & Sun May 19th - 20th 10 - 5 pm

3 days chakra based

Sat & Sun 9 & 10 June 10 – 4.30 pm *2 days meridian based*

Sun July 15th - 10 - 4 pm *follow up date tbc*

***a skills based training in working with the complexities of trauma
including developmental, relational and attachment trauma***

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 author of *Psychoanalytic Energy Psychotherapy* (2008)

“However would you ever get to the depth of this in talking therapy? You wouldn’t even become conscious of the issues, never mind resolving them” - Paul Croal – Psychotherapist and Trainer of Psychotherapists

Energy Psychotherapy (EP) with a significant evidence base, is quickly gaining recognition. It offers a variety of approaches for working with the mind-body connection alongside talking psychotherapy, and growing numbers of psychotherapists are learning to integrate its gentle methods within their existing therapy practices. New understandings about the impact of trauma on the body, including advances in neurobiology support the use of such methods which facilitate deep and lasting healing. EP is particularly powerful in releasing PTSD, helping with the regulation of affect and clearing out trauma at a cellular level, including patterns of transgenerational trauma.

Converging Streams Energy Psychotherapy Courses are for professionals with therapy or counselling qualifications such as psychotherapists, counsellors, psychologists and psychiatrists. This ***Converging Streams Foundation Course in London*** comprises 5 days training plus an additional day for integration and reviewing practice. It teaches the basic skills of EP and enables you to begin to draw on these methods as part of your practice. For further information about the course please contact ruthie@theflamecentre.co.uk.

The 3 days experiential skills based course (18 hours CPD) focuses on neurological energy centres (chakras) & you will learn:

- Basic energy testing (kinesiology)
- 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

The 2 days (12 hours CPD) focuses on working with meridians and you will learn:

- 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
- Self 'energy testing' (self 'muscle testing' or Kinesiology)

The 1 days (6 hours CPD) focuses on integrating your new learning with plenty of opportunity for practice and trouble shooting

QUALIFYING COURSE IN EP

Converging Streams Advanced training in EP is available leading to a qualifying course in Energy Psychotherapy The *Converging Streams* Foundation course can be followed by additional days of advanced EP seminars leading to formal qualification in Energy Psychotherapy by ***The Energy Psychotherapy Network*** website (see below)

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 the website:

www.energypsychotherapyworks.co.uk

COURSE DATES & TIMES MAY – JULY 2018:

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Sat & Sun 9 & 10 June 10 – 4.30 pm *2 days meridian based*
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COSTS OF THE COURSE:

NB if you have done either or both of these foundational courses previously you are welcome to sign up for them again (see below for reduced price) since repetition helps consolidate your learning

Ideally people benefit from going through the training with one cohort of students. However, parts of the course can also be booked separately or together. There are also courses in Oxford if you cannot make the London dates.

NB a NON –REFUNDABLE DEPOSIT of £50 is required to secure your place or you can book with payment in full

- Total for 6 days *early bird rate* £500
- Full cost for 6 days £600
- The cost of 3 DAYS working with chakras is £300
- The cost of 2 DAYS working with meridians is £200
- The cost for 1 day integration £100

REPEATING THE ENTIRE 6 day COURSE **reduced price of £250**

- Repeating 2 days with meridians is £100
- Repeating 3 days with chakras is £150
- Repeating Integration Day £50.

QUERIES If you have any queries please email ruthie@theflamecentre.co.uk or phone her on 07971 964438

TEACHER :

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. She has been teaching on psychotherapy training programmes since 2000 and training psychotherapists in energy work since 2009. She also runs residential Flame retreats in Norfolk (see www.theflamecentre.co.uk)

BOOKING: Please fill in the Application form below labelling the envelope *Converging Streams Foundation Course* and post to: **The Flame Centre Unit 3 D, The Chandlery, 50, Westminster Bridge Rd, London SE1 7QY**

along with

- a copy of your professional qualification
- a copy of your current membership registration e.g. UKCP, CAP BACP, HCPC etc
- non-refundable deposit or full amount (see payment schedule above)

ELECTRONIC APPLICATION: It is possible to apply electronically if you

- Request an application form in word format and email your completed application form along with scanned documents to ruthie@theflamecentre.co.uk
- Pay by Paypal using the email info@theflamecentre.co.uk

APPLICATION FORM

DETAILS ABOUT YOU AND YOUR PRACTICE

Name

Address

Phone numbers

Email Contact number of next of kin in case of emergencies

Most important theoretical influences/perspectives

Brief description of current practice

Training Organisation

When Qualified

Professional Associations/Membership (e.g UKCP, CAP. BACP etc)

Other information (if relevant)

Previous experience of Energy Psychology/Energy Psychotherapy (EP)

Is EP part of your current practice?

PAYMENT METHOD

Reference: Please use your name and Ref CS May 2018

- I enclose a cheque for £ made payable to the Flame Centre for *Converging Streams Foundation course* and am paying for: **(Total 6 days / 3 days / 2 days / 1 day integration)** please specify please state on the back of the cheque your name and the dates of the course(s) that you are paying for
- I have paid £ by Direct Bank Transfer into the Flame account No 49887721 Sort Code 09 01 27 Ref: give your name and Ref CS May 2018
- I have paid £ by Paypal using the email info@theflamecentre.co.uk
- I enclose a deposit of £50 for (specify courses) and will complete my payment by April 30th 2018

www.energypsychotherapyworks.co.uk
ruthie.efsmith@gmail.com www.theflamecentre.co.uk

07971 964438