

## Energy Psychotherapy Network



### Transforming Trauma:

### A Converging Streams Five-Day Foundation in Energy Psychotherapy

at

**The Quaker Meeting House, 43 St Giles Oxford OX1 3LW**

*“Many of us, having worked for years with other psychoanalytic or cognitive methods, find that energy psychology appears to offer results that are more rapid, deep and gentle than we or our clients have hitherto experienced.”* Phil Mollon, Psychoanalytic Energy Psychotherapy (Karnac 2008)

New understandings of the impact of trauma on the body, and advances in neurobiology support the use of treatment methods which integrate the body-mind. Energy Psychology focuses on the relationship between thoughts, emotions, sensations and behaviours and the known bioenergy systems (meridians, chakras and the biofield). Energy Psychotherapy is an integration of Energy Psychology methods into the psychotherapeutic process.

**Part I Fri May 11th – Sun 13th 2018**

**Part II Fri June 15<sup>th</sup> – Sat June 16<sup>th</sup> 2018**

This five-day experiential skills-based course (**32 hours CPD**) teaches the tools of Energy Psychology and will enable you to draw on these methods and begin to integrate them into your psychotherapeutic practice.

*There will be an optional follow up day on Saturday October 13<sup>th</sup> 2018 (date tbc)*

The foundation course can be followed by further seminars leading to recognition as an energy psychotherapist.

Converging Streams Energy Psychotherapy Courses are for professionals with a mental health qualification such as psychotherapists, counsellors, psychologists, mental health nurses and psychiatrists.

#### **COURSE CONTENT**

**Part I** focuses on:

- Learning about the various energy systems of the body.
- Ensuring the body’s energy system is neurologically organised and well hydrated.
- 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 trauma from the body
- Learning to identify the origins of trauma, repetitive traumatic patterns and trans-generational trauma including a chakras based ‘3 step’ transformation
- Installing energetically positive qualities and core beliefs to fill the void left by the release of trauma
- Therapists’ self-care

**Part II** focuses on working with the meridians and deepens the skills from part 1, including working with energetic boundaries.

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## WHAT PEOPLE SAY ABOUT THE COURSE:

*“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

*“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”* M. G. Converging Streams student

*“I continue to be inspired by the healing that can be achieved with clients and for myself using Energy Psychology”* C. P. Converging Streams student

**APPLICATIONS:** Contact Sandra Figgess for further details and an application form on [therapy@greenfig.org.uk](mailto:therapy@greenfig.org.uk) or phone 01865 515156

**COSTS OF THE COURSE:** The cost of Part I is £375 and the cost of Part II is £250 (Total £625). There is an **Early Bird Reduction** of £75 making the total cost £550 if you book for both parts together **by March 31<sup>st</sup> 2018** with a £100 non–returnable deposit.

We are also offering an optional follow up day in October for £65.

**COURSE TIMES:** 10.0 a.m. start to 6 p.m. each day, except on Sunday when we will work from 2 p.m. – 5.30 p.m.

## TEACHERS :

**Heather Redington** is an adult psychotherapist in private practice, who also worked for many years as a family therapist in a CAMHS service. She has trained extensively in energy psychology modalities. She is also a teacher of Heart Rhythm Meditation and works with refugees and asylum seekers in Swindon.

**Sandra Figgess** is a Gestalt Psychotherapist who has trained in EMDR and in energy psychology modalities and works in private practice with adults. She is a founder member of MEET in Oxford, a small charity which offers EMDR and Energy Therapies at very low cost and aims to make these methods better known in Oxford.



For more information on energy psychotherapy and converging streams trainings see [www.energypsychotherapyworks.co.uk](http://www.energypsychotherapyworks.co.uk)