

## *Workshop leaders*

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## *Workshop Series*

# Transpersonal Psychology

## Workshop One: Approaching the Self

This introductory workshop takes us on an inspiring journey towards our true Self. Moving easily between our inner and outer life, we explore the questions ‘*who am I, the real and valid me... and how do I express myself in the world?*’ We begin to meet various aspects of our personality and identify the roles and masks we use in everyday life. Any undeveloped or lost parts of ourselves can be ripe with potential for growth. The workshop supports us in finding authenticity by moving beyond the personality to engage with the inner wisdom of the Self.

### *Dates available:*

*27/28 March 2010 - 17/18 July 2010 - 20/21 November 2010*

Emmaus House, Clifton, Bristol

Workshop fee | £150.00 *payable in full when you make your reservation please*

### **Recent feedback:**

*“My experience on the Transpersonal Workshop with you has been life changing and it has helped me both personally and professionally”... “the theory was reinforced by practical exercises which really enhanced our learning process”... “I felt privileged to be part of such a special experience - I can’t emphasise enough what a profound effect the whole journey had on me and I would not hesitate to recommend it to any professional or client.”*

### **Bookings/Enquiries**

01458 252236 | [info@judith-ohagan.co.uk](mailto:info@judith-ohagan.co.uk)

PLEASE NOTE | this workshop amounts to 14 hours of CPD

## More about Transpersonal Workshops...

Transpersonal Workshops One, Two & Three were originally devised by **Barbara Somers** and **Ian Gordon-Brown** during the 70's. They have been presented regularly ever since, remaining just as relevant today.

Each workshop focuses on one of the core themes of individuation. Though designed sequentially, each can be booked separately. Taken in order, they develop a safe, meaningful and nurturing process, that reveals the transpersonal meaning within our journey.

The workshops move between theory, experiential work and discussion – with plenty of opportunity for inner exploration and sharing in small groups. Also time is given to heart-centred reflection on how the Transpersonal can work for participants in the outer world.

### Transpersonal Workshop Two | *The Masculine & Feminine Within*

This workshop takes a closer look at the great polarities within us masculine/feminine, yin/yang, head/heart, inner/outer – and gives us the opportunity to explore how we personally express these polarities.

### Transpersonal Workshop Three | *Cycles & Stages*

This profound workshop looks at the meaning we give to our life's journey. What is its shape and rhythm? How have we been touched by its different stages? And how well do we cope with the challenges of change?

## More about us...

**Maggie** and **Judith** are both UKCP accredited transpersonal psychotherapists and supervisors, working in private practice, who met when working together at the **Bristol Cancer Help Centre**. Both regularly run other workshops on Transpersonal themes.

**Maggie Peters** is an experienced group facilitator who has designed and presented many workshops and training programmes in both personal and professional development. Author of the self-help book *Dreamwork*, Maggie delights in supporting people as they reclaim their authenticity and realise the richness of their inner resources.

**Judith O'Hagan** is passionate about the relationship between body and soul, and about helping people to express their creativity. She works with individuals and is part of a multi-disciplinary team of health care professionals at *The Headache Clinic* in Yeovil.

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