



## Action Techniques In Therapy

Professional development Workshop | Course leader Maggie McKenzie



### Guided Visualisation

The 2014 workshop will focus on the use of guided visualisation which involves responding to and being led by a story, an image or set of ideas. Visualisation is valuable in developing awareness and possibilities for the future, which otherwise may lie dormant. Thus we can use visualisation and our subsequent somatic responses towards resolving issues previously unresolved and towards deepening our relationship with ourselves. The workshop will introduce many guided visualisations that may be used to deal with a variety of problems and situations and participants will be given a manual of the work

### Dates for 2014

Guided Visualisation

Tuesday, August 26 - Thursday, August 29, 2014

The course will meet from 9.30am-4pm each day

### Price

In 2014 the workshop cost is £560.

### How to apply

If you are interested in 2014 workshop, please send your cheque payable to Maggie McKenzie to the Spectrum office.