

Family Shapes: Past, Present And Future

Personal development Workshop | Course leader Gill Doust



Woven into an experience of growing up in our family of origin are many messages, beliefs and ways of relating that have formed us as adults. By exploring how our family experiences have shaped us we can differentiate more clearly between the behaviours, values and beliefs which work for us and those which do not.

Changing the ways of relating that do not work for us involves understanding how experience is bodied and how we can influence it. In this workshop we will use psychodrama, family sculpts and formative psychology exercises. The workshop is limited to ten participants.

How to book

If you are interested in booking on to this workshop please download the booking form and fill it in. Please send this in with your cheque payable to Gill Doust to the Spectrum office.

Dates for 2013

Saturday and Sunday, June 15-16, 2013.

The course will meet from 10am-5pm each day

Price

The cost for the 2012 course is £200

The cost for the 2013 course is £230

