



Persecutor/Victim/Rescuer and Leveller

Personal development Workshop | Course leader: Anna Patterson



The game of persecutor/victim/rescuer is common in all kinds of relationships. Though we all play each position at different times, we usually act out one position more than the others. Playing this game reduces the possibility of authentic communication and emotional satisfaction.

The purpose of this weekend workshop is to give experience of, and information about, the behaviour, feelings, somatic organisation, and mental processes associated with each of the positions and awareness of how we personally participate in them.

Through experiential exercises and discussion, we illustrate clearly how to handle these dynamics in one-to-one and group situations and learn the skills of how to level with others.

Dates for 2013

Saturday and Sunday, October 19-20, 2013.

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

Price

The cost for the workshop is £240.

How to apply

If you are interested in booking for the 2013 workshop, please send a cheque payable to Anna Patterson to the Spectrum office.