



Reparenting Intensive

Personal development Workshop | Course leader Paul Allsop



Many participants talk about and appreciate the structure of the reparenting intensive which supports and develops their ability to nurture others and themselves. Through the use of specially developed exercises and individual work, participants will learn ways to deconstruct embodied and internalised negative parental influences and form new behaviours that are satisfying.

One of the main focuses of the work will be formative, exploring how we have shaped and formed ourselves out of our history and experiences that have enabled us to survive, and often are not how we want to live. By paying close attention to our experience at the fulcrum between surviving and living, the way we can be more alive and satisfied will emerge.

This group is in great demand and it is advisable to book early to ensure your place and avoid disappointment. If you would like to do this workshop and have not worked with Paul before, please let the office know and he will contact you personally before you book a place.

The intensive consists of nine full days.

Dates for 2014

Friday, February 28, Saturday, March 1, Friday and Saturday, May 23-24, Friday and Saturday, July 4-5, Thursday-Saturday, November 20-22.

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

Price

The cost for the 2014 course is £730.

How to apply

If you are interested in joining this workshop, please download and fill in the booking form and send to the Spectrum office with your cheque payable to Paul Allsop.