

Forming Boundaries

Personal development A formative psychology class | **Course leader** Maggie McKenzie



Our feeling of self is directly related to boundary control. This workshop brings a formative psychology perspective to the management of boundaries.

Formative psychology is central to the way we work at Spectrum and teaches people how to manage their own somatic emotional experience through practical exercises.

This exercise class will be of interest to people who feel unformed in maintaining boundaries and people who feel over-formed. Being unformed can cause depression, whereas being over-formed often causes inflamed conditions and behaviours. Somatic emotional exercises will be introduced to enable people to make a more satisfying relationship to themselves, and teach regulation of boundaries.

The workshop is limited to twelve participants. A minimum commitment of two terms is expected and it is preferred that people think of joining longer term.

How to enquire

For further information on this class, please enquire online.

Dates 2012

The workshop is an exercise class held on four Thursday mornings each term.

Term 1

Thursday 3rd May
Friday 24th May
Thursday 14th June
Thursday 5th July

Term 2

Thursday 13th September
Thursday 4th October
Thursday 25th October
Thursday 15th November

The course will meet from 8am-8.50am

Price

The cost for 2012 is £104 per term

