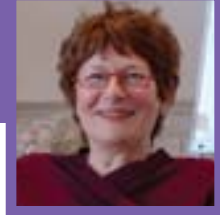




## Action Techniques In Therapy: Visualisation

Professional development Workshop | Course leader Maggie McKenzie



*Action techniques in therapy is a four-theme programme which includes guided visualisation, transference and counter-transference, working with the body, and restructuring experience. Each year one of these themes is presented. The programme highlights the use of the self as well as teaching practical and systematic approaches to therapy and is designed so that, while the material builds on the previous year's work, each group can be taken separately.*

*The theme for the workshop in 2021 will be grounding imagery and using visualisation to deepen bodied experience.*

### Dates for 2021

Thursday, April 22 - Sunday, April 25, 2021

Thursday, July 8 - Sunday, July 11, 2021

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

### Price

In 2021 the workshop cost is £550.

### How to apply

If you are interested in 2021 workshop, please send your cheque payable to Maggie McKenzie to the Spectrum office.