



Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health
in Newbury & Marlborough

www.wendybramham.co.uk

Transforming Trauma: Energy Psychotherapy Introductory Workshop Sandra Figgess & Heather Redington

Saturday, 25th February 2017, 10 am – 4.30 pm
St Nicolas' Hall, West Mills, Newbury, RG14 5HG

Introduction

Energy Psychotherapy (EP) is a synthesis of psychotherapy and a group of approaches known as Energy Psychology. New understandings of the impact of trauma on the body, including advances in neurobiology, support the use of methods which integrate the body-mind. EP is particularly powerful in working with trauma, releasing PTSD and helping with the regulation of affect. EP has its roots in ancient knowledge about the ways in which energy operates within the body, but is now supported by a substantial research and evidence base which demonstrates its effectiveness. The basic principle underpinning these new methods is that trauma is encoded within the body's energy field. In energy therapy simple procedures are used to guide the client to gently stimulate his or her own energy system while focusing the mind upon the target problem. Often this will rapidly release the underlying psycho-energetic structure that is generating or maintaining the current problem.



This introductory day for counsellors, psychotherapists and other mental health professionals provides the opportunity to have a taste of these methods which may whet your appetite to pursue training through the Five day Foundation Course.

What people say about energy psychotherapy:

“Many of us, having worked for years with other methods, find that energy psychology appears to offer results that are more rapid, deep and gentle than we or our clients have hitherto experienced ...” Phil Mollon - Psychoanalyst and clinical psychologist

“It is no exaggeration to say that Energy Psychotherapy has transformed my life.” A client

Biographies

Heather Redington, an adult psychotherapist in private practice, has also worked as a family therapist in a CAMHS service, and has trained extensively in many energy psychology modalities. She is also a teacher of Heart Rhythm Meditation and works with refugees and asylum seekers in Swindon.

Sandra Figgess is a Gestalt Psychotherapist who has trained in EMDR and in energy psychology modalities and works in private practice with adults. She is a founder member of MEET in Oxford, a small charity which offers EMDR and Energy Therapies at very low cost and aims to make these methods better known in Oxford.

This seminar will be open to all talking therapists and mental health professionals.

“Early bird” price before 25th January 2017: £75, or after £85. Does not include lunch or parking.

Venue: St Nicolas' Hall, West Mills, Newbury, West Berkshire RG14 5HG

TO BOOK: www.wendybramham.co.uk (seminars tab)

Contact: <mailto:seminars@wendybramham.co.uk> or phone 07464 783446

