



# Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health  
in Newbury & Marlborough  
[www.wendybramham.co.uk](http://www.wendybramham.co.uk)

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## A New Approach to Active Imagination Dialoguing with sub-personalities to heal childhood wounds with Matthew Harwood (back by popular demand!)

Saturday, 24<sup>th</sup> March 2018, 0930 – 1730  
St George's Hall, 206 Andover Road, Newbury RG14 6NU

*'Essentially Active Imagination is a dialogue that you enter into with the different parts of yourself that live in the unconscious... You are startled to find out that they express radically different viewpoints from those of your conscious mind.'* [Robert Johnson, Jungian Analyst]

### Introduction

This workshop introduces Internal Family Systems (IFS) – a radical new style of therapy which takes the technique of Active Imagination, pioneered by Jung, to a new level. Endorsed by world-famous trauma expert Bessel van der Kolk in his book *'The Body Keeps the Score'*, IFS is currently state-of-the-art trauma work.

This method of therapy helps the client to find and meet the various subconscious “parts” of themselves (also known as “sub-personalities”) which underlie their issues. These parts are often hidden or unacknowledged and sometimes extreme. The aim is to set up a dialogue between the internal “sub-personalities” and the core self. Ultimately, IFS gently and safely enables the client to establish a new relationship with the wounded inner-child parts (known as “exiles”) which so often lie at the heart of the problem, bringing them healing and transformation. This, in turn, frees up the client to take fresh steps along the path towards individuation. IFS has established a legacy of effectiveness in successfully treating trauma, depression, anxiety and many other mental health issues and is recognised as being an **evidence-based therapy** in the USA.

The workshop will include didactic teaching illustrated by video extracts showing case material and, if time permits, a live demo.

**Matthew Harwood** ([www.matthewharwood.co.uk](http://www.matthewharwood.co.uk)) **returns to us by popular demand and has been our only seminar leader to score 5 out of 5 by all delegates!** Trained at the CG Jung Institute in Zürich, he is a senior (training) analyst with the Independent Group of Analytical Psychologists (IGAP) and has a specialist interest in working with dreams & active imagination. He is also qualified in Pesso Boyden Psychotherapy & Internal Family Systems therapy (IFS). He is a gifted communicator who has lectured & given workshops widely here and abroad and is well-known for his lively & inspirational style of presentation.

**This seminar will be open to psychological therapists from all modalities and health professionals.**  
“Early bird” price before 24<sup>th</sup> February 2018: £90, or after £99. Includes parking & refreshments but not lunch. CPD certificates and handouts will be supplied.

Venue: St George's Hall, 206 Andover Road, Newbury, West Berkshire RG14 6NU

**BOOK ONLINE:** [www.wendybramham.co.uk](http://www.wendybramham.co.uk) (seminars tab).

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