



Integralbody

Integrative Psychotherapy
Relational Body Psychotherapy

Exploring and working with the inner critic

Carmen Joanne Ablack

Advanced Clinical CPD Workshop Seminar
Zagreb, 20 – 22 May 2011

This workshop is a gestalt body psychotherapy and relational exploration for the individual and the whole group exploring the formation, meaning and uses of our inner critical dialogues.

The weekend will include inner journey work, dyads, small and large group exercises and one or two demonstrations in the large group. The emphasis is on the physical and relational theatre of psychotherapeutic work and participants should come prepared to have fun, make mistakes, feel emotion, manage emotions and reflect on their learning in relation to working with clients; as well as discovering more about themselves.

We will learn how to understand and critique the inner critic.

Carmen Joanne Ablack - Carmen is an Honorary Fellow of the UK Council for Psychotherapy, she has been leading and teaching groups since the 1980's. Carmen has a background in performance and facilitating performers as well as an extensive knowledge of working with identity, trauma, relationship and group processes as a psychotherapist. She currently teaches on the MA programme at the Gestalt Centre London and is a former trainer and supervisor at the Chiron Centre. Carmen has been a visiting tutor and supervisor at psychotherapy trainings in Europe since the early 1990's.