

1-day Introductory Workshop to Core Process Psychotherapy

About the Workshop

Core Process psychotherapy is rooted in Buddhist psychology and awareness practice. It incorporates current Western psychotherapeutic approaches and skills in deep exploration of our human experience. The Core is that aspect of our being which is inherently whole and healthy. It is the unconditioned state potentially present in every moment. Our process is the way in which we meet the constantly arising experience, or conditions, in our lives. We tend to take shapes, which obscure the fundamental well-being of our core.

Core Process Psychotherapy offers a contemplative approach to exploring in depth how we are in our present experience and how this includes our past conditioning and experiences.

The psychotherapeutic relationship is the context within which this exploration is undertaken. Through this mutual enquiry there is the potential for suffering to be transformed, thus allowing greater and more conscious choice in our daily lives. Becoming more fully present in each moment brings us into direct contact with those places where we are fragmented, split and disconnected.

Through bringing more of these processes into awareness, we can work with spiritual, physical, psychological and energetic layers of experience, as they emerge in embodiment and come more deeply into contact with the illimitable qualities of compassion, loving-kindness, sympathetic joy and equanimity which arise naturally from the core state.

The Introductory Workshop will provide you with a 'taste' of Core Process work and will include talks, discussion and experiential practice.

Details

Date:	Sunday, March 16, 2008
Venue:	Washitsu (Tatami Room) on the 8th Floor of the Shakai Kyouiku Kan at the Meguro Kuyakusho Kumin Center (10-min walk from JR Meguro Station) Map: http://www.meguroku-town.com/map/mg003025
Time:	9:30 AM – 4:30 PM
Fee:	¥15,000
Participants:	Limited to 20 people only
Attire:	Loose, comfortable clothing

What is Buddhist
Psychotherapy and
how does it support
our daily lives?

If you are interested in this workshop, contact Gillian Kok at:
Tel: (080) 6777-5005
Email: gilliankok@gmail.com
Website: www.awarenessheals.info

About the Instructor: Cheryl Allen, Karuna Institute, England



Cheryl began her Karuna journey in 1991, initially through Kum Nye and later Core Process Psychotherapy. She became a staff member of Karuna Institute in 1999, and is currently teaching Core Process Psychotherapy and a two-year Kum Nye training with Maura Sills, founder of Core Process Psychotherapy and co-director of the Karuna Institute. Cheryl has a private psychotherapy and supervision practice, working with a broad spectrum of people and issues. She also works for the NCH, one of the UK's leading children's charities, doing creative self-esteem work with children. She is a mother of two young adults and currently lives in Cornwall, England.