

Opening to our Depths: Self-Relations Workshop

with
Selene Vega, Ph.D.
& Dvorah Simon, Ph.D.

April 15-18, 2010

In this workshop we create an intensive community that encourages personal and professional breakthroughs. Using Stephen Gilligan's Self-Relations Psychotherapy model, hypnotherapy, movement, poetry, and other modes of connecting to ourselves and each other, this workshop is designed to nurture and awaken your soul into action. For those experienced with Self-Relations work as well as those exploring it for the first time, this is an inspiring way to do personal work while expanding skills in working with others.

Together we generate safe ritual space in which to explore the technical and personal aspects of Self-Relations and hypnotic work. Through lecture, demonstration, individual and small group exercises, and work in the center of the group, Selene and Dvorah will introduce techniques for self-connection and connection to the field beyond our individual selves. Participants have the opportunity to do personal work as well as assisting others. We enter the "living" relational field that allows therapists and clients to work together in a parallel process linked by experiential-somatic-cognitive conversations for change. You will leave with a sense of how to bring this back to your life and work.

Expect poetry, music and dancing. Bring your drum or other musical instruments if you'd like - no previous musical talent necessary. We share some fairly light and non-intrusive cooking and clean-up duties, which provide an opportunity to get to know each other.

This course meets the qualifications for 24 continuing education credit for MFTs and/or LCSWs as required by the CA Board of Behavioral Sciences. (Provider #PCE4108).

The workshop takes place at Skyote Mountain on 73 acres of redwood, fir, oak, and madrone forest in the Santa Cruz mountains, 20 minutes north of Santa Cruz, 25 minutes south of San Jose. Cost for the workshop is \$825, which includes meals. We will try to respond to special dietary needs, if you let us know in advance. If the price is stopping you, talk to us.

Selene Vega, PhD, licensed psychotherapist (CA MFC #32604) has led individuals and groups into the realms of psyche and spirit since 1972, combining movement work with hypnotherapy and ritual to address issues including addictions, eating disorders, and psychospiritual transformation. Selene's writings include chapters in *Walking in Two Worlds* (Ed. Gilligan & Simon), *The Psychospiritual Clinician's Handbook* (Ed. Khalsa & Mijares), and co-authoring *The Sevenfold Journey* (with Anodea Judith).



Dvorah Simon, Ph.D. is a psychologist and poet. Her career has included research and psychotherapy, publishing an international newsletter on Solution-Focused and related Ericksonian therapies, and writing a chapter on Solution Focused Therapy as a spiritual path. With Stephen Gilligan, she is the co-editor of *Walking In Two Worlds: The Relational Self In Theory Practice, and Community*. Her first book of poems, *Mercy*, was published by Hanford Mead in 2008. Her website is <http://www.dvorahsimon.com>

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