

# Self-Relations Supervision Workshop

with  
Stephen Gilligan, Ph.D.

August 27~30, 2009

A supervision group with Stephen Gilligan creates an intensive community that encourages breakthroughs at both personal and professional levels. These groups are legendary in terms of their capacity to nurture and awaken your soul into action.

We'll generate together a safe ritual space in which we can explore both the technical and personal aspects of doing Self-Relations and hypnotic work. Steve will teach Self-relations psychotherapy through lecture, demonstration, small-group exercises and therapy work in the center of the group. Participants may do personal work; or invite clients for a consultation session; or set up a role-playing experience. Therapists and client work with Steve Gilligan supervising, assisting, and/or consulting. Some will work in the center of the circle, others will have the opportunity to work within a trio separately. We especially focus on entering the "living" relational field that allows therapists and clients to work together in a parallel process linked by experiential-somatic-cognitive conversations for change.

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

The workshop takes place at Skyote Mountain (take a virtual tour at [www.spiritmoving.com](http://www.spiritmoving.com)) 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. To register, send your check made out to Selene Vega at the address below.

For information  
and registration:

[selene@spiritmoving.com](mailto:selene@spiritmoving.com)  
[www.spiritmoving.com](http://www.spiritmoving.com)



After receiving his doctorate in Psychology from Stanford, Stephen became known as one of the premier teachers and practitioners of Ericksonian hypnotherapy. He developed his own approach, self-relations psychotherapy, incorporating ideas from his mentors, Milton Erickson & Gregory Bateson and from aikido, Buddhism, mindbody healing, meditation, and performance arts.

Dr. Gilligan's many publications include *Therapeutic Trances: The Cooperation Principle in Ericksonian Psychotherapy*, a classic in the field; *Brief therapy* (Ed. with J. Zeig), *Therapeutic Conversations* (Ed. with R. Price); *The Courage to Love: Principles and Practices of Self-Relations Psychotherapy*, *The Legacy of Erickson*; and *Walking in Two Worlds: The Theory, Practice, and Community of Self-Relations* (Ed. with D. Simon). His work is known for its emphasis on reconnecting mindbody processes, embodied relationality, and encouraging and supporting transformational change. [www.StephenGilligan.com](http://www.StephenGilligan.com)

