

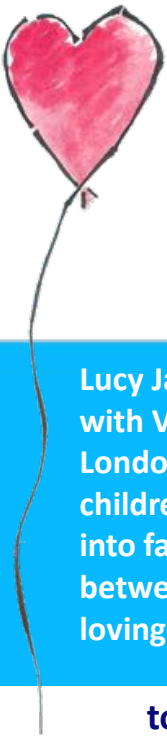
HEALTHY PARENTS, HEALTHY CHILD

monthly experiential workshops using Identity-oriented Psychotrauma Therapy



A safe space for parents & carers to share their challenges and concerns, to ask questions, and enjoy mutual support in an atmosphere of honesty and non-judgement. Using IoPT and the Intention Method, together we will explore the underlying issues that so often prevent us from being the parents we would wish to be, whilst also learning more about Franz Ruppert's theory of early trauma.

Monthly experiential workshops for parents & carers using Identity-oriented Psychotrauma Therapy (IoPT) facilitated by Lucy Jameson



Venue: Arc Hall, Hoathly Hill, West Hoathly, West Sussex RH19 4SJ

Dates for 2020: 18th Jan, 8th Feb, 7th March, 5th April, 2nd May, 6th June, 4th July

Timings: 10am - 4pm

Cost: attendance place - £45 working place - £85*

* a chance to explore your own specific issue (working places will be decided on the day)

Lucy Jameson has been working with IoPT since 2012. She trained with Vivian Broughton at the Centre for Healthy Autonomy in London, where she now teaches. Lucy is the mother of two children, and passionate about bringing the language of trauma into family life, to enable better communication and contact between children and their parents & carers, and a safer, more loving environment for all concerned.

to book or for more information contact Lucy:
lucyjameson76@gmail.com 07932 074 201

For more about IoPT please visit:
www.symbiosis-autonomy.com