

Complex Emotions, Trauma and the Inner Critic: Transformational Chairwork with Dr Scott Kellogg

Dr Scott Kellogg will demonstrate the use of Transformational Chairwork to address the common clinical issues of:

- (1) Working through Complex Emotions;
- (2) Overcoming Trauma and Interpersonal Mistreatment; and
- (3) Engaging the Inner Critic/Challenging Self-Hatred.

Book now to avoid disappointment as the previous workshop sold out.

The Transformational Chairwork/Four Dialogues Training draws on the clinical wisdom and practices of a wide range of Gestalt and integrative psychotherapists. Using clinical storytelling, role-plays, and live demonstrations, participants will develop skills in using this technique and will be guided through chair dialogue structures and the core deepening techniques – both of which are essential components of successful Chairwork therapy. **Feedback from previous delegates included: 'Excellent day, 'Excellent content and an inspiring presenter!', 'Invaluable to my work'.**

This workshop can be attended as a stand-alone day or as an ideal follow on to the day on Transformational Chairwork for Inner Conflict, Loss & Relationships.



Dr. Kellogg is the author of Transformational Chairwork: Using Psychotherapeutic Dialogues in Clinical Practice (2014). He is a former Clinical Assistant Professor in the Department of Psychology at New York University and the Past-President of the Division on Addictions of the New York State Psychological Association. An International Society of Schema Therapy - Certified Schema Therapist, he has also earned the Practitioner's Certificate in Gestalt Therapy from Gestalt Associates for Psychotherapy and he is a certified Voice Dialogue practitioner. Dr. Kellogg currently runs a Chairwork-centered private practice in New York City; he has created the Transformational Chairwork Training Program and has taught this psychotherapeutic dialogue method to practitioners around the world.

This workshop is suitable for all health professionals including clinical and counselling psychologists, doctors, nurses, counsellors, social workers, general and mental health nurses, CBT practitioners, coaches, and people working in mental health settings.

6th June 2020, 9.30 am – 4.40 pm

Royal National Hotel,
38-51 Bedford Way

London
WC1H 0DG

Prices including lunch & refreshments

Until 6th May 2020 - £120 + VAT

From 7th May 2020 - £135 + VAT

For more information or to reserve a place visit:

www.stantonltd.co.uk or www.grayrock.co.uk

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