

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

We are delighted to provide this **NEW** one day workshop in which **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 in 2016.**

Transformational Chairwork 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. Patients' resistance to participating in experiential work will be addressed and strategies to overcome this will be provided.

**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 Clinical Assistant Professor in the Department of Psychology at New York University. He is the current President of the Division on Addictions of the New York State Psychological Association and a co-director of the Harm Reduction and Mental Health Project at New York University. 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. 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.**

13<sup>th</sup> October 2017, 9.30 am – 4.40 pm Prices including lunch & refreshments  
The Royal National Hotel, Until 13<sup>th</sup> Sept 2017 - £120 + VAT  
38-51 Bedford Way, Bloomsbury, From 14<sup>th</sup> Sept 2017 - £135 + VAT  
London,  
WC1H 0DG For more information or to reserve a place visit:  
[www.stantonltd.co.uk](http://www.stantonltd.co.uk) or [www.grayrock.co.uk](http://www.grayrock.co.uk)

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