

Transformational Chairwork:

Working with Inner Conflict, Loss, Trauma, and Self-Hatred

Scott Kellogg, PhD and Amanda Garcia Torres, LMHC

We are delighted to provide this brief course on using Chairwork and the Four Dialogues in Clinical Practice. Scott Kellogg, PhD and Amanda Garcia Torres, LMHC, will explore the use of therapeutic dialogues as a way of (1) Resolving Inner Conflict; (2) Healing from Grief and Loss; (3) Working through Traumatic Memories; and (4) Engaging with the Inner Critic. We will also present and demonstrate our evolving model of Social Justice Chairwork Psychotherapy.

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. **Previous delegates gave 92% satisfaction rating and said: 'Excellent balance of content, rationale and practice', 'Far exceeded my expectations', 'Inspiring and enriching day'.**



Scott Kellogg, PhD, is the author of *Transformational Chairwork: Using Psychotherapeutic Dialogues in Clinical Practice* (2015, Rowman & Littlefield). He is a former Clinical Assistant Professor in the Department of Psychology at New York University and a Past-President of Division of Addictions of the New York State Psychological Association. An ISST-certified Advanced Schema Therapist, he has also trained in Gestalt Therapy and Voice Dialogue. Dr. Kellogg currently runs a Chairwork-centered private practice in New York City. Through the Transformational Chairwork Psychotherapy Project, he has taught this method of psychotherapeutic dialogue to practitioners in the United States and abroad.



Amanda Garcia Torres, LMHC, is a certified Chairwork Psychotherapist and Co-Director of Training at the Transformational Chairwork Psychotherapy Project. Ms. Garcia Torres received her Master's Degree in Counseling for Mental Health and Wellness from New York University and has also completed training in Voice Dialogue. She began her journey with TCPP in 2013 and has taught and demonstrated Chairwork in NYC and abroad. Her presentations and writings have addressed such topics as Chairwork, trauma, social justice, oppression, and identity issues. Ms. Garcia Torres is in private practice at Chairwork Therapy NYC.

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

Date/time: 8th and 9th July from 14:00 to 17:00 (UK time) Cost: £120 plus VAT

Watch the webinar live and/or the recording for up to 30 days afterwards

For more information or to reserve a place visit: www.stantonltd.co.uk or www.grayrock.co.uk

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