



## **Spring 2016 Workshop Series, Advanced Psychotherapy**

**Harvey R Wasserman, BSc, MD**

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*Between March and June, Harvey will present six psychotherapy workshops intended primarily but not exclusively for anyone who is training or practicing in the helping professions.*

### **Session I – (12 March) Deepening Awareness and Contact**

This session will focus on each therapist deepening awareness of and contact with the human being seeking our help.

### **Session II – (9 April) Psychotherapy Practicum 1.**

This is a psychotherapy workshop. We will work on each other and individually with Dr. Wasserman. Bring your experiences with difficult patients (we all have them) for help finding the key to your effectiveness. This workshop will build on the learning of Session I.

### **Session III – (30 April) Emotions, the Centre of Human Life**

Session III will focus on emotions – how to spot emotional problems and provide healing solutions. Emotions are at the centre of human life and can be distorting, devastating, even lethal. Emotions properly flowing through our being are an important part of a balanced, a good life.

### **Session IV – (14 May) Psychotherapy Practicum 2.**

A psychotherapy workshop to practice all you have absorbed. A psychotherapy workshop applying the learning of previous sessions. Helping to relieve human suffering.

### **Session V – (28 May) Recognising and Transforming Toxic Belief Systems**

Session V will focus on recognizing belief systems that are toxic, limiting, distorting – and eliminating them and replacing them with positive beliefs and self concepts that permit peace, happiness, creativity, a stable, expanding and constructive life. Enabling each person to become everything they were born to be, and whenever possible encouraging human spiritual expansion.

### **Session VI – (11 June) Psychotherapy Practicum 3.**

The final therapy workshop. Helping to produce a therapy experience that is profoundly helpful, flows easily with minimal exhaustion. You will wake up eager to start each working day.

Workshops will be held at The Clayton Hotel, Galway, and will run from 10 am to 4 pm.

**The price for each session is €30; sign up for all 6 sessions €150.**

Attending all six sessions will bring the greatest benefit, however there is no requirement that anyone book any particular number of them.

**Certificates of participation will be available for each workshop.**

Bookings are being taken through Eventbrite:

<https://www.eventbrite.ie/e/advanced-psychotherapy-tickets-21006764799>