

# Life Changes & Transitions

**Stuck in a rut ?  
Are you always procrastinating?  
Afraid of taking risks ?  
Cannot make decisions ?**

**OR ....**

**Always on the go ?  
Cannot settle ?  
Always feeling restless,  
constantly seeking something else?**

The balance between change and stability is essential to a satisfying life. Nothing in nature is stagnant nor frantic - growth occurs in the rhythm of the seasons. Phases of rest and stability alternate with periods of intense change and development.

However, many people find that for them alternating between change and stability does not come naturally.

## **Too much stability ...**

Some of us get trapped in too much stability, our home and daily routine can then be experienced as monotonous, and we feel imprisoned by our need for security.

## **Or too much change ...**

Some of us, on the other hand, are in the grip of too much change and life becomes a restless, superficial chase, driven by our anxieties and addictions, lacking direction.

Whether you are caught in too much stability or landed with too much change, whether you are faced with recent changes brought about by life, or are trying to change a stuck situation, these weekends can help you explore your dissatisfaction and issues around life changes and transitions.

## **Psychological Roots**

Whether we avoid change or are compelled into it, the deeper patterns which dominate our choices and reactions are rooted in our *psychology*: in fears, longings, feelings and thoughts which are not entirely conscious or rational. For most of us, these patterns go back a long way and influence the way we lead our lives.

Can these patterns change ?  
Yes, they can, but not through the mind alone: insight, rules, logic, reasons are not sufficient. Our thinking can become circular and remain disconnected from the primal source both of our passion and our pain..

## **More than 'just in the mind'**

In coping with change, or trying to bring it about, we need to access and unlock hidden parts of ourselves. Rather than relying on insight and understanding alone, we need to include aspects of ourselves that have been neglected or denied. This often involves getting in touch with the body, with feelings, with the 'right brain' and with unknown capacities for spontaneity.

# in mind & body

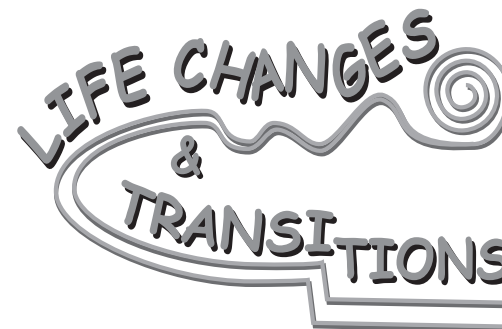
## **In this workshop**

Whatever your pattern around change - avoidance or compulsion, seeking it or feeling overwhelmed by it - in these weekends you will find an opportunity to become aware of and work with the forces driving your pattern, in a group of like-minded people.

We use a wide variety of techniques to help you access, explore and clarify the significant issues regarding the life changes you are experiencing or seeking. Some of these include the body and body awareness, others rely on visualisation and images, many include mindfulness and attention to your feelings.

All of our therapeutic tools are oriented towards doing justice to the wholeness of your being, bringing together all the resources and aspects of your life experience which will support you in finding your own unique path through current challenges and transformations.

Some of the therapeutic approaches we draw from in these weekends are: Body Psychotherapy, Gestalt, TA, NLP, Psychosynthesis, Psychodrama, Family Constellations and others.



## BOOKING FORM

I would like to attend the following weekend:

Weekend (25/26 March)  (£95)

Weekend (29/30 April)  (£95)

Name: .....

Address: .....

.....

.....

Tel.: .....

email: .....

Any previous experience of counselling/ therapy:

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Any special needs you would like us to know about:

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Please make your cheque payable to 'Morit Heitzler' and send the completed booking form to:

Please do not hesitate to contact us with any queries regarding the weekend.

## Morit Heitzler

is an experienced therapist and trainer, who maintains a private practice in Oxford, leads groups and teaches on various training courses in the UK and in Israel.

For many years she lived in South-East Asia where she trained and worked as a practitioner in a wide variety of complementary therapies. She then studied and gained her diploma at the Chiron Centre for Body Psychotherapy, London and later an MSc degree in Integrative Psychotherapy at Metanoia Institute. Since then she has completed further trainings in Somatic Trauma Therapy, Supervision and Bert Hellinger's systemic approach to family constellations.

Morit is a team member at the Trauma Service at the Maudsley Hospital, London, where she practices Somatic Trauma Therapy. She is interested in transgenerational trauma and works extensively with PTSD.

Her main emphasis as a group facilitator is on allowing space for each participant to find their own rhythm and place in the group.

## Michael Soth

is a psychotherapist (UKCP reg.), trainer, supervisor and consultant, living in Oxford. He is Training Director at the Chiron Centre for Body Psychotherapy in London and over the last 20 years has been teaching on a variety of training courses, including London City University and Oxford University.

As an Integrative Body Psychotherapist, inheriting concepts, values and ways of working from both psychoanalytic and humanistic traditions, he is interested in the therapeutic relationship as a body/mind process between two people who are both wounded and whole.

He has written numerous papers and his chapter 'Embodied Countertransference' was published in 2005 in "New Dimensions in Body Psychotherapy" (ed. Totton). Some of his writing and published articles are available at [www.soth.co.uk](http://www.soth.co.uk), as well as information on advanced training and CPD events for practitioners. As a group leader he is known for his engaging and challenging therapeutic style and for creating an alive and fun atmosphere.



"We are two experienced therapists and trainers (34 years experience between us), offering a comprehensive range of therapeutic services, and a unique integration of a range of approaches to personal development and depth therapy. After concentrating on teaching for many years, this is our first introductory workshop and a unique opportunity to get a flavour of what modern psychotherapy can do for you."

Morit & Michael



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web: [www.heitzler.fsnet.co.uk](http://www.heitzler.fsnet.co.uk)

# LIFE CHANGES & TRANSITIONS

## Experiential weekend workshops with

### Morit Heitzler & Michael Soth

Open introductory events for everybody currently experiencing or seeking life changes (in other words: for everybody alive or trying to be ...)

Dates: Sat/Sun 25/26 March 2006  
Sat/Sun 29/30 April 2006

Fee: £95 (concessions possible)

Venue: Oxford (tbc)

Making 21st century  
psychotherapy work for you