

AN OPEN EVENING WITH
no previous experience necessary!

Michael Soth

Integrative Body Psychotherapist

21st century Psychotherapy - making it work for you!

February 22nd '06, 7.30 - 9.30pm, £5
at Friends Meeting House, St Giles, Oxford

An evening for the general public and helping professionals and an opportunity for you to find out about questions such as:

How therapy is mis-perceived ...

- Therapy in the public imagination - how the Hollywood and TV image is misleading ...
- The real failures of therapy
- Personal development & psychological treatment

Psychotherapy's own limitations

- The fragmented field of psychotherapy
- 19th century assumptions

21st century psychotherapy

alive, experiential, relevant, passionate, elegant

How does it work ?

- Doing justice to complexity without being simplistic
- Integration of therapies
- Going beyond the 'talking cure' - the body/mind

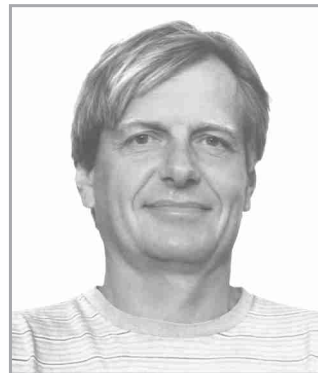
What *can* and *can't* therapy do ?

For further information, visit
www.soth.fsnet.co.uk
or phone 01865 725 205.

P.T.O. for biography and qualifications ...

Michael Soth

MICHAEL SOTH is an Integrative Body Psychotherapist, trainer and supervisor (UKCP reg.), living in Oxford, with 20 years' experience in the field. He is Training Director at the Chiron Centre for Body Psychotherapy in London and has been teaching on a variety of other counselling and therapy training courses, including London City University and Oxford University.



His own continuing development, both personally and professionally, has helped him expand beyond his original training into a wide range of approaches which he now integrates into a unique blend of supportive and challenging, nourishing and transformative ways of working. Other areas of work include organisational consultancy, group facilitation as well as a project applying Body Psychotherapy to illness, chronic symptoms and psychosomatic disease.

He has presented his teaching at conferences and over the last 10 years has written a series of articles and papers in professional magazines. His chapter on "Embodied countertransference", included in 'New Dimensions in Body Psychotherapy' (ed. Totton) was published in September 2005 by OUP.

For further details, please visit www.soth.co.uk, or contact him on 01865 725205.

Coming up ...

LIFE CHANGES & TRANSITIONS

Experiential
weekend workshops

Dates: Sat/Sun 25/26 March or 29/30 April 2006
Fee: £95 (concessions possible) Venue: Oxford

Contact: 01865 725 205 or michael@soth.fsnet.co.uk
www.soth.co.uk