

CHAKRA PSYCHOLOGY

Continued Personal & Professional Development course for healers, bodywork therapists, counsellors and psychotherapists, yoga teachers ...

Tutor: Delcia McNeil

Syllabus & details 2011/2012

Muswell Hill, North London

This course is designed to:

- o build on previous awareness of the chakra system and so increase its value both personally and professionally
- o support healers and therapists to draw on information and guidance given to them by their own chakras and so support them in their continued self healing process
- o encourage greater use of chakra psychological theory within general therapeutic sessions; this may include energetic, psychic, touch, movement, creative expressive, or talking therapies
- o compare different contemporary approaches to the use of the chakra system as a model for human growth and development

Requirements:

Participants will be required to enter their own developmental and therapeutic journey experientially as we go through each chakra focussing on human growth and development generally associated with each of the energy centres.

A piece of written work, between 1,500 and 3,000 words in length, exploring an issue of particular interest to the participant, is required. A certificate of successful completion will be given after the assessment of this piece of work.

Background reading for this course includes:

Anodea Judith, *Eastern Body, Western Mind*, Celestial Arts 1996, 2004

Brenda Davies, M.D. *The 7 Healing Chakras Workbook*, Ulysses Press 2004

Ruth White, *Working with your Chakras*, Piatkus 1993

Caroline Myss, *Anatomy of the Spirit*, Bantam, 1997

Ambika Wauters, *Journey of Self Discovery*, Piatkus, 1996

This course is validated for CPD by The Association for Therapeutic Healers (a member organisation of the Confederation of Healing organisations).

Course structure 2011/2012:

Nine Saturdays 3.30-6pm please arrive from 3pm for a prompt start at 3.30pm

Each session will include information, discussion, feedback and inner journeying using meditation and creative visualisation. This course will be limited to a maximum of ten participants.

Participants are required to attend all sessions; should a session be missed the participant will be required to attend a one hour individual tutorial in order to catch up; there will be a tutorial fee for this additional session (see below).

October 15 (2011)

- ❖ Background to the traditional chakra system and how it has been developed by Western contemporary psychological models – their uses and anomalies.

November 19

- ❖ The Root – early gestation and the first months and years of life; early bonding and how this experience underpins the rest of our lives.

December 17

- ❖ The Sacral – the development of individuation, issues of creativity, intimacy & sexuality; how the first years of life support us and wound us.

January 14 (2012)

- ❖ The Solar Plexus – issues of self esteem, personal power and belonging; the first part of our school years; how successful our socialisation has been

February 18

- ❖ The Heart – learning how to give and receive love – puberty & early adolescence; how we form deep relationships and develop integrity and conscience.

March 17

- ❖ The Throat- issues of communication and language – how successfully do we express ourselves? Our adolescence and young adulthood – finding our unique identity.

April 14

- ❖ The Brow – the mind – our master or servant? how well do we think? how intuitive and psychic are we? - becoming adult.

May 19

- ❖ The Crown – just how strong & healthy is our spiritual connection? – maturity, fulfilment and being of service.

June 16

- ❖ Integration, reflection, relationships between chakras; looking to future developments of chakra consciousness.

Venue: Flat 2, 56 Queens Avenue, Muswell Hill, London N10 3NU.

Course fee: £395 A non-refundable deposit of £75 is required to secure your place. It is possible to pay the balance in monthly instalments.

Course fee includes all sessions, course materials and one individual tutorial during or after completion of the course. Any sessions missed will need to be made up with an individual tutorial. These tutorials last one hour and the fee is Delcia's hourly rate of £50.

Cheques need to be made payable to Delcia McNeil and sent to:

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delcia@themcneilpartnership.com www.themcneilpartnership.com

Delcia McNeil has been working within the field of complementary therapies for twenty seven years. She is a UKCP registered psychotherapist (United Kingdom Council for Psychotherapy) and has been a registered healer for twenty six years. For ten years she ran the Rowan School for healing & personal growth with her colleague, Kate Williams MacKenzie. In 2000 her book *Bodywork Therapies for Women* was published, and that year she also produced a highly successful CD *Opening to Self Healing*. Delcia is passionate about chakras, and has been working with them since she was first introduced to them in 1981.



