

# Bridging Psyche and Soma

with Monica Anthony



Saturday 30th November 2024

*'The imagination is the bridge between psyche and soma'. Marion Woodman*

This workshop offers an opportunity to explore in depth the fascinating relationship between 'psyche' and 'soma': the interaction of mind and body, spirit and matter from the perspective of Transpersonal Psychology and to bring it alongside the subtle hands-on awareness available to us in craniosacral therapy.

We will explore the role of the creative imagination in the deepening of the therapeutic process, often enabling us to reach experiences carried by the body with which we are as yet unable to connect fully, especially on an emotional level. The body can manifest the most eloquent symptoms, holding our story until we are ready to perceive and receive the hidden layers, both as practitioners and in our own personal journey.

We will use creative visualisation, gestalt work, dialoguing, meditation and imaging, and there will also be time for discussion of a broad range of illustrations from relevant case histories.

Maximum of 6 participants

This workshop counts as Primary CPD for the CSTA

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Times: 10am-5pm

Venue: 43 Gomm Road, London SE16 2TY (near Canada Water station, Jubilee line and Overground)

Cost: £120.

Contact Monica on email: [monica@monicaanthony.com](mailto:monica@monicaanthony.com) or mobile: 07896 632124, website: [www.monicaanthony.com](http://www.monicaanthony.com)