

The **Open** Centre
Volume 35
Sep 2010 – Aug 2011



www.opencentre.com



**THE
OPEN CENTRE**
Third Floor
188 Old Street
London
EC1V 9FR

We do not have a receptionist. For general enquiries or brochure requests write to us, email us or call our office on (020) 7251 1504

WHERE WE ARE AND HOW TO FIND US

TRANSPORT

Tubes

We are a two-minute walk from **Old Street** (Northern Line) station. **Liverpool Street** (Circle, City, Metropolitan and Central Lines), **Moorgate** (Northern, Circle, City, and Metropolitan Lines) and **Barbican** (Circle, City and Metropolitan Lines) are also within walking distance.

Rail

Old Street is served by First Capital Connect's Moorgate line, several mainline services arrive and leave from **Liverpool Street** and **Moorgate** is served by Thameslink and First Capital Connect.

Buses

You can catch buses 55, 135 and 243 on **Old Street** and numbers 43, 76, 141, 214 and 271 on **City Road**.

Cars

Car parking is metered during weekdays and Saturday mornings. We are just inside the congestion charging zone.

LOCATION

Take exit 6 from Old St Station (Old St west, southside). Go past the Shell petrol station and enter the door to 188 Old Street. We are on the 3rd floor. You will need a door entry code to get in.

We regret that there is currently no access for wheelchairs but this is forthcoming.

HOW TO CONTACT US

General enquiries and brochure requests: 020 7251 1504
ocinfo@opencentre.com

Room bookings: 020 7251 1504
ocrooms@opencentre.com

Specific practitioners:

Guy: 020 7272 6672
ocguy@opencentre.com

Silke: 07764 200 113
ocsilke@opencentre.com

Richard: 020 8341 7226 (M-F 9am-9pm)
ocrichard@opencentre.com

Juliana: 020 8341 7226 (M-F 9am-9pm)
ocjuliana@opencentre.com

Scott: 020 8469 0245
ocscott@opencentre.com

Postal address:

The Open Centre, 3rd floor, 188 Old Street, London EC1V 9FR (put your return address on the envelope). Letters can also be left for us in our mailbox on the 3rd floor if you have access.

HOW TO BOOK for groups and individual sessions
SEE PAGE 18



programme

contents

Who we are & what we do	2
Introductions to our Work	5
Weekly Ongoing Groups	6
Weekend and Day Groups	8
Intensives and Residentials	14
Training & CPD	15
Further Reading	18
Booking procedure	18
Room booking	19
Calendar	20

AN INTRODUCTION TO THE OPEN CENTRE

Founded in 1977, we are one of the UK's longest established centres for self-development and personal growth.

We offer people an opportunity, both in group work and individual sessions to increase their awareness of themselves – an opportunity, in a supportive environment, to look deeply and realistically at all aspects of themselves – body, mind, feelings, spirit – relationships with others – assumptions and decisions about life and work, etc. This requires responsibility and commitment

on the part of the people who work with us, and we encourage them to translate what they learn at the Open Centre into every day life to make their own lives more fulfilling and to help enhance the world we live in.

We are: **Guy Gladstone** (*Bioenergetics and Psychodrama*), **Silke Ziehl** (*Deep Bodywork, Pulsing*), **Richard Mowbray** (*Primal Integration and Bodywork*), **Juliana Brown** (*Primal Integration*) and **Scott Clark** (*Feldenkrais Method*).



who we are

what we do

GUY GLADSTONE

Bioenergetics & Psychodrama

INTRODUCTORY EVENTS

Bioenergetics *Wed 8 Sep,
3 Nov 10, 5 Jan, 23 Feb,
27 Apr, 25 May 11*

Psychodrama *Wed 17 Nov 10,
18 May 11*

WEEKLY ONGOING GROUPS

Bioenergetics restarts *Wed 8
Sep 10, 5 Jan, 27 Apr 11,
Thurs 9 Sep 10, 6 Jan, 28 Apr 11*

WEEKEND AND DAY GROUPS

Bioenergetics *6/7 Nov 10,
6 Mar, 4 Jun, 16/17 Jul 11*
Psychodrama *5 Dec 10,
5 Jun 11*

THEME WORKSHOPS

Anger All Angles

26 Sep 10, 30 Jan 11,

Facing up to Shame *3 Apr 11,*

The Rainbow of Desire

26 Jun 11

More info: www.opencentre.com
www.bodyspace.co.uk

My work is about restoring the capacity for pleasurable self-regulation. Bodily experienced feeling connects present behaviour with childhood and the past while opening a space for change in the future. I aim to integrate the catharsis of emotional energy, the inner space of phantasy, and the awareness of family patterns.

The work I offer is a passage, a transition, not a way of life. Along with an opening of the bodymind through Bioenergetics, I encourage openness to relationships with others in the here and now, using the action methods of Psychodrama.

Over the last 36 years I have acquired a wide background in group-work, with experience of Encounter, Gestalt and Co-Counselling; and have trained in many forms of hands-on bodywork, including Pulsing, Postural Integration and Biodynamic Massage. In 1971 I was weaned from meditation and the esoteric by reading *The Primal Scream*, I participated in self-help groups like 'People not Psychiatry' and lived in communes with a therapeutic dynamic. I slipped into the emerging Human Potential movement without knowing it as such. Nine years as an international household removals contractor was my first training in helping people through crisis.

Previous jobs included teaching English as a foreign language, digging the Victoria Line and disc jockey on a pirate radio station. I hold the IDHP Diploma in Humanistic Psychology, am a member of the AHPP, and a graduate of a three year training, the IPSS and a five year training in Analytical Body Psychotherapy with BAABP. The subject of my degree was Reich's politics and the theory of bodyreading. I am indebted to Glyn Seaborn Jones from whom I learnt at the outset to trust my emotional body, to David Boadella who taught me how to be with other bodies, and to a psychoanalysis from which I have learnt respect for the unconscious.

I see my work as exploring with people how to achieve a more balanced and joyful way of living in their bodies and in the world. Rather than 'breaking through armour' I believe in following the small movements, sensations, feelings, thoughts or intuitions which are accessible. Because by paying attention to them and allowing them to develop further we can unravel the knot, and move closer to a deeper, fuller, more alive energy and reconnect with parts of the body-mind-spirit with which we had lost contact.

To facilitate this process in others I use my amalgamation of Reichian Energetic Integration, Postural Integration, Pulsing and Huna Bodywork.

SILKE ZIEHL

Deep Bodywork & Pulsing

INTRODUCTORY EVENINGS

**2010 Pulsing and Deep
Bodywork** *Wed 8 Sep*
2011 Deep Bodywork
Wed 9 Feb, Thurs 1 Sep

But most importantly, I bring myself, my awareness, perceptions and feelings which I share with you.

Over the years I trained extensively in a wide range of systems of working with the body/mind/emotions/spirit. I am a qualified Bodypsychotherapist and Acupuncturist as well as a trainer in Postural Integration, Energetic Integration and Pulsing. I have run bodywork groups since 1978 in Britain, Germany and Greece, and bodywork trainings since 1982.

TRAININGS

BodyEnergetics (CPD workshop) 13/14 Nov 10 **Deep Bodywork Advanced Training yr 2** starts 19-24 Nov 10 **Pulsing Intensive – the Back** 27/28 Nov 10 **Working with the Somatic Brain (CPD workshop)** 5/6 Mar 11 **Foundation in Deep Bodywork 1-yr Training** starts 25-28 Nov 11
More info: www.opencentre.com www.entelia.com

We do group and individual work in Primal Integration and Bodywork. Primal Integration involves an exploration of our deeper levels of experience with a view to being more alive and living more authentically. This process fosters 'growth forces' which can help splits in our being to heal and blocks to our 'doing' to resolve.

Traumatic and other experiences in early life may interrupt the wholeness of our development. Such experiences may have occurred during childhood, birth or before. Integrating these experiences into consciousness – acknowledging them as memories – reduces the confusion between what was then and what is now and releases more of our energy and qualities for life in the present. Primal Integration is concerned with both the recovery of the self one has apparently 'lost' and the discovery of the self one has yet to become.

In our groups and individual sessions we endeavour to create an environment conducive to this process of connection, expression and integration and one which allows both the freedom to 'stretch one's wings' and the security to explore one's most vulnerable and fearful states of being.

We also facilitate the process in a variety of ways including 'Primal Bodywork', and work with feelings, dreams, fantasies, thoughts, and words. Self-direction and self-responsibility are particularly emphasised.

The work we currently offer is a synthesis that we have evolved over the last thirty two years since our training with Bill Swartley, the original developer of Primal Integration. Other major influences include work and further training with Frank Lake, a pioneering explorer of pre- and peri-natal experiences and the configurational psychology of Francis Mott. Richard has also trained in bodywork with Jack Painter (Postural Integration) and Curtis Turchin (Pulsing and Postural Integration).

Our comprehensive programme of Primal Integration – monthly weekend groups, weekly ongoing groups, periodic residential group intensives and

WEEKENDS

Body and Soul 30/31 Oct 10
Pulsing Intensive – the Back
27/28 Nov 10
In Mind and Body
12/13 Mar 11
ctd



JULIANA BROWN & RICHARD MOWBRAY

Primal Integration and Bodywork

ONGOING GROUPS START

2010 23 Sep, 4 Nov,
2011 13 Jan, 3 Mar,
12 May, 16 Jun

WEEKEND GROUPS

2010 24-26 Sep, 22-24 Oct,
12-14 Nov, 3-5 Dec,
2011 21-23 Jan, 18-20 Feb,
18-20 Mar, 13-15 May,
10-12 Jun, 1-3 Jul

EASTER INTENSIVE

21-24 Apr 2011

SUMMER RESIDENTIAL

24-29 Jul 2011

More info: www.opencentre.com
www.primalintegration.com

regular individual sessions – has been running at the Open Centre and elsewhere since 1979.

We are co-authors of “Primal Integration” for *Innovative Therapy – A Handbook* (OUP, 1994) and “Visionary Deep Personal Growth” for *What’s the Good of Counselling & Psychotherapy?* (Sage, 2002). Richard is also author of *The Case Against Psychotherapy Registration – A Conservation Issue for the Human Potential Movement* (Trans Marginal Press, 1995) and various other publications in that area including for *Controversies in Psychotherapy and Counselling* (Sage, 1999).

For the last thirty-five years I have been working with movement – as a medium for my own self-exploration and expression, and as a way of reaching other people in their journey. I started by studying dance as an art form, and by teaching

and performing, but one of my first colleagues helped me to realise that the real dance and the real art form consists in living every day. So often, this is an impossible ideal: to allow ordinary things to be comfortable and cheerful is hard enough, without mentioning beauty, growth, and transcendence. Fortunately the dance community was a crossroads for many ‘alternative’ approaches, and I studied Alexander, Rolfing, Laban and many other methods before encountering Feldenkrais twenty-nine years ago. For me, Feldenkrais was a keystone that helped everything else make sense, and I enrolled on the first UK training in 1987. Since then I have been working with dancers and musicians, with people with severe pain or disability, but especially with ordinary people who want to live and grow.

This can happen either through classes and workshops in Awareness Through Movement or through individual sessions of Functional Integration. In the classes, I guide the group – mostly verbally, occasionally by touch – through a progression of small, gentle movements that release the innate knowledge of the body and help to reconcile that with our conscious expectations. Each class is different, exploring some particular movement theme or region of the body. In the individual sessions, my guidance is primarily through touch, but a touch that is gentle enough to blend with your own postural reflexes in order to shape and recombine them. Because it is individual, it is entirely personal, exploring the ingredients of your own conscious and unconscious movement without imposing any extraneous system or design. The result is a re-connecting: of the parts of the body, of the separated thoughts and feelings, into one coordinated unity.

Feldenkrais Method® is the registered trademark of the Feldenkrais Guild UK Ltd



SCOTT CLARK

Feldenkrais Method®

WEEKLY ONGOING GROUPS

Tues evenings,

21 Sep 10 – 7 Dec 10

then

11 Jan 11 – 29 Mar 11

then

10 May 11 – 26 July 11

& Wed evenings,

22 Sep 10 – 8 Dec 10

then

12 Jan 11 – 30 Mar 11

then

11 May 11 – 27 July 11

WORKSHOPS

9 Oct 10, 6 Nov 10,

22 Jan 11, 19 Feb 11,

21 May 11, 25 Jun 11

More info

www.opencentre.com

www.feldenkraislondon.com

introductions

to our work

Advance booking is necessary for the introductory events with specific dates. Your booking fee should be sent to the practitioner concerned and must reach them a minimum of 3 days beforehand. You must include a contact telephone number. For further information about these events, please contact the practitioners concerned rather than the general Open Centre enquiries number. For introductions that are not date specific (Feldenkrais Method** and **Primal Integration**), please contact the practitioners concerned.**

Bioenergetics **Guy Gladstone**

Introductory evenings
Wednesday 8 September,
3 November 2010, 5 January, 23 February,
27 April, 25 May 2011
8.15-9.45pm **£9**

These talks will give you a chance to learn how this active physical approach to personal development and understanding personality works. Terms like 'charge', 'contact', 'character' and 'grounding' will be explained. There will be space for questions and discussion and a few optional exercises will be shown. (For full description of experiential follow-ups see Bioenergetic Weekend.) *Advance booking required – see above.*

Deep Bodywork and PULSING **Silke Ziehl**

Introductory evening
Wednesday 8 September 2010,
7pm **£9**

The evening is about Pulsing and its roots in Hawaiian sacred bodywork as well as about Deep Bodywork and its roots in Western body-

therapy. There will be time to ask questions. *Advance booking required – see above.*

Deep Bodywork **Silke Ziehl**

Introductory evenings
Wednesday 9 February,
Thursday 1 September 2011
7pm **£9**

This evening is an opportunity to learn more about Deep Bodywork – how it works, where it comes from, what it is. Reichian Bodywork, Postural Integration® and Energetic Integration will be explained and compared. There will be time for questions. (See Weekend Groups in October 2010 and March 2011 for more details.) *Advance booking required – see above.*

Feldenkrais Method® **Scott Clark**

One trial class
Tuesdays or Wednesdays,
6.30-7.45 pm **£9**

Those new to Feldenkrais may do a trial class at any point in the term, space permitting. Please contact Scott Clark for more details.

Primal Integration **Juliana Brown & Richard Mowbray**

Primal Integration involves an exploration of our deeper levels of experience with a view to being more alive and living more authentically. It is concerned with both the recovery of the self one has apparently 'lost' and the discovery of the self one has yet to become. The Primal Integration group or individual setting is an environment which is intended to be conducive to this process of connection, expression and integration. Self-direction and self-responsibility

are particularly emphasised. See the 'Who we are and what we do' section for a basic outline of our work. For further information and/or to arrange a free introductory interview contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com. You can also find out more on our web site: www.primalintegration.com.

Psychodrama Guy Gladstone

Introductory evenings
Wednesday 17 November 2010,
18 May 2011
8:15-9:45pm

£9

I will be giving a picture of what happens during a psychodrama session by means of several short exercises. Between these I will focus on the special possibilities for personal development this medium offers. Besides any questions you may bring this introduction should answer some typically asked; such as what does it mean to play a role given that acting skills are unnecessary? For people considering joining the weekend group, this evening will set the scene. *Advance booking required – see above.*

weekly ongoing groups

Tuesdays

Awareness Through Movement Feldenkrais Method with Scott Clark

21 September – 7 December 2010,
then 11 January – 29 March 2011,
then 10 May – 26 July 2011
Tuesdays 6.30-7.45pm

one trial class **£9**
6 classes **£54**

discount available for full term

Each class will consist of a progression of small, gentle movements that release the innate knowledge of the body and help to reconcile that with our conscious ideas about ourselves. The series as a whole will explore support and grounding, as a foundation for reaching out into the world or for quiet being. Every class will

Wednesdays

Bioenergetics Ongoing with Guy Gladstone

8 September – 15 December 2010
(no group 27 October),
5 January – 30 March 2011
(no group 16 February),
27 April – 27 July 2011
(no group 1 June)
Wednesdays 6-8pm

Per 4 week series **£96**

Would you like to be able to express yourself to others in a more contactful way? Do you clamp feelings down inside of you, judging them too

uncomfortable to share? Will you let others touch you with their feelings? Can you sustain a feeling of contact with yourself?

Over the weeks an ongoing group deepens contact with yourself and others, and enables changes to be recognised and relationships to develop. In this group I will work with your embodied attitudes and beliefs as these emerge, from movement interactions, dialoguing, enactment, recent dreams and the story of your week. Most evenings will include about a quarter hour of bioenergetic voicing, breathing and moving.

The Wednesday group is limited to 10, the Thursday group to 12. Four weeks notice of leaving is required. New members may join as space becomes available at the start of a new series. An enquiry can be made at any time. I ask for an initial minimum commitment to seven sessions.

Awareness Through Movement Feldenkrais Method with Scott Clark

22 September – 8 December 2010,
then 12 January – 30 March 2011,
then 11 May – 27 July 2011
Wednesdays 6.30-7.45pm

one trial class **£9**
6 classes **£54**

discount available for full term

This series will cover the same material as the Tuesday evening series; please see Tuesday for description.

Thursdays

Bioenergetics Ongoing with Guy Gladstone

9 September – 16 December 2010,
(no group 28 October)
6 January – 31 March 2011
(no group 17 February)
28 April – 28 July 2011
(no group 2 June)
Thursdays 8-10.30pm

Per 6 week series **£180.00**
Per 7 week series **£210.00**

See Wednesday Bioenergetics Ongoing for full description of this group.

Primal Integration Weekly Ongoing Group with Juliana Brown & Richard Mowbray

Starting 2010: 23 September,
4 November,
Starting 2011: 13 January, 3 March,
12 May, 16 June
Thursdays 7-10pm

per 5 week series **£98**
per 6 week series **£118**
per 7 week series **£138**

For a basic description of Primal Integration please see the 'Who we are and what we do' section. This group provides an opportunity for people who wish to be involved in Primal Integration group work on a weekly basis. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegraton.com to arrange an interview before booking.



weekend & day groups

September 2010

Primal Integration Weekend

with Juliana Brown & Richard Mowbray

24-26 September 2010
Friday evening 7-10pm
Saturday & Sunday 11am-8pm **£118**

For a basic description of Primal Integration please see the 'Who we are and what we do' section. The format of the group will alternate between a structured phase and a free-form phase during which what takes place is determined by what you choose to explore and what you allow to happen. The physical and psychological safety of the group is provided for by a set of basic ground rules. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com to arrange an interview before booking.

Anger, All Angles with Guy Gladstone

Sunday 26 September 2010
10am-6.30pm **£65**
(full fee required to book)

This theme workshop in the Sensations Series is designed to do justice to the complexity of anger. It is packed with tried and tested procedures for getting a handle on anger. A guiding assumption is that we need to be able to choose how we communicate it. To do this requires a first hand bodily knowledge of its workings.

There will be opportunities to practise the expression of anger in an assertive mode as an alternative to exploding in a damaging hurtful way or imploding into passive aggression. Cultivating expressive capacities will be bal-

anced by a focus on anger management, both of your own and other's anger. Experiential learning during the workshop will be reinforced by copious handouts for your ongoing use.

Exercises will be both verbal and non-verbal, silent and noisy. Methods will include movement, writing, visualisation, drawing, expressive roleplay, somatic techniques, structured anger discharge and group discussion.

October 2010

Freeing the Upper Back and Shoulders Feldenkrais Method Workshop with Scott Clark

Saturday 9 October 2010
10.30am-4pm **£45**

In this workshop, we will explore several ways to reduce tension in the upper back and shoulders, and live more comfortably, with grace and power. We will look at ways that breathing can be a flexible and unifying key to the coordinations that give support and power to the arms and head. (Phone Scott on 020 8469 0245 for venue.)

Primal Integration Weekend with Juliana Brown & Richard Mowbray

22-24 October 2010
Friday evening 7-10pm
Saturday & Sunday 11am-8pm **£118**

See the September 2010 Primal Integration Weekend and the 'Who we are and what we do' section for a description. If you have not worked with us before, please contact us on 020 8341

7226 (M-F 9am-9pm) or by email to info@primalintegration.com to arrange an interview before booking.

Body and Soul Deep Bodywork Weekend with Silke Ziehl

Saturday & Sunday
30/31 October 2010
10am-6pm

£110

Where do you go when you want answers to important questions? When you need to make very sure that you make the right decision (about your job, your friend, your life etc), a decision you will feel good about?

In those moments we need to go to ourselves and listen to the part deep in ourselves that is calm and kind and loving and that has our deepest interest at heart. There we can find the clarity and power to make the choices that are right for us. There we can find the "yes" and you know you mean it, the "no" which leaves no doubt in anybody's mind that you mean it – and where your choice feels deeply right for you.

In this workshop we'll learn to listen to our body and our soul, and learn how to live a life more truthful to ourselves.

Bending and Lifting Feldenkrais Method Workshop with Scott Clark

Saturday 6 November 2010
10.30 am-4pm

£45

The actions of bending and lifting occupy so much of our daily lives – how can we improve such basic movements? How much would change in our experience of ourselves and the world? Could this be, not just a practical guide to better movement, but an exploration of our

humanity? (Phone Scott on 020 8469 0245 for venue.)

Bioenergetics Weekend with Guy Gladstone

Saturday & Sunday
6/7 November 2010, 10am-6pm

£105

How does my body respond to stress? How does my body help or hinder my self-assertion? Can I be spontaneous in an appropriate way? Whether or not you ask these or similar questions bioenergetics is about your capacity for pleasure and your available energy. Energy flows or doesn't within our bodies. We need to move downwards in ourselves to discover the involuntary core impulses of good feeling and how these have been interrupted by physical tension and emotional blocks.

Energising exercises, massage, and work with posture and body language will be used in pairs and in small groups. Otherwise members' needs and their interactions will decide the specific emphases of this group. An overall aim for the weekend is embodiment of balanced functioning between head, heart and gut.

Primal Integration Weekend

**with Juliana Brown &
Richard Mowbray**

12-14 November 2010
Friday evening 7-10pm
Saturday & Sunday 11am-8pm

£118

See the September 2010 Primal Integration Weekend and the 'Who we are and what we do' section for a description. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com to arrange an interview before booking.



Pulsing Intensive – the Back with Silke Ziehl

27/28 November 2010 – **The Back**
Saturday & Sunday 10am-6pm **£120**

Pulsing is a style of bodywork – through soft rotary movements and rhythmic rocking of all parts of the body it gently releases tensions, feelings and energy, expanding the tissues, nourishing the person, creating spaciousness inside... It is deep work without being painful, powerfully yet softly affecting the whole body-mind-spirit.

Pulsing is playing with the rhythms of the body and allowing us to reconnect to them and it reverberates through all the body rhythms, harmonising them.

This Pulsing Intensive allows time for getting to know the basis of this kind of bodywork as it applies to the back, while focusing on expansion and contraction of the energetic wave and on following the natural pulses of the body-mind to reach deeper levels of integration.

The intensive can count towards a training leading to certification.

Psychodrama Day with Guy Gladstone

Sunday 5 December 2010
10am-6pm **£55**

Psychodrama differs from other approaches to groupwork in that the invitation is to 'show us' rather than 'tell us'. Though action-based no acting skills are needed. Actual or imaginary scenes from your past, present or future are improvised by the director, yourself and the group. There is a focus on one person's issue, 'the protagonist'. Other group members take 'auxiliary' roles as family member, fellow employee or figure from a dream, through which you may get more in touch with your own concerns. These are then

shared before moving to the next protagonist's psychodrama.

Besides being an enjoyable introduction to groupwork (of which you need not have any previous experience) the benefits include an increase of personal power and spontaneity and a deeper understanding of your own and others' difficulties. A day of exploring your inner world and acting it out.

Primal Integration Weekend with Juliana Brown & Richard Mowbray

3-5 December 2010
Friday evening 7-10pm
Saturday & Sunday 11am-8pm **£118**

See the September 2010 Primal Integration Weekend and the 'Who we are and what we do' section for a description. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com to arrange an interview before booking.

Arms, Shoulders and Neck **Feldenkrais Method** **Workshop** with Scott Clark

Saturday 22 January 2011
10.30am-4pm **£45**

Why are we so prone to problems in these areas? What are the ways that we mis-use and spoil ourselves here? And how can we improve? Straightforward and simple ways to release tension and move toward comfort. Anyone concerned with RSI may find this useful. (Phone Scott on 020 8469 0245 for venue.)



Primal Integration Weekend

with Juliana Brown &
Richard Mowbray

21-23 January 2011

Friday evening 7-10pm

Saturday & Sunday 11am-8pm **£118**

See the September 2010 Primal Integration Weekend and the 'Who we are and what we do' section for a description. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com to arrange an interview before booking.

Anger, All Angles with Guy Gladstone

Sunday 30 January 2011

10am-6.30pm

(full fee required to book) **£65**

See the September 2010 Anger, All Angles for full description of this group.

Primal Integration Weekend

with Juliana Brown &
Richard Mowbray

18-20 February 2011

Friday evening 7-10pm

Saturday & Sunday 11am-8pm **£118**

See the September 2010 Primal Integration Weekend and the 'Who we are and what we do' section for a description. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com to arrange an interview before booking.

Moving from your Whole Self

Feldenkrais Method
Workshop
with Scott Clark

Saturday 19 February 2011

10.30 am-4pm

£45

In our culture, we learn to move in pieces – and it tears us apart. How can we re-member our dismembered selves? Harmonious movement comes from remembering and then relating our various parts. Grace, comfort and even power grow out of this process. (Phone Scott on 020 8469 0245 for venue.)

Bioenergetics Day with Guy Gladstone

Sunday 6 March 2011

10am-6pm

£55

This group is suitable both as an introduction for newcomers to body oriented personal growth work and an opportunity to go further for those who already have some experience in this area. Anyone who has not previously been to a group with me is welcome to phone beforehand to discuss coming.

Exercises will be given to deepen breathing, free the voice, release muscular tension and improve your contact both with others and your own inner process. There will be an overall concern with increasing your range of feelingful expression and opening to the experience of spontaneous feeling from the core of your body.

I will encourage participants to share issues from their daily lives and/or their experience within the more structured parts of the group as starting points for deeper exploration. There will be different phases to the day – the whole group working energetically together, occasions when I work with individuals and times when group members pair up to give each other support.

March 2011

February 2011

In Mind and Body Deep Bodywork Weekend with Silke Ziehl

Saturday & Sunday
12/13 March 2011
10am-6pm

£110

Our body affects our mind – and our mind affects our body. And with every decision we affect both our mind and our body, not only in the here and now, but in the long term. Because **what** we pay attention to, as well as **how** we pay attention, deeply influences our physical & mental well-being as well as the quality of our relationships with others.

If we get caught in patterns learned in childhood, where we judge harshly what we (and others) do and think and feel, we not only spoil our joie de vivre, our joy of life, but we also limit severely the possibilities for living a full and rich life.

Learning to perceive ourselves & others and the world around us with less clutter from the past, and less enthralled by anxiety and fear, we can see more clearly what options are open to us and get a clearer sense of what our preferences really are. In this workshop, learning some skills in which mind and body work together, will help you to dare life.

Primal Integration Weekend with Juliana Brown & Richard Mowbray

18-20 March 2011
Friday evening 7-10pm
Saturday & Sunday 11am-8pm

£118

See the September 2010 Primal Integration Weekend and the 'Who we are and what we do' section for a description. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email

to info@primalintegration.com to arrange an interview before booking.

April 2011

Facing up to Shame with Guy Gladstone

Sunday 3 April 2011, 10am-6pm
(full fee required to book)

£65

Have you ever been caught in the act of reading private entries in someone else's diary? Or you once burped or farted loudly at a quiet and polite gathering? Then you will know the turmoil of shame.

During the workshop you will research this elusive emotion and its impact on your body, identity and choices; distinguish shame and guilt; and confront shame as a residue of humiliation, persecution or abuse. The protective function of shame will be affirmed, even as taking risks in front of others will be celebrated. The shameless but barely known technique of expressive roleplay will help you break shame's grip, giving you a practical antidote to shame's tendency to paralyse.

Avoiding the pitfalls of moralism while remaining receptive to irony this in some ways least serious workshop in the "Sensations" series will begin by exploring what has happened to your New Year's resolutions, traverse the Seven Deadly Sins and end in an appropriately riotous mode in the week of April Fool's Day.

Note: A requirement for attending this event is that you are prepared at times not to take your feelings too seriously.

Primal Integration Easter Intensive with Juliana Brown & Richard Mowbray

21 – 24 April 2011

£180

See the Intensives and Residentials section on page 14.

Primal Integration Weekend

with Juliana Brown & Richard Mowbray

13-15 May 2011

Friday evening 7-10pm

Saturday & Sunday 11am-8pm **£118**

See the September 2010 Primal Integration Weekend and the 'Who we are and what we do' section for a description. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com to arrange an interview before booking.

Strength or Lightness? Feldenkrais Method Workshop with Scott Clark

Saturday 21 May 2011

10.30am-4pm **£45**

In our daily actions, when must we move with power, and when with delicacy? How different are these, and how different is the physical organisation that could support them? Surprisingly enough, the support for both is the same, and by improving it, we escape from an inexpressive middle ground into the freedom of strength *and* delicacy. (Phone Scott on 020 8469 0245 for venue.)

Bioenergetics Day with Guy Gladstone

Saturday 4 June 2011, 10am-6pm **£55**

See the March 2011 Bioenergetics day for full description of this group.



Psychodrama Day with Guy Gladstone

Sunday 5 June 2011

10am-6pm **£55**

See the December 2010 Psychodrama day for full description of this group.

Primal Integration Weekend

with Juliana Brown & Richard Mowbray

10-12 June 2011

Friday evening 7-10pm

Saturday & Sunday 11am-8pm **£118**

See the September 2010 Primal Integration Weekend and the 'Who we are and what we do' section for a description. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com to arrange an interview before booking.

Walking on Air Feldenkrais Method Workshop with Scott Clark

Saturday 25 June 2011

10.30am-4pm **£45**

Walking is exercise – when it's easy and comfortable. For many of us, the ease of walking is restricted by difficulties in the ankles or knees or lower back, or even higher, in the upper back or neck. What we need is a way of sorting out the various bits of ourselves, and unifying them into a larger pattern of grace and power. Most of this workshop will consist of gentle movements lying on the floor, but we will be aiming at coordinations that enable the more robust activities of walking and even running. (Phone Scott on 020 8469 0245 for venue.)

The Rainbow of Desire with Guy Gladstone

Sunday 26 June 2011

10am-6pm

(full fee required to book)

£65

Are you interested in exploring what stops you doing what you want to do or being who you want to be? Are you willing to embody all manner of images in the course of a day? Subversive and fun, your powers of observation and openness to change will be challenged.

This playshop in the "Sensations" series deals with internalised oppression or the cop in the head. Using image theatre techniques developed by Augusto Boal, Brazilian theatre director and social activist, desires are clarified and made dynamic, obstacles to their realization confronted and a variety of potential solutions generated by participants. It is assumed that everyone can and already does act and help, thus democratising both therapy and performance skills.

July 2011

Primal Integration Weekend

with Juliana Brown &
Richard Mowbray

1-3 July 2011

Friday evening 7-10pm

Saturday & Sunday 11am-8pm

£118

See the September 2010 Primal Integration Weekend and the 'Who we are and what we do' section for a description. If you have not worked with us before, please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com to arrange an interview before booking.

Bioenergetics Weekend with Guy Gladstone

Saturday & Sunday

16/17 July 2011, 10am-6pm

£105

See the November 2010 Bioenergetic Weekend for full description of this group.

intensives

& residentials

Primal Integration Easter Intensive 2011

with Juliana Brown &
Richard Mowbray

Thursday 21 April, 7pm –

Sunday 24 April 2011, 8pm

£180

This group will be similar to our Primal Integration weekends but extended by an extra

day to allow for deeper and more sustained work.

Booking: Please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com for detailed booking information. If you have not worked with us before, it will be necessary to arrange an interview before booking.



Primal Integration Summer Residential 2011 with **Juliana Brown & Richard Mowbray**

24-29 July 2011
at the Wild Pear Centre in Devon
(including food and board) **£435**

The nature of this group will be similar to our Primal Integration weekends at the Open Centre, however, the greater length of time and the security and continuity of the residential setting allow for deeper and more intensive work.

The Wild Pear Centre is situated on the west Exmoor coast of North Devon, an area of outstanding natural beauty (see www.primalintegration.com/wpc.html for pictures).

For details about Primal Integration see the 'Who we are and What we do' section.

Booking: Please contact us on 020 8341 7226 (M-F 9am-9pm) or by email to info@primalintegration.com for detailed booking information. If you have not worked with us before, it will be necessary to arrange an interview before booking.

There will be an optional follow-up evening in London on 8 August.

training & CPD workshops

BodyEnergetics in Relationship (CPD Workshop) with **Silke Ziehl**

13/14 November 2010
Saturday & Sunday 10am-5.30pm **£120**

This workshop explores the energetic processes happening in our bodies and between our bodies in the therapeutic relationship.

The waves and cycles of our energy interweave inseparably with our feelings, thoughts, our actions and intentions, and also directly with those of the other person. These powerful non-verbal processes within and between us are at the heart of any therapeutic relationship – they are the web we weave together.

Recent research in neuroscience has revealed fascinating evidence about how these energetic processes in the relationship are closely linked to

brain processes – the 'brain in the head' and also the 'brain in the body'.

In this workshop we shall explore how the therapeutic relationship directly influences brain functioning and brain structuring; and also the reverse processes: how the structure and functioning of the brain influences the energetic flow in the relationship. We'll draw some surprising lessons from this research on how to work effectively as a therapist.

Advanced Training in Deep Bodywork with **Silke Ziehl**

Year 2 starts 19-24 November 2010

This 2-year course offers a thorough training in Deep Bodywork with specialisation in Psychotherapeutic Postural Integration. Like the first year, this second year combines intensive

personal experience with extensive theoretical and practical training.

The Advanced Training is for people who want to become more skilful at working deeply with bodymind, both their own and their clients'.

If you have extensive previous experience with bodywork, it may be possible to join the second year of this training.

Training info on request. Or download details from www.entelia.com

Pulsing Intensive – the Back with Silke Ziehl

27/28 November 2010
Sat & Sun 10am-6pm

£120

See page 10 for full description of Pulsing and this group.

Working with the Somatic Brain CPD workshop with Silke Ziehl

5/6 March 2011
Sat & Sun 10am-5.30pm

£130

Our somatic brain ("body-brain") is hugely important and yet often neglected in our discourse, our research, and our practice as therapists.

In this workshop we'll explore how, as therapists, we can become more skilful at working with the somatic brain processes to achieve better therapeutic relationships and therapeutic outcomes.

We will explore how to:

- Become more attuned to the right-brain-to-right-brain connection that is the bedrock of any therapeutic relationship.
- Become more mindful of our own bodily felt resonance with our client

- Bring our heart and empathy safely to our therapeutic work
- Clarify therapeutic patterns of holding, being authentic and being transparent in the light of resonance and intersubjectivity.

Advance Notice Humanistic Alchemy with Guy Gladstone

A 2 year multimodal Facilitator Course
2011-13

Co-directed by Guy Gladstone and Amadis Cammell

Humanistic Alchemy is a response to the needs of these times. It offers a unique combination of elements in a developing community of sixteen participants assisted by twenty workshop leaders. The 'alchemical' outcome will be an exponential acceleration of both personal development and the capacity to facilitate others. HA offers an integrated programme of personal, transpersonal, expressive arts and ecological explorations. It will challenge prevailing cultural attitudes of non-engagement.

HA is 21 weekend workshops, all with a preliminary evening and a follow-up morning meeting, culminating in a weeklong residential in Spain. While allowing for diverse intentions and an only minimally preconceived process, HA will provide an extended forum for psychological and social healing, an authentic spirituality, an encounter with creativity, and a reconnection with our bodies and the natural world. This is a post-modern interpretation of the traditional alchemical project, based on current transmutational paradigms and grounded in humanistic activities. We depart September 2011. Applications from individuals able to stay the course are respectfully invited. For details of a series of introductory evenings and one day workshops during 2010/11 please contact Guy.

Advance Notice **1-year Foundation in** **Deep Bodywork** with Silke Ziehl

24 days in six four-day training blocks
starts November 25-28 2011

This one year course is an introduction to modern Reichian bodywork, combining intensive personal experience with theoretical and practical training. It is this continuous combination and interrelation of experiential and theoretical and practical material that makes this course so valuable – knowledge is gained from inside and outside and thus integrated much deeper.

The course is for both practitioners and non-practitioners alike. It can be a powerful supplementary training in Deep Bodywork for practitioners to enhance their current practice, and can equally be taken as an intensive one year course for personal development.

The course will take place in London.

Life is above all movement and change and being with ourselves and others. Animals remind us of that marvellous ability of **moving with ease and commitment**. Physical tightness, restricting beliefs, controlling emotions strangle our sense of self and our connection to others. Deep bodywork is a process of exploring these “blocks” and transforming them into available energy.

When more connected to ourselves and our inner rhythms and responsive to the changing realities around us, we feel more alive, can make

better decisions, gain more control over our life and relate better to others.

Course content:

- **Working with body energetic processes:**

the energetic cycle, working with breath, charging and discharging energy, phases in the energetic cycle, counterpulsations in the body's energy flow, blocks in cycle.

- **Energetic Integration:**

energy, movements and emotion; energetics in relationships; Gestalt techniques, enactment and bodywork; accepting and expressing roles.

- **Segments of the Energetic Body:**

The formation and nature of armour in the bodymind; segmentation in the body tissues and structures and functioning; trauma and healing.

- **The development of Character:**

pre and peri-natal influences, stages in child development; character structures and character patterns types; fragmented, oral, inflated, compressed, rigid patterns.

- **The body as the basis of projection**

(of ideas onto others): working with projection, body transference and body counter-transference.

Please contact Silke for more details.

Upon successful completion of the course a Certificate in Deep Bodywork will be issued.

There will be Deep Bodywork weekends on Oct 30/31 '10, March 12/13 '11 and Oct 8/9 '11 at the Open Centre'.



booking procedure

GROUP BOOKING PROCEDURE

Except where otherwise stated, advance booking is required for all group events including evening introductory events (see page 5). **Please book well in advance to secure a place and phone the group leader concerned to confirm availability.**

To book, send a deposit of half the fee (unless otherwise indicated) to the relevant group leader c/o The Open Centre, 3rd floor, 188 Old Street, London, EC1V 9FR. Cheques should be made out to the group leader except where otherwise specified – please make sure to include your address and telephone number and your return address on the envelope. If possible also notify the group leader by email. The balance of the fee is payable by the start of the group, except by prior arrangement with the group leader, and payment should be made in cash or by a cheque supported by a bankers card. Deposits

are non-refundable unless the group is cancelled. If you wish to have confirmation of your place on the group enclose an SAE. If the group is full you will be notified providing you have enclosed your address and telephone number. In order to confirm that a group is happening please ring the group leader concerned.

INDIVIDUAL WORK

We are available for individual sessions. Please contact whoever you are interested in working with to arrange for an introductory interview.

Guy: 020 7272 6672
Silke: 07764 200 113
Richard: 020 8341 7226
(M-F 9am-9pm)
Juliana: 020 8341 7226
(M-F 9am-9pm)
Scott: 020 8469 0245



further reading

Feature Articles

There is a selection of feature articles with more detailed information about our work, the Open Centre, and related topics on our web site www.opencentre.com. Follow the link named "Feature Articles" on the home page – www.opencentre.com

Paper Publications

**THE CASE AGAINST PSYCHOTHERAPY REGISTRATION:
A Conservation Issue for the Human Potential Movement**
by Richard Mowbray

Trans Marginal Press 1995 ISBN: 0-9524270-0-1 305pp A5 pb. Price £12.95
Available from booksellers or by mail order from Trans Marginal Press,
Call +44 020 8341 7226 or visit www.transmarginalpress.co.uk for details.



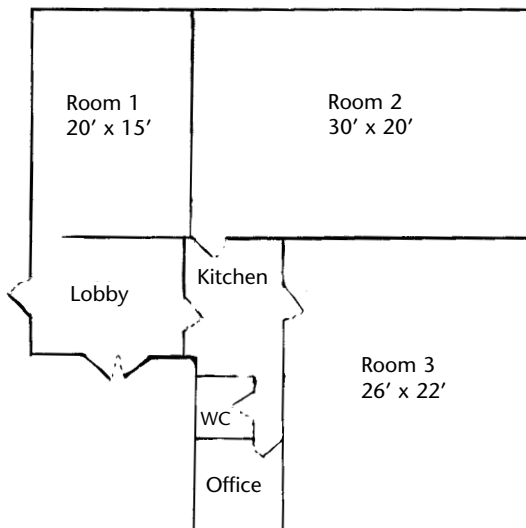
room booking

We have 3 large, bright and airy rooms for hire, suitable for a variety of both group and individual work.

All rooms are fully carpeted and amply provided with cushions and mattresses. Chairs are also available, as well as a dry white board and overhead projector for visual presentations. We have a kitchen and our own toilet and washing facilities.

Open Centre room bookers have their own notice board and leaflet racks in our lobby to assist them with publicity.

We offer excellent facilities in a central location at very reasonable rates. For further information please contact: Tel 020 7251 1504 or email ocrooms@opencentre.com



Open Centre

SEP 2010—AUG 2011

SEPTEMBER 2010

- 8** Introduction to Bioenergetics
Guy Gladstone
- 8** Deep Bodywork & Pulsing:
Intro Evening
Silke Ziehl
- 8** Bioenergetics restarts
Guy Gladstone
- 9** Bioenergetics restarts
Guy Gladstone
- 21** Feldenkrais Tuesday Series starts
Scott Clark
- 22** Feldenkrais Wednesday Series starts
Scott Clark
- 23** Primal Integration Ongoing Group starts
Juliana Brown & Richard Mowbray
- 24-26** Primal Integration Weekend Group
Juliana Brown & Richard Mowbray
- 26** Anger All Angles
Guy Gladstone

OCTOBER 2010

- 9** Feldenkrais: Freeing the Upper Back & Shoulders
Scott Clark
- 22-24** Primal Integration Weekend Group
Juliana Brown & Richard Mowbray
- 30-31** Body and Soul
Silke Ziehl

NOVEMBER 2010

- 3** Introduction to Bioenergetics
Guy Gladstone
- 4** Primal Integration Ongoing Group starts
Juliana Brown & Richard Mowbray
- 6** Feldenkrais: Bending & Lifting
Scott Clark
- 6-7** Bioenergetics Weekend
Guy Gladstone
- 12-14** Primal Integration Weekend Group
Juliana Brown & Richard Mowbray
- 13-14** BodyEnergetics in Relationships
(CPD workshop)
Silke Ziehl
- 17** Introduction to Psychodrama
Guy Gladstone

19-24

Deep Bodywork Advanced Training year 2 starts
Silke Ziehl

27-28

Pulsing Intensive: The Back
Silke Ziehl

DECEMBER 2010


3-5

Primal Integration Weekend Group
Juliana Brown & Richard Mowbray

5


Psychodrama Day
Guy Gladstone



 Introductory events

 Ongoing groups

 Weekend & day groups

 Intensives, trainings & residentials

JANUARY 2011

- 5 Introduction to Bioenergetics
Guy Gladstone
- 5 Bioenergetics restarts
Guy Gladstone
- 6 Bioenergetics restarts
Guy Gladstone
- 11 Feldenkrais Tuesday Series resumes
Scott Clark
- 12 Feldenkrais Wednesday Series resumes
Scott Clark
- 13 Primal Integration Ongoing Group starts
Juliana Brown & Richard Mowbray
- 21-23 Primal Integration Weekend Group
Juliana Brown & Richard Mowbray
- 22 Feldenkrais: Arms, Shoulders & Neck
Scott Clark
- 30 Anger All Angles
Guy Gladstone

FEBRUARY 2011

- 9 Deep Bodywork: Intro Evening
Silke Ziehl
- 18-20 Primal Integration Weekend Group
Juliana Brown & Richard Mowbray
- 19 Feldenkrais: Moving from your Whole Self
Scott Clark
- 23 Introduction to Bioenergetics
Guy Gladstone

MARCH 2011

- 3 Primal Integration Ongoing Group starts
Juliana Brown & Richard Mowbray
- 6 Bioenergetics Day
Guy Gladstone
- 5-6 Working with the Somatic Brain (CPD workshop)
Silke Ziehl
- 12-13 In Mind and Body
Silke Ziehl
- 18-20 Primal Integration Weekend Group
Juliana Brown & Richard Mowbray

APRIL 2011

- 3 Facing Up To Shame
Guy Gladstone
- 21-24 Primal Integration Easter Intensive
Juliana Brown & Richard Mowbray
- 27 Introduction to Bioenergetics
Guy Gladstone
- 27 Bioenergetics restarts
Guy Gladstone

- 28 Bioenergetics restarts
Guy Gladstone

MAY 2011

- 10 Feldenkrais Tuesday Series resumes
Scott Clark
- 11 Feldenkrais Wednesday Series resumes
Scott Clark
- 12 Primal Integration Ongoing Group starts
Juliana Brown & Richard Mowbray
- 13-15 Primal Integration Weekend Group
Juliana Brown & Richard Mowbray
- 18 Introduction to Psychodrama
Guy Gladstone
- 21 Feldenkrais: Strength or Lightness?
Scott Clark
- 25 Introduction to Bioenergetics
Guy Gladstone

JUNE 2011

- 4 Bioenergetics Day
Guy Gladstone
- 5 Psychodrama Day
Guy Gladstone
- 10-12 Primal Integration Weekend Group
Juliana Brown & Richard Mowbray
- 16 Primal Integration Ongoing Group starts
Juliana Brown & Richard Mowbray
- 25 Feldenkrais: Walking on Air
Scott Clark
- 26 The Rainbow of Desire
Guy Gladstone

JULY 2011

- 1-3 Primal Integration Weekend Group
Juliana Brown & Richard Mowbray
- 16-17 Bioenergetics Weekend
Guy Gladstone
- 24-29 Primal Integration Summer Residential
Juliana Brown & Richard Mowbray

SEPTEMBER 2011

- 1 Deep Bodywork: Intro Evening
Silke Ziehl
- 16 Humanistic Alchemy starts
Guy Gladstone

NOVEMBER 2011

- 25 Foundation in Deep Bodywork 1-yr Training starts
Silke Ziehl

The Open Centre

Founded in 1977, we are one of the UK's longest established independent growth centres, offering a balance of different approaches within the broad field of humanistic psychology. We value our rich variety of experience, training and skills which is expressed in our key ideas: Therapy, Movement, Healing and Growth. We offer both group and individual sessions.

Please, phone, write or email to request a free extensive brochure, giving details about events and prices.

ENQUIRIES

Phone (020) 7251 1504

Email ocinfo@opencentre.com

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3rd floor, 188 Old Street,
London EC1V 9FR



www.opencentre.com