



The Open Centre

35th YEAR!

Sep 2011 – Aug 2012





THE
OPEN CENTRE
188 Old Street
London
EC1V 9FR

We do not have a receptionist. For general enquiries or brochure requests email us, write to us or call us 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. **Kings Cross, St. Pancras, Euston** and **London Bridge** stations are all within easy reach.

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. 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

Specific practitioners:

Juliana: 020 8341 7226 (M-F 9am-9pm)

ocjuliana@opencentre.com

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

Scott: 020 8469 0245

scott@feldenkraislondon.com

Postal address:

The Open Centre, 188 Old Street, London EC1V 9FR (put your return address on the envelope).

HOW TO BOOK for groups and individual sessions
SEE PAGE 15



programme

The Open Centre turns
35
in October 2012!
see website for details

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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.

Scott Clark (Feldenkrais Method), leaves the Open Centre programme with this issue; though no longer a member of the Open Centre, he will continue to book rooms with us. We thank him for his valuable contribution to the Open Centre as a member over the past 14 years.

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

who we are

what we do

JULIANA BROWN & RICHARD MOWBRAY

Primal Integration and Bodywork

ONGOING GROUPS START

2011 22 Sep, 3 Nov,

2012 12 Jan, 23 Feb,

26 Apr, 7 Jun

WEEKEND GROUPS

2011 23-25 Sep, 14-16 Oct,

11-13 Nov, 2-4 Dec,

2012 13-15 Jan, 10-12 Feb,

9-11 Mar, 25-27 May,

29 Jun-1 Jul

EASTER INTENSIVE

5-8 Apr 2012

SUMMER RESIDENTIAL

22-27 Jul 2012

More info: www.opencentre.com

www.primalintegration.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 three 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 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).



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 37 years I have acquired a wide background in groupwork, 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. 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. But most importantly, I bring myself, my awareness, perceptions and feelings which I share with you.

GUY GLADSTONE

Bioenergetics & Psychodrama

INTRODUCTORY EVENTS

Bioenergetics Wed 7 Sep, 2 Nov 11, 4 Jan, 22 Feb, 16 Apr, 30 May 12

Psychodrama Wed 16 Nov 11, 16 May 12

WEEKLY ONGOING GROUPS

Bioenergetics restarts

Wed 7 Sep 11, 4 Jan, 16 Apr 12, Thurs 8 Sep 11, 5 Jan, 17 Apr 12

WEEKEND AND DAY GROUPS

Bioenergetics 5/6 Nov 11, 6 Mar, 9 Jun, 14/15 Jul 12

Psychodrama 11 Dec 11, 10 Jun 12

THEME WORKSHOPS

Body Image, Discovery and Change 2 Oct 11

Shock and Stress 29 Jan 12,

Anger, All Angles 4 Mar 12

Sexualities and Suppressions 29 Apr 12

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

SILKE ZIEHL

Deep Bodywork & Pulsing

INTRODUCTORY EVENINGS

2011 Deep Bodywork

Thurs 1 Sep

2012 Deep Bodywork

Wed 15 Feb, Wed 13 Jun

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.

WEEKENDS & DAY GROUP

Tender Toughness 22/23 Oct 11

Body in Relationship 10/11 Mar 12

Pulsing Intensive – the Sides 26/27 May 12

Power of Attention 1 Jul 12

TRAININGS

Foundation in Deep Bodywork 1-yr Training starts 25-28 Nov 11

Deep Bodywork Certification Phase 1 starts 19-24 Nov 11

Somatic Resonance (CPD workshop) 24/25 Mar 11

More info: www.opencentre.com www.entelia.com

introductions

to our work



Advance booking is necessary for the introductory events with specific dates (Deep Bodywork, Bioenergetics or Psychodrama). 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 an introduction to Primal Integration, please contact Juliana or Richard on 020 8341 7226.

Bioenergetics Guy Gladstone

Introductory evenings
Wednesdays 7 September,
2 November 2011, 4 January, 22 February,
16 April, 30 May 2012
8.15-9.45pm **£10**

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 Silke Ziehl

Introductory evenings
Thursday 1 September 2011,
Wednesdays 15 February,
13 June 2012
7pm **£9**

These evenings are an opportunity to learn more about Deep Bodywork – how it works, where it comes from, what it is. Reichian body work, Postural Integration® and Energetic Integration will be explained and compared. There will be time for questions. (See Weekend & Day Groups in October 2011, March & July 2012 for more details.) *Advance booking required – see above.*

Primal Integration

Juliana Brown & Richard Mowbray

Introductory interview on request

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 16 November 2011,

16 May 2012

8:15-9:45pm

£10

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

Bioenergetics Ongoing with Guy Gladstone

7 September – 14 December 2011

(no group 26 October),

4 January – 28 March 2012

(no group 15 February),

18 April – 18 July 2012

(no group 6 June)

Wednesdays 6-8pm

Per 4 week series 2011 **£96**

Per 4 week series 2012 **£104**

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, enact-

ment, 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.

Thursdays

Bioenergetics Ongoing with Guy Gladstone

8 September – 15 December 2011,

(no group 27 October)

5 January – 29 March 2012

(no group 16 February)

19 April – 19 July 2012

(no group 7 June)

Thursdays 8-10.30pm

Per 6 week series 2011 **£180**

2012 **£195**

Per 7 week series 2011 **£210**

2012 **£227.50**

See Wednesday Bioenergetics Ongoing for full description of this group.

Primal Integration **Weekly Ongoing Group** with Juliana Brown & Richard Mowbray

Starting 2011: 22 September,
3 November,

Starting 2012: 12 January, 23 February,
26 April, 7 June

Thursdays 7-10pm

per 6 week series **£120**

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 2011

Primal Integration **Weekend**

with Juliana Brown &
Richard Mowbray

23-25 September 2011

Friday evening 7-10pm

Saturday & Sunday 11am-8pm

£120

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.

Body Image, Discovery and Change with Guy Gladstone

Sunday 2 October 2011,
10am-6pm
(full fee required to book)

£65

Body Image is the inner mental picture you hold of your body and is closely linked to self esteem or its absence. Even if you manage to change your appearance through dieting, dedicated exercise or designer clothing, until you directly address your body image the roots of bad feeling about your body remain untouched. Whereas you might change your car of course for another one, you obviously cannot exchange the body you are born with. You can however change your present body image for a better one..

This theme workshop in the 'Sensation Series' will expand your choices of how you feel about your body. Through a range of imaginative and carefully structured exercises that follow a progressive route, you will research and isolate the causes of an unhappy body image; you will shift from over or under-awareness of your body towards feeling OK with it as it is; and you will generally attain a more positive and pleasurable relationship with your bodily self.

Primal Integration Weekend with Juliana Brown & Richard Mowbray

14-16 October 2011
Friday evening 7-10pm
Saturday & Sunday 11am-8pm

£120

See the September 2011 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.

Tender Toughness Deep Bodywork Weekend with Silke Ziehl

Saturday & Sunday
22/23 October 2011, 10am-6pm

£110

We will explore in a playful and body-focused way how to make good boundaries that allow us to connect with integrity and joy. When we recognize and respect our own and other people's boundaries, when we listen to our own and others' choices, and when we differentiate and express what is negotiable and what is not, then we learn "tender toughness"- the toughness of fiercely standing for our important boundaries and the tenderness of making real connection across those boundaries.

When we clearly speak (with words and non-verbally) and really listen, our longing for contact will show itself afresh - with interest and curiosity and a sense of safety and excitement...

Bioenergetics Weekend with Guy Gladstone

Saturday & Sunday
5/6 November 2011, 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 invol-

untary 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

11-13 November 2011
Friday evening 7-10pm
Saturday & Sunday 11am-8pm **£120**

See the September 2011 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.

Primal Integration Weekend with Juliana Brown & Richard Mowbray

2-4 December 2011
Friday evening 7-10pm
Saturday & Sunday 11am-8pm **£120**

See the September 2011 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.

Psychodrama Day with Guy Gladstone

Sunday 11 December 2011
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

13-15 January 2012
Friday evening 7-10pm
Saturday & Sunday 11am-8pm **£120**

See the September 2011 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.



Shock and Stress with Guy Gladstone

Sunday 29 January 2012,
10am-6pm
(full fee required to book)

£70

Shocks are exceptional high impact events that can disorient and disable a person for life. Whereas stress accumulates through normal constraining and compelling forces and is associated with the pressure of too many (or sometimes too few) demands. This workshop will be about establishing safety, developing body awareness and practising boundary setting. A method for non-verbal life review will help with discerning pattern and meaning in what otherwise may continue to be felt and lived as a chaos of shocks and stressing events.

This is designed as a shallow end workshop to better prepare you to swim with deep end experiences. By the close of the day the difference between chronic shock states and the temporary stresses in your life will be clearer and this will assist you in regaining control.

Kindly note that a requirement for attending this workshop is that you are in ongoing personal therapy at the time.

Primal Integration Weekend

with Juliana Brown &
Richard Mowbray

10-12 February 2012
Friday evening 7-10pm
Saturday & Sunday 11am-8pm

£120

See the September 2011 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 4 March 2012
10am-6.30pm
(full fee required to book)

£70

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 balanced 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.

Primal Integration Weekend

with Juliana Brown &
Richard Mowbray

9-11 March 2012
Friday evening 7-10pm
Saturday & Sunday 11am-8pm

£120

See the September 2011 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

March 2012

February 2012

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

Body in Relationship Deep Bodywork Weekend with Silke Ziehl

Saturday & Sunday
10/11 March 2012
10am-6pm

£110

Our body is pre-programmed for connection – from the newborn's reflex to search for the breast to the instant alert when we hear our name spoken (even in a crowded room).

Some of these patterns of connection are "inbuilt" at birth, some of them are learned and modified through our experience over the years. All of them provide an important, often unnoticed, framework which underlies our relationships with others – the background tone and cadence to our life.

In this workshop we will explore the influence of these bodily stored patterns of relating with and to others. We will also learn to choose more deliberately to shape our relationships according to our present-day realities and preferences.

April 2012

Primal Integration Easter Intensive with Juliana Brown & Richard Mowbray

5 – 8 April 2012

£185

See the Intensives and Residentials section on page 12.

Sexualities and Suppressions with Guy Gladstone

Sunday 29 April 2012
10am-6pm
(full fee required to book)

£70

Attractions and repulsions, sameness and difference, desire and guilt, loving and being in love, the place of hatred, the unconscious desire to repress or sexualise or even sublimate: these will be topics of this unusual talking workshop. In the field of personal growth and self development a cluster of factors may be conspiring to divert your attention away from such existential themes. A century after Freud lifted the lid we have defensive psychotherapy and nervous professionalising, New Age cant, millenarian spiritualising of liberation, the marginalising of dissonant sub-cultural voices by a more strident moral majority, good olde English reticence, plus the sheer inherent difficulty of staying with these perennials (whatever the current therapeutic fad). Ring any bells for you? This workshop will support you in righting the balance of your attention. The aim is to help you stay with personal reflections, rooted in bodily experience, while not forgetting the cultural context.

Note: A requirement for attending this workshop is a capacity to not act out your feelings afterwards.

May 2012

Primal Integration Weekend with Juliana Brown & Richard Mowbray

25-27 May 2012
Friday evening 7-10pm
Saturday & Sunday 11am-8pm

£120

See the September 2011 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 – side position with Silke Ziehl

26/27 May 2012

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, harmonising them. This Pulsing Intensive allows time for getting to know and learn the basics of this kind of bodywork in a side position.

Bioenergetics Day with Guy Gladstone

Saturday 9 June 2012

10am-6pm

£60

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.

Primal Integration Weekend with Juliana Brown & Richard Mowbray

29 June-1 July 2012

Friday evening 7-10pm

Saturday & Sunday 11am-8pm

£120

See the September 2011 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.

Power of Attention Deep Bodywork Day with Silke Ziehl

Sunday 1 July 2012

10am-6pm

£60

Whatever we pay attention to is strengthened in our life – like a goat path that gets deeper the more often goats walk along it. We have enormous power to shape our life by shaping our attention.

In this workshop we will explore this power of attention – be it through our fear, our anger, our longing or our delight. We will learn to be attentive with more kindness and commitment to ourselves, thus using the power of our attention to reshape the paths in our brain and increasing our facility for wellness and happiness.

Bioenergetics Weekend with Guy Gladstone

Saturday & Sunday

14/15 July 2012, 10am-6pm

£110

See the November 2011 Bioenergetic Weekend for full description of this group.

intensives

& residentials

Primal Integration Easter Intensive 2012

with Juliana Brown & Richard Mowbray

Thursday 5 April, 7pm –
Sunday 8 April 2012, 8pm

£185

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 2012

with Juliana Brown & Richard Mowbray

22-27 July 2012

at the Wild Pear Centre in Devon
(including food and board) £440

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 6 August.



training

& CPD workshops

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.

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 and its phases, working with

breath, charging and discharging, counterpulsations and blocks in the body's energy flow.

- **Energetic Integration:**

Energy, movements and emotion; energetics in relationships; bodywork; Gestalt techniques.

- **Segments of the Energetic Body:**

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

- **The development of Character:**

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

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

(of ideas onto others): working with projection, body resonance, 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 workshops on Oct 22/23 '11, March 10/11 '12 and Jul 1 '12 at the Open Centre.

Deep Bodywork Certification Phase 1 with Silke Ziehl

starts 2-4 December 2011

This 1-year course supports people who have successfully completed the Deep Bodywork Advanced Training in making the transition to becoming Deep Bodywork / Postural Integration Practitioners working with clients under supervision and developing an independent practice.

Details on request.

Somatic Resonance (CPD workshop) with Silke Ziehl

24/25 March 2012
Sat & Sun 10am-6pm

£120

Sharing time and space with our clients also means inevitably that we are reverberating and resonating with them. By learning to better tune into our bodily felt resonance and use this attunement as a guide to the therapeutic dialogue, we can greatly improve our therapeutic skills.

In this workshop we will fine-tune our ability to recognise and use the body's signs and signals in ourselves and in our clients and learn to better notice and trust our bodily experienced somatic resonance – thus enhancing our empathy and also preventing overload and burnout.



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, physical-expressive 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. 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.



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, 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 by cash or cheque. For online payments please contact

the practitioner concerned. 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.

Juliana: 020 8341 7226

(M-F 9am-9pm)

Guy: 020 7272 6672

Silke: 07764 200 113

Richard: 020 8341 7226

(M-F 9am-9pm)

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

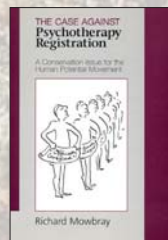
Paper Publications

**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.



Open Centre

September 2011–August 2012

SEPTEMBER 2011

- 1 **Deep Bodywork: Intro Evening**
Silke Ziehl
- 7 **Introduction to Bioenergetics**
Guy Gladstone
- 7 **Bioenergetics restarts**
Guy Gladstone
- 8 **Bioenergetics restarts**
Guy Gladstone
- 22 **Primal Integration Ongoing Group starts**
Juliana Brown & Richard Mowbray
- 23-25 **Primal Integration Weekend Group**
Juliana Brown & Richard Mowbray

OCTOBER 2011

- 2 **Body Image, Discovery and Change**
Guy Gladstone
- 22-23 **Tender Toughness**
Silke Ziehl
- 14-16 **Primal Integration Weekend Group**
Juliana Brown & Richard Mowbray

NOVEMBER 2011

- 2 **Introduction to Bioenergetics**
Guy Gladstone
- 3 **Primal Integration Ongoing Group starts**
Juliana Brown & Richard Mowbray
- 5-6 **Bioenergetics Weekend**
Guy Gladstone
- 16 **Introduction to Psychodrama**
Guy Gladstone
- 11-13 **Primal Integration Weekend Group**
Juliana Brown & Richard Mowbray
- 25-28 **Foundation in Deep Bodywork
1-year training starts**
Silke Ziehl

DECEMBER 2011

- 2-4 **Primal Integration Weekend Group**
Juliana Brown & Richard Mowbray
- 2-4 **Deep Bodywork
Certification Phase 1 starts**
Silke Ziehl
- 11 **Psychodrama Day**
Guy Gladstone



Introductory
events

Ongoing groups

Weekend & day
groups

Intensives,
trainings &
residential



JANUARY 2012

- 4 **Introduction to Bioenergetics**
Guy Gladstone
- 4 **Bioenergetics restarts**
Guy Gladstone
- 5 **Bioenergetics restarts**
Guy Gladstone
- 12 **Primal Integration Ongoing Group starts**
Juliana Brown & Richard Mowbray
- 13-15 **Primal Integration Weekend Group**
Juliana Brown & Richard Mowbray
- 29 **Shock and Stress**
Guy Gladstone

FEBRUARY 2012

- 10-12 **Primal Integration Weekend Group**
Juliana Brown & Richard Mowbray
- 15 **Deep Bodywork: Intro Evening**
Silke Ziehl
- 22 **Introduction to Bioenergetics**
Guy Gladstone
- 23 **Primal Integration Ongoing Group starts**
Juliana Brown & Richard Mowbray

MARCH 2012

- 4 **Anger, All Angles**
Guy Gladstone
- 9-11 **Primal Integration Weekend Group**
Juliana Brown & Richard Mowbray
- 10-11 **Body in Relationship**
Silke Ziehl
- 24-25 **Somatic Resonance (CPD workshop)**
Silke Ziehl

APRIL 2012

- 5-8 **Primal Integration Easter Intensive**
Juliana Brown & Richard Mowbray
- 16 **Introduction to Bioenergetics**
Guy Gladstone
- 16 **Bioenergetics restarts**
Guy Gladstone
- 17 **Bioenergetics restarts**
Guy Gladstone
- 26 **Primal Integration Ongoing Group starts**
Juliana Brown & Richard Mowbray
- 29 **Sexualities and Suppressions**
Guy Gladstone

MAY 2012

- 16 **Introduction to Psychodrama**
Guy Gladstone
- 25-27 **Primal Integration Weekend Group**
Juliana Brown & Richard Mowbray
- 26-27 **Pulsing Intensive – the Sides**
Silke Ziehl
- 30 **Introduction to Bioenergetics**
Guy Gladstone

JUNE 2012

- 7 **Primal Integration Ongoing Group starts**
Juliana Brown & Richard Mowbray
- 9 **Bioenergetics Day**
Guy Gladstone
- 10 **Psychodrama Day**
Guy Gladstone
- 13 **Deep Bodywork: Intro Evening**
Silke Ziehl
- 29-1 **Primal Integration Weekend Group**
Juliana Brown & Richard Mowbray

JULY 2012

- 1 **Power of Attention**
Silke Ziehl
- 14-15 **Bioenergetics Weekend**
Guy Gladstone
- 22-27 **Primal Integration Summer Residential**
Juliana Brown & Richard Mowbray



Founded in 1977, the Open Centre is 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

☎ (020) 7251 1504

Email ocinfo@opencentre.com

Address The Open Centre, 188 Old Street,
London EC1V 9FR

The Open Centre turns 35 in October 2012



www.opencentre.com