

## ABOUT US

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: Growth, Movement, Healing and Therapy. We offer both group and individual sessions. **Enquiries** ☎(020) 7251 1504 email: [ocinfo@opencentre.com](mailto:ocinfo@opencentre.com) The Open Centre, 188 Old Street, London EC1V 9FR [www.opencentre.com](http://www.opencentre.com)

## JULIANA BROWN & RICHARD MOWBRAY PRIMAL INTEGRATION

Primal Integration addresses the issue of how to live with deeper aspects of oneself in play. Often this will involve allowing unfinished traumatic experience from the womb, birth and infancy to emerge, since this is frequently what awaits when one attempts to live more deeply. However this is but a part of the more fundamental process of learning to live from one's centre, from one's deep inner self, in whatever way that may be presenting at the time. The emphasis of this work is on self-direction and self-regulation and allowing spontaneous growth processes to unfold rather than on a highly structured or directed programme. The work is undertaken in groups with minimal leader-determined structure but with appropriate ground rules for safe working, as well as in individual sessions.

**Further info:** ☎(020) 8341 7226 (Mon–Fri 9am–9pm)  
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[www.opencentre.com](http://www.opencentre.com)  
[www.primalintegration.com](http://www.primalintegration.com)

## SILKE ZIEHL DEEP BODYWORK PULSING

Working directly with the body, through attention, contact, breathwork and massage, bodywork allows very deep connections with deep inner realities, half-buried histories, hopes and dreams, anxieties and fears. When we touch those levels, we come alive, we reverberate with life and we can reconnect with our core.

In Energetic Integration, an innovative development of Reichian work, the focus is on the ebb and flow of the energy cycle and on freeing the movement of aliveness. Postural Integration uses slow, deep, integrative massage strokes in addition to Reichian energetic bodywork, enabling the tissues to soften and emotions to flow. Hawaiian bodywork in the Kahuna tradition is based on the sacred initiation practices of the Pacific, and integrates body and soul. Pulsing is a modern derivative of this: through rhythmic rocking it enhances the expansion of the body and consciousness.

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[www.entelia.com](http://www.entelia.com)

## GUY GLADSTONE BIOENERGETICS & PSYCHODRAMA

Bioenergetics is a body-oriented therapy that emphasises the energetic processes of breathing, movement, feeling, sexuality and self-expression, and addresses interruptions of these life functions. Psychodrama, an action-based form of group therapy that promotes spontaneity and empathy, differs from other approaches in that the basic invitation is "show us" rather than "tell us", yet acting skills are not required.

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[www.bodyspace.co.uk](http://www.bodyspace.co.uk)

## TRANSPORT

### Tubes

We are a two-minute walk from **Old Street** station (Northern Line). **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

**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 no access for wheelchairs but it is forthcoming.

## HOW TO CONTACT US

### Telephone

**General enquiries, brochure requests:**  
Tel (020) 7251 1504.

**To speak to a specific practitioner:** Call the appropriate number listed under each practitioner.

### Post

**Write to:** The Open Centre, 188 Old Street, London EC1V 9FR (be sure to have your return address on the envelope).

### Email

**General:** [ocinfo@opencentre.com](mailto:ocinfo@opencentre.com)  
**Specific practitioners:** See the email address under each practitioner.

### Web

[www.opencentre.com](http://www.opencentre.com)



The Open Centre turns 35 in October 2012

The Open Centre  
Sep 2011 – Aug 2012



35th YEAR!



The Open Centre  
Sep 2011 - Aug 2012



- Introductory events

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- Ongoing groups

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- Weekend & day groups

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- Intensives, trainings & residentials

### 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

### 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
- 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