

V/PSYCHOSYNTHESIS THERAPIST DEREK R. SEAGRIEF



Derek R. Seagrief (UK-Kbh.)

PsychoSynthesis Therapist, Artist-Astrologer-Alchemist

www.seagrief.com

LIBERATING PAINTING - 1-DAY THERAPEUTIC WORKSHOP

This Workshop is designed for everyone -Yes, everyone - for all that is required is a willingness to work deep and remain honest with oneself, staying open to share this within an evolving group process.

You are *not* learning how to paint - but how to *liberate* your self-expression through action! Are you ready?

Be prepared for powerful self-revelation, as the paintings are used as a "magic mirror" that can be used to interpret our inner & outer states. We work upon full body size paper, using our hands with water-based paints. You will be surprised at the effectiveness of the simple techniques, as you enjoy an inspiring workshop dedicated to your self-empowerment.

We are a small group with quality time for each individual process, all set within an unfolding group alchemy. Come and have some fun as you move through a whole spectrum of emotions and will be deeply moved by what you experience!

Derek has been offering "LIBERATING PAINTING" Workshops throughout Sweden, Norway and Denmark the past 12 years. In Oktober 2011 Derek gave a fantastic weekend to a group in Malmo - and now he returns in March 2012.

If you ask any of the previous participants, "How was it?" - their face opens and smiles break forth, then their first response is to say - "WOW!"

Do YOU want to experience "WOW"? - Then join us for some powerful healing work this Spring. Book today because we have space limitations (max. 10) and secure your participation by sending Deposit 500Skr. to Caroline or Derek.

COMMENTS & RECOMMENDATIONS FROM PREVIOUS PARTICIPANTS:

"Jeg har vært på veldig mange alternative kurs/workshops av ulike slag. "LIBERATING PAINTING" Kurs med derek er et av mine desidert favoritt-kurs. Tror det minst var tredje gang weekend-kurs for meg nå...Det er alltid veldig spennende og det skjer mye lærerikt og er mange aha-opplevelser! Opplever at dette kurset med Derek's hjelp går dypt og "to the point". Han ser det some er vesentlige tema hos alle og pakker ikke inn ting, men er spesielt dyktig til å se og pointere hva som er det interessante hos hver enkelt og hva man kan jobbe videre med.

Derek ser sammenhenger og skjulte skatter dukker op...Vi lærer av hverandre i gruppen. Det blir alltid en god gruppe-tilhørighet og god stemning på alle de kursene jeg har gått. Og – jeg føler meg mer og mer liberating....herlig å få male ut i store bilder etter musikk....og lære/forstå/erfare så mye i etterkant av alt bildene våre faktisk inneholder...utrolig! Anbefales!! Prøve selv!"

- Lillian Hoestaker – Son, Norge

"Jeg gick "LIBERATING PAINTING" i Stockholm i vintras och jeg tycker det var en helt fantastisk workshop. Jeg har aldrig varit med on någet liknande. Dels var det underbart att få måla på det viset vi gjorde och sen var dereks sat att jobba med oss helt unikt. Med utgångspunkt av våra målningar konfronterade han oss och halpte han oss att lara kanna oss sjalva. Det var utmanande och spennande, och Derek motte oss med otroligt mycket humor, varma och karlek."

- Magdalena Bryneson – Therapist, Stockholm

"Thank you so very much for fantastic days together – it has been life-changing days for me and is still very much working in me! My biting jaws have come loose after the workshop, I can say things with a smile. Habits are to be broken!"

- Bodil Lindstrom, Stockholm

- Extract from journalist David Finer's Workshop Diary, February 2011:

"Or...M's gloriously decorative canvas of circles. Our coach Derek saw the end of papyrus rolls, where I simply saw decorative round forms. Derek then said to "M" – You love learning don't you? To which she nodded, and this led to an exploration of her somewhat obsessive, restless search for knowledge. How had he known to say that about her? After all, he had never met her before and knew nothing about her. This happened time and time again during the workshop – but the most remarkable therapeutic intervention was yet to come.

All the circles were closed – except one. Derek asked "M" how old she was and if she had any children – Yes, a son only 18 months old. Then he asked which part of her picture was her favourite, dropping to her knees, she nodded, towards the bottom right hand corner, now only inches from her face. There was an open circle I hadn't seen before, in contrast to the darker shapes in the rest of the picture – this one was filled with the light blue and pink colours of a summer dawn. Leaving the circle open, she had apparently provided Derek with a vital clue to her biography. Indeed the open circle symbolized M's little boy – He saved my life, she then said, tears streaming down her cheeks - before then my life was routinized, dead, going round in circles, repetitive & dull – dead! She had given herself the answer by leaving a door open in the picture through which she could escape out into life, vibrant, unpredictable, vulnerable, precious. We all sat silent, moved by the magic of the moment of unfolding meaning, an inner sanctum shared. There would be many more such that weekend..."

P R A C T I C A L I N F O

Start: Lørdag 3rd. March 2012 kl.09.00 to ca. Kl.17.30

Please Note: We start on-time kl.09.00 - so arrange your journey to guarantee you will arrive at the venue *before* our scheduled time - thank you!

Husk: Bring a simple packed lunch - tea/coffee/fruit will be available during the day; Due to our group process, and to reduce contact with the outer world of restaurants during our therapeutic process - we always recommend that the group has lunch on site.

Place: Kopenhamnsvagen 95, Malmo (Potatisakern)
Ring Caroline for directions

Price: 1600 Skr. (includes all materials/paper & paint, plus refreshments)

Deposit of 500Skr. payable to Caroline or Derek to secure your participation - then balance of 1100 Skr. payable on arrival.

Contact: Caroline Lindow - Mobile: 0739-261560 or email: caroline@aromagarden.se
Or
Derek Seagrief - Mobile: +45-23817618 or email: derek@seagrief.com

