

A weekend workshop

Growing up with narcissistic parents

What are the consequences to the Self?



"Why do you stay in prison, when the door is so wide open?" Rumi

This is an experiential workshop designed for individuals who are unravelling toxic family dynamics, and want to further explore the harmful effects on ones Being.

By reconnecting with lost parts of self, the workshop offers the opportunity for new growth and development.

The two-day exploration will be held in the safety of a small group, combining the use of creative work and visualisations.

Date: Saturday 14th & Sunday 15th January, 10am-5pm

Location: CCPE, Beauchamp Lodge, 2 Warwick Crescent, W2 6NE London

Cost: £70 for the weekend (£55 concessions)

For further information and to book a place,
email: emanuelaroberti@gmail.com or telephone 07500 839050

Interested participants will need to be in individual psychotherapy

This workshop is my final requirement of a Post-Grad Psychotherapy dip.