

Understanding Emotions, Healing Trauma and Conflicts - Seminars, Counselling

Matthew Huish
December 15, 2017



Thurs 11th seminar in Chislehurst UNDERSTANDING EMOTIONS then Weekend 12th – 14th at South London Peace Embassy seminar on HEALING TRAUMA & CONFLICTS

Introduction seminar

UNDERSTANDING EMOTIONS

- emotions – what are they & why we experience them
- traditional understanding of emotions in healing
- healing fear, guilt, anger, sadness, depression

date: Thursday, 11th of January

time: 18.00 – 21.30

place: LivingStone House, 13 Beechcroft, Chislehurst, Kent BR 75 DB

free entry, open to all

Weekend seminar

HEALING TRAUMA & CONFLICTS

- how traumas are blocking happiness in relationships
- healing consequences of traumatic experiences
- resolving conscious and unconscious conflicts

This seminar will continue our work on healing relationships. During the workshop we explore how traumatic experiences, even if consciously forgotten, change our behavior. We explore gentle ways for entering difficult traumatic experiences and learn to heal consequences of traumas. We learn to dissolve inner conflicts that stops us from moving towards happier life. We use systemic, traditional solutions. In our work we focus on keeping values of honesty. We keep practicing how to respect each other, be gentle and friendly. We learn to build trustworthy relationships.

date: Friday, 12th – 14th of January

time: Friday 18.00 – 21.00, Saturday 10.00 – 20.00, Sunday 14.00 – 21.00

place: South London Peace Embassy , 2A Haslemere Road, Thornton Heath, CR7 7BE

fee: £260

fee for early booking: £200 (£100 deposit required by 27th of December).
discount for family members or friends: **£50**

payment to: FFWPU, Barclays Bank, sort code: 20-21-78, account: 90442607, ref. TM-healing

meals provided: Saturday lunch, Sunday dinner and refreshments

registration: please register with Cecilie Fortune, email: ceciliefortune@gmail.com or call: **07941 692256**

Individual Counselling

**systemic healing for emotional and psychosomatic issues
challenges in private and professional environment
counselling for individuals, couples, families and co-workers**

dates: 11th, 12th, 16th of January – at LivingStone House,

12th, 15th of January – at South London Peace Embassy

fee: £70/2,5 hours

register by calling or sms: 0048 602 758 295 or email: tm.aloha@gmail.com

About the teacher: Terenia Kaczura

Trainer and counsellor in relationships with 25 years of practice in cross-cultural environment.

She has conducted trainings and provided counseling in Europe (France, Switzerland, Slovakia, Hungary, Poland, Romania), United States, Hawaii, Nepal and New Zealand. In cooperation with doctors she co-creates educational projects for emotional, mental and physical health. She is working on the creation of new education, which links scientific advances with human emotional and relationship needs.

About training:

HEALING RELATIONSHIPS training

Seminar 1. Healing Difficult Emotions

healing depression, sadness, fear, anger, guilt, despair in traditional ways
understanding how emotions can create pain and psychosomatic symptoms

Seminar 2. Healing Relationships with Parents & Children

understanding how parents can influence our future life
resolving emotional blockages from early childhood with gentle approach

Seminar 3. Healing Traumas & Conflict – seminar in London, 12th – 14th of January

understanding how traumas influence behavior and life choices
using gentle solutions for healing consequences of trauma

Seminar 4. Understanding & Healing Toxic Bonds

understanding family relationship matrix
healing unhealthy relationship patterns

Seminar 5. Supportive Ancestors

exploring ways to re-connect with supportive Ancestors
connecting with Ancestral strength and wisdom

Seminar 6. Building Happy Partnership

choosing best teachers for partnership happiness
learn about spiritual love, communication & commitment

For information about private sessions, seminars and expeditions please contact:

Cross-Culture Research Center.TM

phone: 0048 602 758 295

email: tm.aloha@gmail.com

www.excellencetraining.eu/london E komo mai! You are welcome to join!