

One-Day Introductory Workshop in Stockholm on Friday, May 16, 2014

**Coherence Therapy: Utilizing the Brain's Process
for Dissolving Symptom-Generating Implicit Constructs**

with Robin Ticic

Director of Training, Coherence Psychology Institute
and co-author of *Unlocking the Emotional Brain*

Coherence Therapy dispels a wide range of problems and symptoms by dissolving their emotional roots. It first guides a process of accurately finding the specific emotional implicit constructs and schemas maintaining a client's symptoms, and then guides a process of transformational change that nullifies those schemas, releasing their powerful grip and ending symptom production. The work is experiential and deep, and the therapist's empathic attunement is a crucial ingredient. The focused methodology usually requires far fewer sessions than conventional in-depth psychotherapies, and can yield therapeutic breakthroughs regularly in clinical practice. The process of transformational change in Coherence Therapy is corroborated in detail by neuroscience research findings on memory reconsolidation, the brain's only known process for erasing a specific implicit learning.

The guiding principle of Coherence Therapy is *symptom coherence*: An individual's symptom, widely regarded as pathology or disorder, is produced because it is emotionally necessary according to adaptive, coherent but non-conscious emotional learnings or constructs formed earlier in life. On an implicit emotional level, symptoms make deep sense. Right from the first session, the work guides clients to retrieve into direct awareness the symptom-necessitating schema(s). This workshop will use lecture, session videos, and experiential exercises to introduce participants to the steps of methodology of Coherence Therapy and several specific techniques for carrying out those steps.

More information about Coherence Therapy is available online at www.coherencetherapy.org.

One-day Coherence Therapy introductory workshop in Stockholm

Friday, May 16, 2014 from 9:00 to 16:00

Sponsor: St Lukas i Stockholm Psychotherapy Clinic

Cost: 1 500 SEK plus 25% taxes (approx. 288 US\$)

To register:

Send an email to workshop@sanktlukas.se

You will receive a confirmation email and instructions for payment.

For more information about Coherence Therapy:

www.coherencetherapy.org.

For other questions:

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