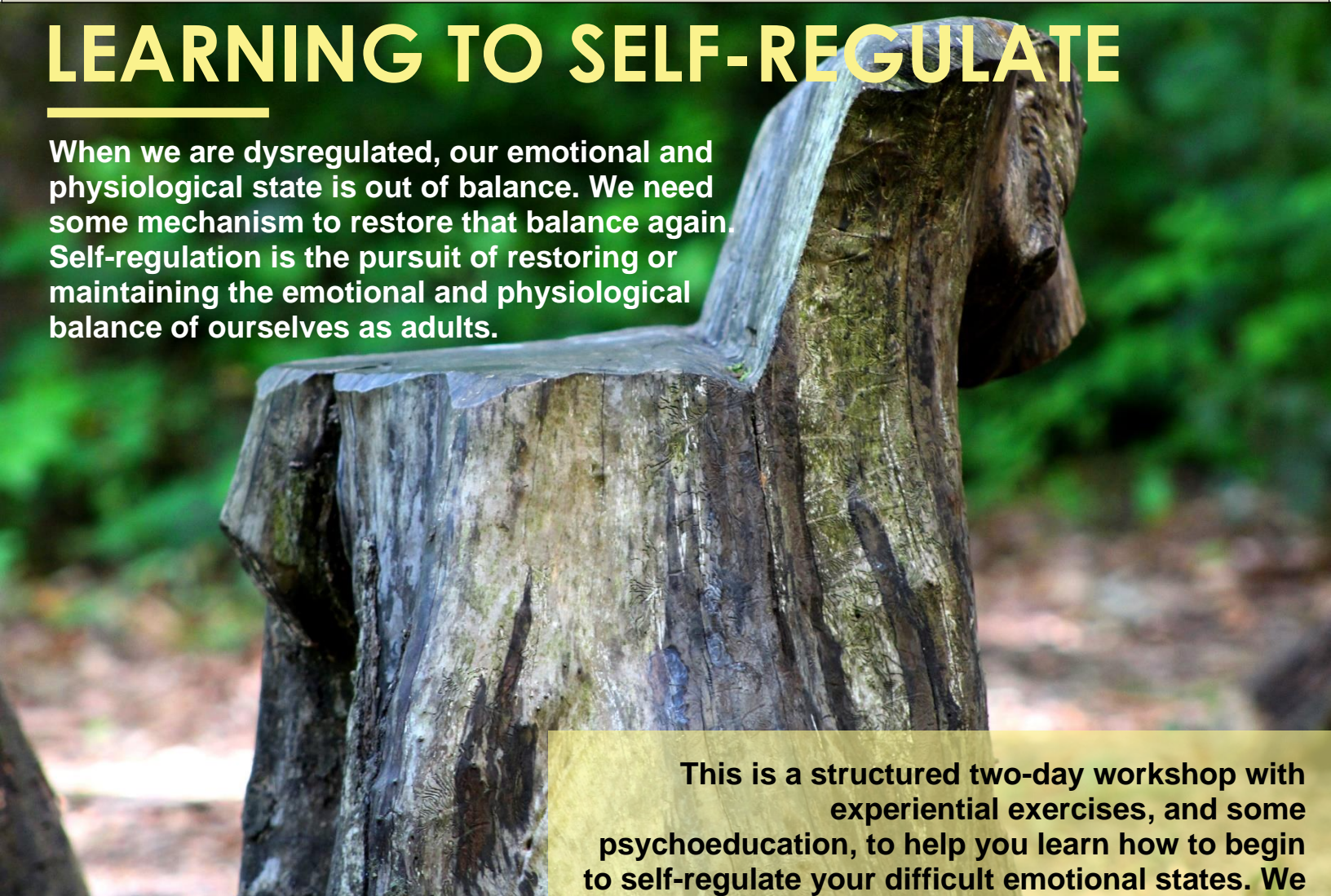


Date: TBC
10:00 to 17:00 each day

VENUE: TBC (St John's Wood,
London)

LEARNING TO SELF-REGULATE

When we are dysregulated, our emotional and physiological state is out of balance. We need some mechanism to restore that balance again. Self-regulation is the pursuit of restoring or maintaining the emotional and physiological balance of ourselves as adults.



This is a structured two-day workshop with experiential exercises, and some psychoeducation, to help you learn how to begin to self-regulate your difficult emotional states. We will also explore how a regulated state, or the 'Window of Tolerance', feels like.

My approach to self-regulation is informed by neuroscience and the transpersonal.

Participants must be in on-going personal psychotherapy in order to register for this weekend, and this workshop is not suitable for individuals with a psychiatric diagnosis. Places on this weekend are limited to 6 participants.

COST: £225 for the weekend. For more information or to book a place on this workshop, please contact: **Sumeet Grover** | 07422 730 180 | grover.psychotherapy@gmail.com
Assessments will be done on Zoom to explore if you might benefit from this weekend.

Sumeet Grover is a Transpersonal Psychotherapist and a Registered Member of the BACP.
Grover Olufsen Psychotherapy | groverpsychotherapy.uk