

## **THERAPY MATTERS**

A new workshop series with  
LYNN PRESTON, MA, MS, LP

In this once-a-month series we will delve into 8 pivotal dimensions of generative therapeutic process. These workshops are an interweaving of theoretical exploration and experiential demonstrations. They are designed to be accessible and challenging to both beginning and seasoned clinicians.

### **WORKSHOP FOUR**

Wednesday, February 20th, 7:30 - 9:15pm

**"We are forward movement": (Gendlin)**

**Throwing Ourselves into the Stream of the Developmental Thrust**

*Lynn Preston assisted by Jenny Ross*

On what do we base our hope in psychotherapy? How do we center ourselves when the going is rough, the landscape is bleak, the day is long? How do we navigate the complex twists and turns of the journey and where are we trying to go?

In this workshop we will look at the therapy process from the point of view that "Every bit of human experience has a forward movement *inherent* in it." (Gendlin) Each moment in a therapy session is leaning into an implicit potential. As one student put it, "*the grow* wants us."

Working with the compass of an inherent developmental thrust does not mean our challenge is simpler, since openings are unpredictable and unpre-scribed, but it does give us a horizon line and a sense of momentum.

In this our forth workshop we will spell out the elements of working with the emergent in psychotherapy and demonstrate the implications for practice of this theoretical underpinning.

**PLACE:** 100 West Houston Street, between  
LaGuardia & Thompson Streets, Buzzer #2

**FEE:** \$40

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Co-sponsored by  
Focusing-Oriented Relational Psychotherapy (**FORP**) Study Center  
and  
Relational Self Psychology (**RSP**) Study Center

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To register, contact Lynn Preston at  
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