The New ISTA Website

By Richard Pavek

At last the new website is finished! By September 1st, I was able to remove all the content in the old shentherapy.info site and convert it into a ‘pointer’ so that now when someone types shentherapy.info into their browser they automatically get shentherapy.net.

My goal when starting this project, back in the middle of June, was to create a site for you that is simple to follow, easy to navigate, up to date and easy to read on cell phones and tablets.

We now have it. Check it out; when the viewer first brings it up the opening page graphically identifies with the viewer and the whole story of why he or she would want to try SHEN is laid out in a few paragraphs. Links are provided at the end of this page to additional sources of information.

Notice the menu bar directly under the main heading that clearly identifies what we are about: SHEN: Personal Empowerment and Trauma Therapy. There are six drop down menus on the menu bar. Except for the small Blog portion (on the right, immediately under the lines that say “Healing Emotional trauma for over 35 years) everything we have on the website is easily available from within those six menu items. No need to hunt around the edges, or at the bottom of the page, because there is nothing there. (Check them out; click on each one and see what drops down.)

Everything on the website has been rewritten, to bring it up to date, for better clarity, to make more clients come to you. There is a huge improvement in graphical material, pictures that clearly illustrate our story, pictures that the viewer can identify with.

And our viewers won’t need an app to get us on cell phones or tablets; it is built into our website; try it on your cell phone and see.

I had a great deal of help from several of you in deciding how to present SHEN. In addition, at my request, several SHEN clients reviewed the opening page of the website, “Could this be you?” and offered some very worthwhile thoughts about how we might improve our message so as to come across better. The opening page was rewritten to incorporate those thoughts. (You might look at it; the rewrite was put up on September 1st.)

So, thanks again to all of you who contributed your thoughts, couldn’t have made it what it is without you! If any of you reading this announcement wish to comment, please do: SHENmaker.com.

Richard

www.shentherapy.net

Visit the new website at www.shentherapy.net
Helena Legg CST writes from Aylesbury, UK

As always, many of the articles in SHEN Touch are truly inspiring. Firstly sharing news of SHEN development across the globe.

I was particularly encouraged by Catherine Green’s article on her presentation to a large audience on the Power of Emotion and Barbara Smith’s paper on SHEN for the Psychotherapy Conference. This will help promote SHEN to benefit more people.

I feel if therapists can all be supported and encouraged to promote SHEN, whether it is delivering presentations, giving talks to the medical world, or writing papers for various journals, it can only improve the profile of the SHEN Community.

I wonder whether Catherine might be happy to share her powerpoint and material she delivered with the wider SHEN community??

It’s great that after so many years Eileen, Donna, Bonny and Penny are still keeping in touch.

I am touched by the liberating success of Annie’s SHEN Journey, which is why I love Assisting on SHEN workshops. To be part of facilitating delegates emotional healing journey over the course of the workshop and to see the difference in the delegates at the end of the workshop, is very rewarding. I am often in awe about how one can fall apart, sob one’s heart out during a workshop session, (in a good way), and then be able to immediately give a SHEN session to a fellow delegate. This is the power of SHEN.

A big thank you to Richard for your article on The Biofield and for your continued inspiration in sharing your work and findings for the benefit of the SHEN community.

Thank you to Tony, for having faith in me, in encouraging me to consider internship for CSI, which I am in the process of starting.

Congratulations Poppy in your success in becoming a CSI, and it looks like you are doing brilliantly. Any advice and support would be greatly received!

With much appreciation

Helena

Barbara Smith CST; Registered Psychotherapist - writes from Ponsonby, New Zealand

Congratulations on yet another great publication. Your innovative call for International SHEN Retreats was brilliant.

I deeply appreciate the time and energy you give to SHEN Touch.

You singlehandedly connect us as an international healing community.

Love Barbara

A look at Emotional Health and Wellbeing with SHEN Therapy

Deirdre Leavy writes from Ireland

Recently I gave an information talk to a group of people; I called it ‘A look at Emotional Health and Wellbeing with SHEN Therapy’.

One person gave me a testimonial before I left:

“Deirdre was very warm and welcoming, confident and relaxed and explained her profession very well.

It was very informative with very colourful graphics. It was interactive and we could laugh. Everybody showed great interest were delighted.

Next SHEN Part ‘B’ Workshop in Ireland

This programme module is part of an overall prerequisite which leads to Professional level training called Clinical Skills.

Dates: Thursday 9th to Sunday 12th October

Starting times: 9 am each day

Instructor: Deirdre Leavy CSI along with Assistant

Venue: The Greville Arms, Granard, Co. Longford.

Course Investment: €350 early bird €300 if paid two weeks ahead of workshop starting date

For more information, Registration and Accommodation, please call 0879607626 or email Deirdre at shentherapy@eircom.net or deirdreleavy@eircom.net Check www.shentherapy.ie
New Zealand

SHEN News from Saranya Tarrant CST, CSI

We have all been working hard expanding our SHEN businesses in the past year and SHEN training is beginning to happen again over here as we get more people experiencing the benefits of a series of SHEN.

SHEN Clinical Skills Seminar August 2014

I ran a successful 8 Day Clinical Skills Seminar with 4 people taking the Seminar. We had two people repeating who are on the Internship programme; Michael Owen who is nearing the end of his Internship and James Alexander (Airavata) who is a year into his Internship. Ian Clarkson and Ingrid Nagl were taking the Seminar for the first time and are both interested in starting an Internship in 2015.

Anna Warner and Barbara Smith assisted me and we used a beautiful holiday home 1.5 hours North or Auckland by the sea at Mahagwhai Heads. Mandi Hutchinson assisted in cooking delicious meals throughout the week much to the delight of everyone.

It was a huge week for all the participants who all had pivotal sessions.

USA

Yet another Earthquake!

Richard Pavek writes from Sausalito, California

At 3:20 am, Sunday August 24th, I woke with a jiggle that continued for about 20 seconds. The jiggle was coming up from the mud under my floating home. Well, I thought, that was long enough for a big one somewhere nearby. I knew it wasn’t too close because it was fairly mild.

I was at home, also resting on the mud when the Loma Prieta Quake hit back in 1989. That one didn’t last as long but was more violent. So I wasn’t too worried about damage with this one. I turned on the lights (a good sign – the power was on, and I couldn’t smell gas, another good sign) and made my way to my office, where I plugged into the rest of the world and started checking.

Immediately I found I wasn’t the first on line in my harbor because there was an email waiting from a neighbor with some data. The epicenter was about 19 miles away, across the bay to the Northeast.

You may have seen photos of the considerable devastation in and around Napa in the wine country and south in Vallejo. Fortunately for me, none here. I’m OK, the ISTA Office is OK. (Well, it’s a bit cluttered but it was before the quake hit.)

So thank you to those who checked with me to see if I was OK.

I am OK and plan to be for some time.

Barbara Smith CST from New Zealand recently visited Richard at his houseboat. Whilst there they visited a vineyard less than a mile from the epicenter of the earthquake.
The whole story started some days ago inside the blue green sea of Skopelos. Yes, it is the Greek island of Mama Mia; the island of my summer holidays and the place that last year was the venue for the SHEN workshop. This year the workshop will be held in Athens due to the difficult economic situation that affects all here.

So, I am in the blue green sea and the feeling of the water embracing me is marvelous. I let myself be rocked by the small waves. My mind is peaceful, almost absent, as I am rocking and after a while I start to sense a feeling of being in my mum’s womb! The feeling is even nicer. Then I start wondering how the new born me could have felt outside of the watery paradise of my mom’s womb……

I have no answer. Not a feeling or a memory or whatever.

Now my little story continues; the same day in the afternoon I was reading a very interesting book about parenting; I must tell you that I am very interested in studying parenthood, although I have two grown up children and three grand children. The authors of “Hold on to your kids” really surprised me with their point of view on how parents are losing contact with their children and how this loss undermines their development. Most importantly they offer, through concrete examples and clear suggestions, practical help for parents to fulfil their instinctual roles.

“The secret of parenting is not in what a parent does but rather who the parent is to a child”.

The next day I am again inside the sea’s blue green hug. It is beautiful. I let myself be held by the warm water. My mind is empty; I enjoy very much this emptiness. I look around; there are lots of people in the distance …..I am alone, but don’t feel loneliness, only that there is a distance ….between the people out there and myself and yes, NOW I have a kind of awareness that outside my mum’s womb there was distance. Emotional distance. I remembered what the book said “if everything unfolds according to design the attachment will evolve into an emotional closeness.” It is true that everything didn’t unfold accordingly - My Father was away, my Mother was preoccupied by teaching me how to behave as an obedient, quiet baby and the attachment relationship vanished way.

I get out of the green blue sea. It is warm outside; the pebbles under my feet feel round and hot; there are lots of children along the seaside - they look carefree, happy. They don’t look obedient and polite. They run and scream and plunge into the water and also, some of them cry and refuse to go into the water because they are afraid. My little me would love to play with them … she loves to jump from that little rock, to laugh and run in and out of the sea and I know, I can leave her free to enjoy !!!

Poppy Palimeri Skopelos 14.8.2004

“Hold on to your kids .Why parents need to matter more than Peers” by Gordon Neufeld ,Ph.D., and Gabor Mate’,M.D. Ballantine Books, NY

“View of Stafilos, Skopelos Island”

© SHEN Therapy 2014
The missing question
By Richard Pavek

As most of you know, interviewing the client is a science in itself. How to get past the client’s words to identify the emotions that are driving their lives from underneath can be difficult. Yes, even for me. Some clients just want to talk and talk and how to get past that can be a problem. It is especially a problem if you (a) love to gossip, (b) enjoy all the juicy details or (c) come to SHEN from one or another talk centered therapies. Having a background in these other therapies can be of considerable help, but not if you fall in the trap of dialoguing during the interview.

The ‘Missing Question’ is a question I never thought to ask until recently, but I believe it will save you a whole lot of trouble if you ask it sometime during the interview at the very first session. The question is, “Do you have a ‘Listener’—a friend or family member that listens to your problems and discusses them with you?” If the client says, “No” or “Not really” you’re going to have a problem because they’ll want you to be their Listener!!

People use problem sharing like this to gain comfort and get feedback, both good things but not in a SHEN interview, when you are trying to get underneath the words and suss out the emotions that lie hidden underneath.

Some things you can do:
Start out non-verbally. Look at your client when he or she walks in the door. What do you see; is your client happy, sad, confused, or angry? Speak to what you see. “You look _____? What’s going on? If the emotion elevates, cut right to the chase; “Let’s get on the table and see what we can do with that. No more talk, just go to work.

Set the tone:
“My you’re looking better today!” Or “happier, or “lighter.”

Never, ever ask for a narrative or you’ll get one, “What’s been going on with you since you were here last,” is asking for a narrative, an invitation for a recital of everything they did since their last session!

It is much better to refer to something that came up in the last session and ask “how are your headaches” or “Are things getting better with your mother?” “How are you sleeping now?” Whatever is appropriate.

Acknowledge and encourage change:
Always. If you continually focus on what is (was) wrong, unpleasant or worrisome, you will keep them there. Every time there is a noticeable positive change mention it. Every time they say nothing has changed, bring up all the changes you have noticed. Occasionally while they are telling you their story, throw in single words like “Good” “Wonderful” or “That’s better.” Pretty soon they will be out of their funk.

Refocus:
When the client rambles, bring them back on point. Interrupt (this is not the time to be polite and wait till they’re finished) “Let’s get back to what’s troubling you: Tell me how _______ has been since we last worked with that.” It is amazing how people will forget their old troubles when they have been completed.

Ireland
Testimonial received July 2014
Deirdre Leavy CST, CSI reports from Ireland

“I’d just like to say thanks for the support and care during all my SHEN sessions. I have done two personal retreats totalling 20 sessions and also some One to One sessions with Deirdre. I found her very caring and understanding and took great pride in her work.

All my life I suffered from post traumatic stress which led to acute anxiety because of all the emotions in the body from my childhood and stress that built over the years after that. It was just last year, when I lost my job, that I realized that my body was telling me something was not right, I was getting very sick, no energy and not sleeping. I also suffered panic attacks. It was a God-send I did lose my job otherwise I think now I would have had a nervous breakdown.

I didn’t know what was wrong. I went to the doctor and he prescribed Xanax but I didn’t take them. Then I went for hypnotherapy and this led to energy healing. I started with bio-energy, it was great as it gave me a lift in energy but also brought some of the old emotions in the body to the surface; there were days I looked back. Layer by layer I was shifting old emotions in the body. I have got rid of layers of emotions and it is now deep rooted stuff; it will take time to bring all the emotions up, but I know Deirdre and SHEN Therapy is there for me.

I would recommend SHEN to anyone who is stressed or feeling unreal like me out of the body and in the head.

Thanks SHEN and Deirdre for giving my true personality back and bringing me on a journey of personal growth.” BT
New Born Baby SHEN

Rose O’Donnell CST writes from Arranmore, Ireland

My husband and I had the pleasure of becoming grandparents to 3 handsome boys in 3 different countries in July/August this year—all born within 4 weeks of one another.

Ireland was first, Australia was second and London was third. All healthy babies thankfully.

Baby 3 had a glitch from his delivery, he required help into the world by Ventouse due to the position of baby’s head presentation. Ventouse is a vacuum device used to assist the delivery of a baby when the second stage of labour has not progressed adequately. It is an alternative to a forceps delivery and caesarean section. It cannot be used when the baby is in the breech position or for premature births. This technique is also called vacuum-assisted vaginal delivery or vacuum extraction (VE). The use of VE is generally safe, but it can occasionally have negative effects on either the mother or the child.

I did SHEN flows with mum while she was in labour and she progressed well through the first stage; the second stage was delayed due to the position of the baby’s head so help was needed.

When Baby was delivered, he was very distressed; brief contact with mum and dad who saw his colour as blue. He was immediately taken for resuscitation and observation. Naturally this was traumatic for the parents.

I must stress that the Delivery team were efficient in their duties.

Baby was reunited with Mum and Dad 3 hours later; was unable to breast feed, so he was syringe fed with Mum’s expressed milk.

Mother and baby were due for discharge on day 2. However, my daughter did notice that baby’s right arm was limp, bluish in colour and had no movement. She expressed her concerns to staff members and accommodated in hospital for another night in order to have baby assessed by a physiotherapist next day.

We, as grandparents, were allowed to visit in hospital on the first evening. We met the delighted parents and our lovely newborn grandson. Looking fragile after his ordeal, usual scalp injuries were evident as a result of the Vacuum extraction delivery, and his whole right upper limb appeared limp, bluish in colour; it felt cold, his hand had no grip whatsoever. Babies do clench fists. I noticed as he was being lifted by his Mum for feeding, he was crying very sore and his lower jaw was quivering; Mum remarked on this. We realised later that he was in big pain at that time; we didn’t know then.

My own fears as a midwife? My thoughts went on fast forward; I was really worried and feared for baby. Was there brain damage? Was it Erbs Palsy? I feared permanent Nerve damage.

I didn’t express my fears to the new parents, they already had a worrying day.

I immediately thought SHEN! and did a flow from the baby’s shoulder to his hand, held for a few minutes, arm and hand temperature improved and also appeared less bluish in colour.

I then did a flow from underneath the baby cot - sending hand underneath his right shoulder and, accepting hand above same shoulder which would have included his collarbone as well. I was not physically touching baby at all. As I was doing this flow, baby started to cry; a very painful cry. I thought this is good, there is feeling. I again did shoulder to hand flow; I did a shoulder transverse flow, I also did a transverse flow on his damaged scalp (top of scalp and right sided swelling and abrasions). So, the flow was done with accepting hand on damaged side, again not touching the baby’s head because there was broken skin. He again started to cry, a very sore cry, I reassured Mum that baby was having memories of event and this is a good reaction. I repeated shoulder to hand flow. Arm and hand appeared a better match for the left one in colour and temperature.

We only had a limited visit, but I was happy the blueness was gone from his arm and hand; still no arm movement and no grip in his hand - just limp. Finished with Root to shoulder and then above.

We left for home on day 7 and I was really pleased with his progress.

I also managed to do a session for Mum which was needed. ...Continued Overleaf
No special treatment

There is no special treatment for a fractured clavicle, only pain relief and careful handling. No underarm gripping on affected side while lifting baby.

A check up appointment was made for baby with the physiotherapist in two weeks time. The result was that they were amazed at his progress; no treatment necessary except for his thumb which they thought was not doing what his other thumb was doing.

3 weeks later I am back to visit and baby is doing all the same things that babies do, cry for food, nappy changes, cuddles, love and chats. Arms and hands moving as normal. Shoulder seems good. It is so good to see baby’s right upper limb functioning well.

Five weeks later

Physiotherapy checkup today. Outcome of this - not being discharged as yet, as he is not using his thumb as good as the opposite one; otherwise happy with outcome. Thankfully all is well.

I am so pleased I had the knowledge of SHEN and to be able to put in practice where it was needed in my own family.

As a SHEN practitioner I was amazed at the result of a few SHEN flows.

Richard, I say it once again “Thank You for this wonderful therapy”

Baby Callum was here in our Arranmore Island home for two weeks with his lovely Sister, Mum and Dad. They have gone home today. We so miss them all.

United Kingdom

SHEN Part ‘B’ Workshop held at Sanctuary, Bewdley July 2014

News Flash

Congratulations Russell

Friday, 12th September:
Laurie Hoover, Chair of the ISTA Certification Committee announced that Russell Lewins is now a Certified SHEN Therapist.

Congratulations Russell from the expanding UK SHEN Therapy Community!

Fiona Morton CST writes from around the world

Being a bit of a traveller worldwide in recent years, I usually find I am unable to attend SHEN workshops. So far this year I have had the fortune to be in Auckland, New Zealand for a practitioners’ SHEN swap day and then, last month, to find myself in London assisting on a SHEN ‘B’ course.

On both occasions I met up with people from my past training in the 90’s. I also met lovely new faces to the SHEN tribe! As well as being a learning and sharing experience, I found it to be exciting, nurturing, and fun.

I love updating my knowledge of SHEN, coming together and sharing SHEN experiences and stories and being exposed to group enthusiasm.

It was fantastic to get some personal time on the table especially to help unwind from lots of travel and jetlag. I never cease to be amazed at the effect this therapy has to deeply relax the body. Despite how much SHEN I have had and feel all is well, life can even be better!

Much gratitude to my old and new friends Down Under for a great day in Auckland and many, many thanks to Tony for keeping the SHEN flag blossoming in Europe through workshops and SHEN TOUCH itself.

I wonder where I’ll land next for SHEN? Look forward to it!
The International SHEN Therapy Association
Corona McGurk, Certified SHEN Therapist, SHEN Mentor, writes from Bootle, Merseyside

I first encountered SHEN in 2004. I was retiring from a very responsible, stressful job and having read a leaflet advertising a SHEN Workshop, felt it was exactly what I needed.

During the Workshop I soon found that the source of my problem was at a far deeper level, as painful and frightening childhood emotions which had been entirely forgotten began to surface. Through the next few SHEN sessions they were safely and gradually released and resolved.

It seemed to me that SHEN had reached the deepest level of my soul.

After this profound, pivotal experience I decided to train as a SHEN Therapist. My own life had changed so dramatically that I wanted to reach out and help others.

I completed my Internship and qualified as a fully Certified SHEN Therapist in 2008. In 2010 I was appointed a SHEN Mentor, a position which I consider to be a great privilege and one which I thoroughly enjoy. In addition I also assist at SHEN Workshops and find this both enriching and inspiring.

SHEN is the most powerful method for healing deep-seated emotional wounds that I know of. It is a privilege and joy to assist others in their healing on their emotional journey.

I have a home office and a comfortable and safe Therapy Room.

I am available to help any who wish to let go of emotional pain and hurt, irrespective of age or gender.

In addition to weekly sessions, I offer two and three day Private retreats for those coming from afar.

Contact details:
Email: cmcgurk@blueyonder.co.uk
Tel: (0) 151 523 4316
Mob: (0) 7881 654 859

SHEN Therapy boosts Charity donations!

Holistic Healing Network – Complementary Therapy Health Awareness Day - July 2014
Aylesbury Vale Multicultural Centre, Aylesbury

Report from: Helena Legg CST (Vice Chair HHN)

The Holistic Healing Network (HHN) is an organisation which supports the personal and professional development of Complementary Practitioners to ensure best practice with optimum focus on safety and positive experience in client care. It also offers Associate Membership to non-practitioners who are interested in Complementary therapies.

One of the highlights in the HHN calendar is their annual Community Health Awareness Day, a fund raising event for a nominated charity. The focus of the day is on promoting individual’s physical, emotional, psychological and spiritual well being through the use of complementary therapies. With an emphasis on psycho-education on self care.

HHN has been running this event over the last 20 years in various venues, from hospitals and community centres to school halls around Harrow and surrounding areas where most of our members reside.

This year’s event was held at the Aylesbury Vale Multicultural Centre, a community centre used by various groups for cultural events, meetings, classes and educational sessions, and organised by Helena Legg (Vice Chair HHN), with support from a team of dedicated members and volunteers.

The nominated charity for this year is the PACE Centre, a charity based in Aylesbury, helping children with motor disorders. Their overriding goal is to help children and young people with physical disabilities to achieve their full potential and to be as independent as possible in their current and future lives. Inspired by the principles of Conductive Education – a system which emphasises that children develop as a “whole” this principle fits in with the ethos of Holistic Healing Network Practitioners, providing holistic care.

www.thepacecentre.org

This event offers opportunity to the public to attend different workshops and experience various therapies which include SHEN Therapy, reflexology, Reiki, Indian Head Massage Bowen Therapy, Oracle reading, Ayurvedic facial lift and Kansa Vatki foot massage, stress management and Aromatherapy blending.

Over the years we have had support from various guest speakers/presenters for our workshop which were always well received by the participants. We were very privileged over the last 3 years to have the support from Tony Bailey (Certified SHEN Instructor and CST) who...
has provided SHEN Presentations and Demonstrations.

This year he also generously offered to stay on to provide SHEN taster sessions with support from Helena, Jonathan Chambers and Angella Reid.

Some comments from participants:

‘My name is Suzan Joy Wells and I was asked to give a workshop at the Holistic Healing Day on Yoga Therapy. Rather than staying on and giving healing sessions I decided to book sessions for myself and had a wonderfully relaxing day. I really enjoyed the SHEN session with Tony and will be having more sessions soon. If the day had been longer I would have tried everything on offer. I was invited to stay for the helpers meditation which really made me feel part of the team. A wonderful experience.

Acknowledgement:

A very big thank you and gratitude to:

Tony Bailey, for providing the Presentations & Demonstrations.

Jonathan Chambers, Angella Reid for providing SHEN Therapy taster sessions.

SHEN Retreat Centre in Dalaman, Turkey

By Jenny Jones, CST

A hilltop house away from the crowds of tourists, and yet convenient to visit many places of interest, with stunning views over Dalaman Bay.

The area around the villa is a very special place, for a very special Retreat or holiday! It is surrounded by mountains, olive and pine trees and rocks. With lots of lovely walks.

The beach is a 10 mins walk, is long, sandy and unspoilt; there is a river and thermal lake (5 mins walk, where you can also swim) which can be seen from the villa.

It is 10 mins from Dalaman Airport; 15 mins drive from Dalaman Town; 1.5 hours from Marmaris and 1 hour from Fethiye. There are several spectacular beaches nearby, things to do and places to visit.

Contact

For more details please see: www.villarenters.co.uk/property ref 55252 & www.aslan-retreat.co.uk

For enquiries & booking form please contact Jenny Jones 077910 55575 or jennyjonesclarence@hotmail.com

Hill top house away from the crowds

Beautiful interiors

Stunning views over Dalaman Bay
London 4 day Part ‘A’ SHEN Emotional Healing & Personal Empowerment Workshop held at the Columbia Hotel. London September 2014

Standing: left to right: Susan Grimsdale, Angella Reid, Margaret Mfonfu. Sitting: left to right: Mariola Innes, Jenny Jones, Lisa Hatton

Helena, Tony, Victoria

The Team: Left to right: Russell Lewins, Tony Bailey and Helena Legg

And in Support... Helena Legg CST, Russell Lewins CST

Italian Fountains, Hyde Park

Columbia Hotel

Testimonial:
Instructors: “It worked well for me – very different personalities, male and female and all very much on the ball. I enjoyed the lightness and laughter. Felt safe and in good hands. Clear instruction and good group management. For me – well, I no longer need to wear the masks and am more free to be me. Less seriousness, more laughter.”

Russell Lewins CSI writes from Birmingham, UK

I’ve recently qualified as a Certified SHEN Therapist. Over the years of training, and the twists and turns, I’ve met many people on different workshops in Ireland and the UK. All have felt part of my journey and who I have learnt from in different ways. In particular I’d like to thank the ‘golden triangle’ of support I’ve received from Corona, Tony and Deidre.

As my Mentor, Corona has steadfastly stood by me through the highs and lows, ever encouraging and guiding me with her heart to go deeper with clients, to get to the roots of their held pain. Amongst many things, Tony has exemplified the art of making the client feel at ease, with his sensitivity and care and - through his many jokes and stories – shown me how light hearted playfulness has a place at times in this trauma healing work.

It’s struck me of late that practicing the hand positions in SHEN is like learning scales in music. That to work at a deep therapeutic level - and to continue the metaphor - you need to make healing music with those scales and that is something of a art. I feel Deidre has shown me what is possible with SHEN. Seeing her work with clients, and the beautiful music she somehow makes, has been like a beckoning light, drawing me on through my Internship.

Finally, of course, I’d like to thank Richard for all the work he has done in developing SHEN over the decades, resulting in the therapy which we can share today, and which will hopefully continue to positively transform people’s lives for many generations to come.’

Best wishes, Russell
**SHEN UK WORKSHOP DATES FOR 2014/2015**

**Worcestershire - Heart of England SHEN Therapy Centre, Bewdley, Worcestershire**

“Emotional Healing & Personal Empowerment Workshop” in 2 Parts - Workshop Leader – Tony Bailey, CSI

**Part “A” 4 days Weekend Workshop**
- October 2014: Friday 10th to Monday 13th October inclusive
- March 2015: Friday March 20th to Monday 23rd March inclusive
- October 2015: Friday 9th to Monday 12th October inclusive

**Part “B” 4 days Weekend Workshop**
- November/December 2014: Friday 28th November to Monday 1st December inclusive
- July 2015: Friday 3rd July to Monday 6th July inclusive
- November 2015: Friday 27th November to Monday 30th November

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**London - Columbia Hotel, Lancaster Gate, London**

“Emotional Healing & Personal Empowerment Workshop” in 2 Parts - Workshop Leader – Tony Bailey, CSI

**Part “A” 4 days Weekend Workshop**
- February/March 2015: Friday 27th February to Monday 2nd March inclusive
- September 2015: Friday 18th September to Monday 21st September inclusive

**Part “B” 4 days Weekend Workshop**
- October/November 2014: Friday 31st October to Monday 3rd November inclusive
- May 2015: Friday 22nd May to Monday 25th May inclusive
- October/November 2015: Friday 30th October to Monday 2nd November inclusive

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**Glasgow - Kelvingrove, Glasgow**

“Emotional Healing & Personal Empowerment Workshop” in 2 Parts - Workshop Leader – Tony Bailey, CSI

**Part “A” 4 days Weekend Workshop**
- May 2015: Friday 1st May to Monday 4th May inclusive

**Part “B” 4 days Weekend Workshop**
- August 2015: Friday 7th August to Monday 10th August inclusive

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All dates are inclusive and Workshops begin at 9:00am and finish at 5:30pm
Costs: 4 day Workshops: £440. (£40.00 discount for ‘Early Bird’ payment 30 days prior to commencement of Workshop)

For more information, registration and accommodation, please contact:- Tony Bailey, CSI
Tel: 01299 401407 • Mobile: 07801 810016 • Email: tonybailey@talk21.com • Web: www.shentherapyuk.com

You can also book & pay online at: www.SHENtherapyuk.com