

...hoffman...

Celebrating 45 years of the Hoffman Process throughout the world.

Thandie Newton
“The Hoffman Process
is all about a
NEW start...”

Russell Kane
Getting Personal

Goldie
Life begins at 40

Oliver James
Who are you..?



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Welcome to the first edition of our Hoffman magazine celebrating 45 years of the Hoffman Process. The idea of a magazine evolved as a means of expressing our gratitude and celebrating the achievements of Hoffman graduates around the world.

The first Process was held in 1967, the year the Beatles released *All you need is Love*, Desmond Morris published *The Naked Ape* and I sobbed my way through *The Jungle Book*.

Over the last 45 years more than 80,000 people have done the Hoffman Process, and the benefits have been amazingly widespread. We have been stunned by the enthusiasm shown by our contributors and their willingness to share their touching, personal stories. Among the many articles inside, you can read about positive parenting, work-life balance and improved self esteem, as well as learning some useful techniques, top tips and the inevitable quiz.

This issue is the result of collaboration, a uniting of passionate people who want to make a difference in the world. I hope you find it inspiring and that some of the stories resonate with you. If you have any comments or feedback, or have a story that you'd like to tell, I'd love to hear from you.

Serena

Serena Gordon
Hoffman UK Managing Director &
Hoffman International Director

...hoffman... Contents

The Story of Hoffman	4
Positive Parenting	8
Co-Dependency Quiz	10
How I beat my depression	12
Thandie Newton: Embracing myself	15
What the Professionals say	22
Actor & DJ Goldie - Life begins at 40	26
Comic, Russell Kane - Getting Personal	27
Zest for Life	28
A burning Issue	30
Who's in Charge?	32
Feeling Stuck? Get Creative!	34
Events & Dates	40

If you would like to advertise in our next issue or contribute to any articles we'd love to hear from you. Please use the contact details below.

Editor: Serena Gordon
serena@hoffmanprocess.co.uk
Designer: Jo Sennett
jo@hoffmanprocess.co.uk
Features: Nikki Wyatt
nikki@hoffmanprocess.co.uk
Advertising: info@hoffmanprocess.co.uk
For all enquiries please call
+44 (0) 1903 88 99 90

Hoffman UK address: Quay House, River Rd,
Arundel, West Sussex. BN18 9DF

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...hoffman international...

The Hoffman Process operates worldwide under the umbrella of Hoffman International. This was set up to ensure the quality, standards and delivery of the Process throughout the world.

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The Story of Hoffman...

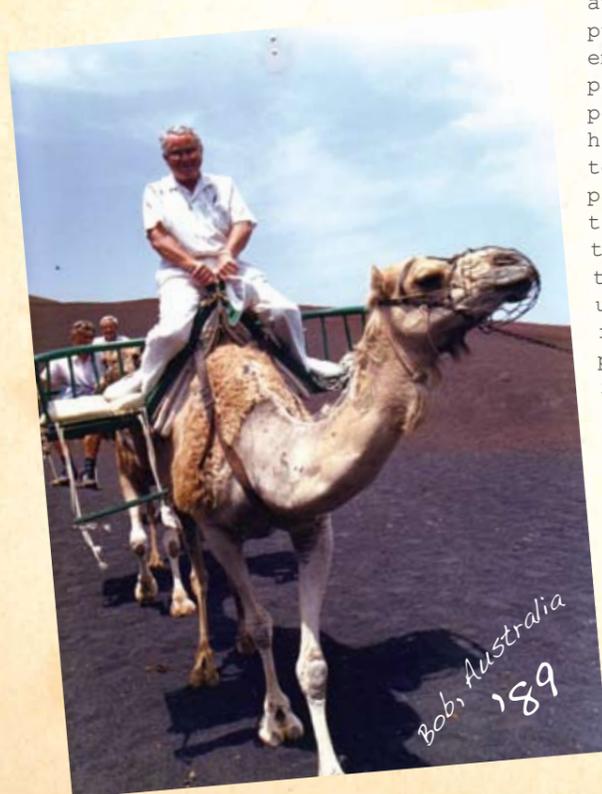


Tim Laurence & Serena Gordon
Hoffman UK Directors

Bob Hoffman was born in New York on September 5th 1922. His parents had emigrated to the United States from what is now Ukraine around the turn of the century.

Originally a bespoke gentleman's tailor in Oakland, California, Bob had an innate and highly gifted ability to listen to deeper truths and wisdoms. Bob had no formal training in psychology, psychiatry or psychotherapy. If Freud and his followers had brought to light the effect of childhood on our conditioning, something that today is so basic to our beliefs that it is no longer questioned, Bob supplied a vital missing piece, the one that could be said to make all the others fit together: Love.

Love is the glue that keeps the family unit healthy. If Love is missing, we need it so badly that looking for it



Bob, Australia
1989

becomes a main motivator of our behaviour patterns. Forgiving our parents, whether dead or alive, and learning to love our selves, is the healthiest way to start living. With that as a basis, it becomes possible to genuinely love others.

Bob grasped that, while we are growing up, we imitate our parents in order to win their (emotional) love and attention. By copying their moods, their attitudes, their beliefs and even their spoken expressions to gain their approval, our characters become formed. With that approval, we hoped, would come the enveloping security blanket that love provides. Love conquers all neuroses, and for Hoffman the fundamental neurosis was to grow up feeling unlovable.

The Hoffman Process began its evolution from Bob's office in Oakland, California in 1967.

Bob would begin by asking a client to write an emotionally charged autobiography of their life from birth to puberty. Then he looked at the negative emotional traits of each of the birth parents and started to work through a powerful understanding of the emotional history of the client's parents. This he termed 'Negative Love'. He could see that parents had unwillingly adopted 'negative traits' themselves, and were driven by their own emotional history. They could therefore not be blamed. These deep understandings led to the experience of forgiveness and compassion for one's parents. As Bob repeated throughout the rest of his life: "Everyone is guilty and no one is to blame".

Bob would lead his early clients through a series of (usually) eight to ten, two-hour sessions. These involved a variety of techniques and cathartic exercises designed to help them reach a place of unconditional love for their parents. They learnt tools to break the habit of negative behaviours and were taught rudimentary self-awareness exercises.

Bob coined the term 'Quadrinity' to describe the 4 aspects of our Self: The Intellect, The Emotions, The Body and The Spirit. By engaging all these aspects and helping them to work in harmony, true healing could begin. A structure of Awareness, Expression, Forgiveness and New Behaviour was born and to this day remains the foundation of all Hoffman Process teaching around the world.

His book *No One is to Blame* was first published in 1978 as an introduction to help people understand how to change their self-destructive habits.

When John Bradshaw published his first book, *The Family*, as a self-help guide for those who had grown up in dysfunctional families, he highly recommended the Hoffman Process to deal with the 'original pain of childhood and get back in touch with the soul'. As this became an international bestseller and Bradshaw a popular speaker, Bob's work also became more widely recognised.

Over a period of twenty years, and with

the help of a variety of therapists and doctors, Bob slowly built the Process structure as we know it today. He received a great deal of advice from Claudio Naranjo, a Harvard-educated psychiatrist, and introducer of the Enneagram to the Western culture, as well as Fritz Perls founder of the Gestalt Therapy.

Bob realised that offering a retreat setting would allow participants to deepen their insights and personal changes. So, in 1985, the first eight-day residential (Hoffman) Process was held in Sonoma, California.

The years that followed saw the work of the Hoffman Process spread throughout the world with new Hoffman centres starting in Brazil, Germany, Switzerland, Australia, Argentina, Canada, France, Italy, Spain and here in the UK. This in turn led to the Hoffman Institute International (HII), which was created to regulate and monitor the standards, safety and delivery of the Hoffman Process around the world.





First UK Hoffman Process 1995

In 1990, Tim Laurence trained as a Hoffman teacher with Bob in the US. The following five years Tim taught in both the US and Canada and in 1995, with Bob's support, he and Serena returned to the UK to introduce the Hoffman Process to the British.

Tim has now been teaching the Process for over 20 years and during that time has taught in the UK, South Africa, France, Brazil, Ireland and the Middle East as well as the US and Canada. Last year he interviewed many of the founder members of the Hoffman community and wrote a biography of Bob.

Hoffman UK, now in its 17th year, is the second biggest centre in the world. They hold regular Processes in England and Ireland and have also held them in South Africa, Bahrain and Abu Dhabi.

Tim's first book on the Hoffman Process, entitled *You Can Change Your Life* (Hodder and Stoughton), enabled people to read more about the techniques and exercises used on the Process. The growth in popularity since then confirmed that people were now ready to do deep, intensive emotional work in a safe environment.

"You can change your life..."
Tim Laurence

Over the past few years Hoffman UK has worked on maintaining a strong reputation through word of mouth as well as ensuring that the right people are doing the course at the right time. They work in conjunction with therapists, doctors, treatment centres, corporations, and educational establishments in order to best provide people with a way of resolving issues, restoring relationships and leading to a better quality of life.

Bob Hoffman passed away in 1997, warmly loved and admired by all those who had come into contact with him.

It was his vision to heal families, bring love back into our lives and heal the world one person at a time. 'My dream' he said, 'is that this work will eventually be recognised by all scientific communities, that it will be recognised by the educational pontiffs of the world and that it will be placed into compulsory educational programmes'.



Hoffman UK is based in Arundel, West Sussex

Tens of thousands have now benefited from Bob's vision. As many have said after the experience, 'It's the best gift you can give yourself'. It's also a gift that gets shared with family, friends and work colleagues as its effect spreads over the months and years.

If you would like more information on the Hoffman Process visit www.hoffmaninstitute.co.uk or call 01903 88 99 90. Processes, regular Information Evenings and one day workshops are available throughout the year - see inside back cover for details.

Who are you?

And why do you behave the way you do?



Interview by Serena Gordon with Oliver James, Author & Clinical Psychologist

I spoke with Oliver James, author, psychologist and broadcaster. Oliver did the Hoffman Process in 2006. His books include *They F*** You Up*, *How not to F*** Your Kids*, *Affluenza*, and *The Selfish Capitalist*. His current book, *Office Politics* will be published in 2013, followed by *How To Improve Your Emotional Health*.

"Families are very like the work of a dramatist. Each of us is accorded a scripted role and we are tightly directed in its performance. From the moment we gather together, our families force us to put on uncomfortable psychological costumes and to sing and dance to their tune."

He continues: "Never mind that you may have long since ceased to be the clever one or the clown, the attention-seeker or moaner, your family treat you just as they always did. Within minutes of walking through the door you are back in the nursery. The achievements and independence of adulthood are swept away and you have become the monkey rather than the organ grinder of your personality."

Joanna, a successful businesswoman in her 40s, went home to her parents at Christmas. Despite now running her own company with around 20 employees, she was reduced by her parents, as well as her older siblings, to the little girl they remembered her as. They did not really trust her to get up on time, let alone organise herself, calling her by her baby name of 'Weeny'. "It only took a couple of hours and I was right back there as a 6 year old, moody and resentful," she said.

Oliver's observations echo what Bob Hoffman, said in his book *No One Is To Blame*, "We spend our lives developing sophisticated methods of avoiding the causes of the problems in our lives, afraid that facing our pain will hurt too much and hoping that it will just disappear."

"As children, we imitated and adopted our parents' behaviours, moods, and attitudes in the hope that they would love us if we imitated them. We continue to act them out now because we know no alternatives, even when

we recognise on some level that this behaviour cannot bring happiness."

Oliver reminds us: "The secret is to become the author of your lines in the family drama. Some of the identities projected onto you will be shared by all the family: not only do both your parents treat you as terminally lazy or untidy or selfish, so do your siblings."

In the Hoffman Process participants are asked to look at the role that they have played in order to get attention in their family. Family roles are a safe place where we can find a new identity that is also confirmed by others. See below for examples of family roles.

Are you a
Goody-goody,
a rebel,
a Daddy's girl
or a
Mummy's boy?

Oliver and Bob share the same thoughts on how to we need to work hard to change the attitudes that have been formulated over generations. Oliver answers: "Now comes the fun. Instead of acting in the predictable manner, you can do the opposite."

"If you are known for buying stingy presents, give ostentatiously expensive ones. If you are notorious for never doing any washing up, be the first at the washing machine after every meal. At worst, you will have had some amusement in playing your game. At best, who knows, this new behaviour could be the start of a new, more adult relationship with your family.

"Of course, just playing this game may well not be enough to override the patterns which become entrenched in all of us as a result of our childhoods. They are established as the customary patterns of brain electro-chemistry which are you, much of the template being how you were cared for in the first 6 years."

Somewhere back in the recesses of time, we all had a mother and

father struggling to be a good parent. Parents who weren't awake to their own childhood wounds, and hadn't dealt with their historical anger, grief, pain, fear. So there may have been mistakes. A passing on of pain from one generation to another. Projecting their own emotions onto their children. But there is a choice, and that starts with awareness and the desire to move on from the past.

Oliver finishes with: "A very good starting point is the Hoffman Process. It can do in a week what may take months or years with some therapists. It gives a solid foundation for having further therapy too, the springboard for fundamental change."

www.selfishcapitalist.com

Family Roles

Read through the following and ask yourself: Which were the roles that I needed to play in order to get attention (Negative and/or Positive) from my parents?

- Goody-goody • The Baby • Victim
- Never Good Enough • Black Sheep
- Mummy's Girl/Boy • Worrier
- Mistake • Seducer • Protector
- The Failure • Genius • Princess
- Caretaker • Hero • Control Freak
- The Boring One • Mistake • Misfit
- The Weak One • Trusted One
- Peacemaker • Problem Child
- The Fixer • Rebel • Drama Queen
- Policeman • The Stupid One
- The Angry One • Wild One
- Spoilt One • Mediator • The Pet
- The Troublemaker • Invisible
- Problem Child • The Odd One Out
- The Oldest • Sick One • The Slob

When you have done this, look at your life today and ask yourself: With whom do I still play out these roles?

by Nikki Wyatt

Positive Parenting

Parenthood can make many of us more aware of family patterns. Either because we're contemplating starting a family and are concerned about passing on negative patterns or because we've become parents, promising ourselves that we'll do it differently. Then we notice the very same phrases tripping off our tongues that we heard from our own parents.

Actress Coralie Rose, pictured right, did the Process in May 2010 when she was 5 months pregnant with her first child. Coralie had suffered with depression since she was a teenager and decided that she wanted to understand the root cause without doing years of therapy or managing it with anti-depressants.

She was also concerned that the pregnancy might adversely affect her moods. The baby felt like a blank canvas and she wanted a fresh start for both of them. She says: "As soon as I started filling out the pre course work I knew I'd found what I was looking for. The Process helped me understand why I react the way I do to certain situations and gave me the awareness to notice when this

was happening - that was exactly what I wanted. I learned that even the really challenging parts of the Process made me grow stronger - like life - it was a fantastic lesson. The Process also allowed me to forgive myself for my mistakes. As a result I'm much more tolerant and compassionate with myself, my husband and my mother, who often looks after our son. Indeed my relationship with

my mother has become so much closer that I love to work with her in her jewellery business between acting projects."

On the Process you learn techniques to sustain a high level of self-awareness and to support you on a daily basis through the ups and downs of life. I asked Coralie if she had found these useful. "On the Process I had to write down the things that I most enjoyed. I discovered that my husband Aaron (who did the Process a month

before me) and I both loved dancing. Now if I feel upset, I dance around the kitchen with the baby.



Becoming a parent has made me closer to my mother



My version of the journalling tool is blogging. Since the Process I have much less fear of being judged, which means I'm more creative and feel more able to share outside my immediate family.

Aaron and I keep some of the creative work we did on the Process on the wall at home as a reminder. We noticed that, within the year, the visions we had planned for our futures on our Processes came true, so now I meet once a year with a Process friend and we create new personal visions together."

Growing Closer & Appreciating Silence

Positive parenting includes providing a healthy role model so I asked Coralie how she felt the Process had helped. "When I first arrived on the Process I felt daunted by giving up my mobile and having to eat in silence but now I realise what a gift that was. Aaron and I now turn off our phones when we're having 'couple time' and when we aren't working. This requires tremendous discipline, as we're both freelancers, but it has really helped the quality of our relationship and means we're more present to each other. I also try not to be on the phone when I'm spending time with our baby.

Another Process lesson that has helped our relationship is understanding that in any difficult situation, such as when there's conflict between us, there's a difference between submission and surrender. If I give in and submit to someone else's wishes in an old pleasing pattern then I can feel resentful, whereas surrendering to a situation means that I

accept it and find the potential for learning and growth that it offers. Then any choice I make becomes empowering."

Sharing Her Learnings With Other Parents

So looking back at her life before the Process and comparing it to now, I asked Coralie what was the biggest change: "For some members of my Process group the experience created huge change very quickly, whereas for me the changes have been more subtle and cumulative. I've learned that I don't need to fit in and please others so much. I feel more secure and have more confidence in myself. In fact this new quiet confidence means I've risked things I wouldn't have done before such as entering a competition on iMama.tv, a video parenting website. As a result I now have my own channel about what it's like to be a modern parent. I've realised that I am what I am and I'm quite good at being me."

Coralie has recently appeared in the TV Series, Doctors and a comedy-horror film called Strippers and Werewolves, produced by Martin Kemp, coming out this year. You can also follow her video blog at www.iMama.tv.

It's never too late...

Gabi Krueger
Therapist & Hoffman Teacher



It's never too late to change your parenting style. Whether they are toddlers or young adults, it's important to be authentic. You're a role model and it's not so much your words as your actions that matter. The Process can help you stop sending out mixed messages - saying one thing and doing another.

I have stopped lecturing my children and trying to change their behaviour - however lovingly intended it was. Now I encourage them to be themselves instead of what I'd like them to be. It can be challenging to let your children make mistakes but it's wonderful if you can create a safe home atmosphere that they feel they can make mistakes and not be judged. I now have very open conversations with my children.

We can often underestimate our children, especially when they're young. They are very perceptive emotionally even if they don't have the words to express their feelings. Our biggest mistake can be to keep secrets from our children with the well-intended idea of protecting them. It's best to be as open as we can and explain situations in a way that is appropriate to their age.

When children rebel and are angry it can be helpful to remember that this is a secondary emotion to cover up deep hurt. Rebellion is often a reaction to not feeling valued as a family member. When a family feels like a team, children feel valued and contribute solutions.'

Gabi coaches in person and on the phone. Skype: udovonwiesersberg or email: gabi@hoffmaninstitute.co.uk

Dr Mark Atkinson
Helping you flourish



Are you ready to wake up?

Dr Mark Atkinson is an internationally respected medical doctor, meditation teacher and coach and author of four books on mind-body healing, inner development and human flourishing. At the heart of his work is a focus on helping people to wake up and flourish through the practice of meditation and conscious living

My passion is helping people to wake up and flourish through the practice of meditation and conscious living. If you are serious about creating a healthy and fulfilling life and realising your potential as a human being then you are absolutely in the right place.

Dr Atkinson is the founder and director of the Academy of Coach Training, one of the UK's leading providers of coach training courses that are based on an integral approach to inner development and human flourishing. These innovative training programmes include human potential coaching and health and well-being coaching.

Dr Atkinson is a best selling author and his books are available from all good book stores and online at Amazon.



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Are You Co-dependent In Your Relationship..?

Co-dependency is an emotional and behavioral condition, passed down from one generation to another. It affects our ability to experience healthy self-esteem, to set functional boundaries and to take care of our adult needs and wants. It is the most common of all addictions: the addiction to looking outside of ourselves to people, places and things for happiness and fulfillment. And, most importantly, it stops us from creating healthy, loving and mutually satisfying relationships.

Sabine Young is a London based psychotherapist specialising in Imago Relationship therapy and co-dependency. Sabine did the Process in 1999 and since then has been the Hoffman teacher supervising therapist. She has designed this series of questions to indicate co-dependent symptoms. Answer each question honestly on a scale of 1 to 5.

1 - Never/Hardly ever • 2 - Sometimes • 3 - Often • 4 - Very frequently • 5 - Most/All of the time

- | | | |
|---|--|--|
| <input type="checkbox"/> Do you avoid arguments by keeping quiet? | <input type="checkbox"/> Do you feel uncomfortable expressing your true feelings to your partner? | <input type="checkbox"/> Do you feel uncomfortable talking to people in positions of authority? |
| <input type="checkbox"/> Do you worry about your partner's opinion of you? | <input type="checkbox"/> Do you find that you say what you think your partner needs to hear? | <input type="checkbox"/> Do you have difficulty in saying 'no' when asked for help? |
| <input type="checkbox"/> Do you give more importance to your partner's opinions than your own? | <input type="checkbox"/> Do you feel that you can't be yourself in your relationship? | <input type="checkbox"/> Do you have difficulty in asking for help? |
| <input type="checkbox"/> Do you have feelings of rejection/jealousy if your partner spends his/her time with friends? | <input type="checkbox"/> Do you feel bad when you make a mistake? | <input type="checkbox"/> Do you constantly want approval from others? |
| <input type="checkbox"/> Do you live with a partner who has an active addiction (alcohol/drug/gambling/sex) problem? | <input type="checkbox"/> Do you have difficulty accepting compliments or gifts? | <input type="checkbox"/> Do you take criticism personally? |
| <input type="checkbox"/> Do you live with a partner who physically or mentally abuses you? | <input type="checkbox"/> Do you feel responsible for others? | <input type="checkbox"/> Do you blame others for your problems and do you feel good when you solve others' problems? |
| <input type="checkbox"/> Do you feel inadequate/insignificant in your relationship? | <input type="checkbox"/> Do you feel humiliated when your partner or child makes a mistake in front of others? | <input type="checkbox"/> Do you always try to avoid conflict instead of facing up to it? |

Now you are finished with the questions, you may be aware if you are behaving co-dependently in your relationship and perhaps generally in your life. The higher the value you gave to any answer, the higher the significance of the co-dependent symptom expressed.



Healthy Adult Relationships

Another common trait of co-dependency is denial. It's often easier to make the answers 'fit' your idea of who you would like to be, rather than deal with the imagined consequences of behaving differently. How much attachment, neediness, anger, frustration and reactivity do you experience in your relationship with your partner, your family, your friends and with the world at large? How often do you feel powerless, hopeless or even depressed?

"In my practice as an Imago Relationship therapist", says Sabine "I find that the underlying influence of co-dependent behaviour is highly relevant to the functionality of our relationships.

In this respect, the Hoffman Process and Imago Relationship Therapy are most compatible: they both facilitate awareness of, and effectively work with, negative childhood experiences which are the foundation of unconscious behaviours defining co-dependency.

Imago therapy offers insights into our adaptations and projections in relationships by way of a dialogical process. This form of communication enables a new awareness and understanding of how we are all deeply interconnected. Only then can we start to co-operate with our hidden agendas and realise that we have a choice to grow together in a productive, non-controlling and healing way."

Imago relationship top tips...

- **Reactivity** – When you react to what someone says or does, you can often be in a heightened emotional state. It makes sense to take some 'time out' by yourself, and then when you are feeling calmer and more receptive, revisit the situation.
- **Reconnection** – We all make mistakes in relationships but in order to let go and move on, we need to be willing to acknowledge when we are 'wrong' and to sincerely apologise.
- **Listen** – Create space in the day when you can sit with your partner and really listen to one another, not just wait to speak. Start with 5 minutes each. While you are speaking, request that they do not interrupt but listen and keep eye contact. Then swap over. There is no need to pass judgement or to resolve each issue that has arisen, simply listen.
- **Expression** – Physical activity is one way to safely express feelings including anger and frustration. You can then talk about what is going on for you but from a 'clean' and 'clear' place.
- **Communication** – Speaking from 'I' means you take ownership of your own experiences and feelings. It's important to share your inner world with significant others without apportioning blame, so 'I feel' not 'You make me feel...'

Imago therapy helps you experience conflict as a means of growth, allowing you to hear, mirror and discover each other in a new way of being together; inviting respect, love and even romance.

You can contact Sabine via her website at: www.relationshiptherapylondon.co.uk

How I beat my depression

Originally published in Woman & Home. February 2010



3 years on...

One of my prime motivations for doing the Process was the impact my depression was having on my two and half year old son. so that I couldn't be the mother I wanted to be.

Since the Process our relationship has improved so much because, although I'm still on anti-depressants, I haven't had another really deep depression. I threw out so much guilt and shame on the course, I just don't beat myself up any more. I'm also more self-aware, so that now if I start a pattern of negative thinking, I notice and can stop myself.

One important change I made was seeing a pattern in my family, where I was brought up by my mum and my grandmother, and on the Process I realised that my son was now experiencing the same upbringing. So now I have consciously brought the threads of his family together. He's now five and has much more of a relationship with his uncles and half sister and is in regular communication with his father. I've made peace with my past and I'm no longer angry with my father or my ex. When I see my father with my son I can see how much he regrets missing out on my childhood and how much he loves being with my son. I'm really proud of doing that.

When I went to the Process my biggest fear was uncovering my true self, who I felt sure was horrible; a terrible daughter and an inadequate mother, but when we went deeper I discovered beneath that there was a kind and lovely person. The greatest gift of the Process was discovering that I actually was the person I was pretending to be.

Anne Marie Scanlon thought depression would get the better of her. But then she tried the Hoffman Process...

I should start by mentioning that I am highly cynical. And at times in the middle of, say, battering a cushion with a bright yellow bat, I had my moments of doubt. However, I'd heard about the Hoffman Process through a friend of a friend who raved about it, and at the start, I made a commitment that I'd do whatever I was asked. I figured I had the rest of my life to be cynical.

For those who've never experienced it, depression feels like some creature is sucking out your very soul. It's different from the blues or feeling down because it's more than the absence of joy – it's the absence of hope. It's not just feeling bad, but the absolute certainty that you'll never feel happy, or alive, ever again. The worst about I ever experienced was ten years ago when I was living in New York.

I'd cry in the shower every morning, go to work, then come home and lie on the couch, crying until bedtime. There was no trigger – I had a great job, good friends and an active social life, yet I felt as though I'd fallen into a big black hole and couldn't see any way out. After five months, I started seeing a therapist and taking antidepressants and, within a month, began to feel better.

I thought I'd be a candidate for post-natal depression, but the year after I had my son, Jack, in 2007, was possibly the happiest time of my life. Then, just as before, when everything seemed fine, it came back. I had to keep functioning for my son's sake. But once he went to bed, I shut down physically and emotionally. I let calls go to the answering machine, emails went unread and I stopped socialising or even caring too much about my appearance (and me, a former beauty editor!). Then I heard about the Hoffman Process.

A month before the course, I was sent a questionnaire about my medical, personal and family history, and why I wanted to do the course. I had particular difficulty answering the questions that related to my father because my parents' marriage ended when I was a baby. His absence had a major impact on my life, and I have always had a near-allergic reaction to any form of commitment.

The course was in Florence House, a beautiful place on the cliffs in Seaford, East Sussex. There were 24 other people, ranging from early twenties to late sixties, almost equally divided between men and women. I knew in advance I'd have to share a room with someone. I wasn't too happy about this, but my room-mate Sarah was wonderful, and I now count her among my closest friends. Days start early with breakfast at 7.30am and end around 10pm. I had to relinquish my phone, computer and even books, leaving myself free of all distractions.

I didn't tell anyone what I was doing. There's a stigma attached to depression and even I – who have lived in New York, a city where therapy is practically compulsory – felt a bit ashamed about seeking professional help.

We had three teachers (each assigned to work with a group of eight): two women and a man. They are all Hoffman graduates who have done further training, and were all

very kind and eager to put us at ease. I was terrified at the first session – I had no idea what I'd let myself in for, and my stomach churned with anxiety. When I had to share my story with a group of strangers, I was so nervous my legs trembled and I felt like throwing up. However, I felt a huge amount of support from the rest of the group, as though they were all willing me to succeed, which in fact they were.

At the end of the first day, I went to bed sobbing. Day two was pretty bleak, and I lost count of the number of times I bawled like a hungry baby. I didn't discover any horrible buried secrets, but I did see things from a different perspective. I realised that things that are trivial by adult standards can be hugely important to a small child and will remain significant to them. By the third day, my feelings had begun to change; I didn't know how much anger I'd been holding on to, especially towards my father. Giving vent to that rage was very empowering. I felt energised and alive, something I hadn't felt in a long time.

By the time I left, after a week of many group sessions, with a daily one-on-one with my individual teacher, I was much happier and far more confident. I've always had issues with procrastination, which I now realise were totally fear-based. The aim of the process is not blame. You don't leave with a list of grievances against your parents, rather an understanding of them and compassion for them. I now have a better relationship with my son and my mother. I see them both as individuals, rather than just as my son and my mother. My relationships with others have changed too, as I now allow myself to be compassionate and caring. In the past, I had a deep-seated fear of rejection that made me keep an emotional distance from others.

Afterwards, there's a monthly meeting for three months and an e-support group. I formed very close bonds with my fellow participants and am still in touch with most of them. Sharing my fears and secrets was not easy, but it was incredibly liberating. I will never be entirely free from depression – it's in-built, just like my eye colour, but the Hoffman Process helped me reconnect with myself and with the world at large.

Photograph by: Liz McAulay



“When I had to share my story with a group of strangers, I was so nervous that my legs trembled”



Shawn Katz Ph.D.
Chartered Counselling Psychologist
Registered Integrative Psychotherapist
Accredited EMDR Consultant

There is a misconception that therapy is only for people with serious emotional or mental health problems. While this is true for some, psychotherapy is often and increasingly being used by those of us who want to understand our own behaviours and emotional reactions and patterns, and is a powerful tool for personal growth and increased self-awareness.

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Finding Peace in a Stressful World...



Originally published in Easy Living - 2009

Peace and harmony in a family isn't always plain-sailing, but with a bit of understanding, the love can flow says Lesley Garner, Journalist & Author of *Everything I've Ever Done that Worked & Everything I've Ever Learned About Love*. Lesley did *the Process* in 2003.

My mother taught me about love and I learned from her example: is there any other way to learn? My mother tells me how her idea of love was absorbed from her own father who, when she asked him how she could never repay the love he had shown her, simply said, "Pass it on." And so, when it came to her own husband, her daughter and her grand daughters, she did.

Pass it on. This is the generous, love-makes-the-world-go-round attitude. It takes faith and patience, but it's one I believe in too. I don't expect my own children to tell me how wonderful I am (which is just as well). I am waiting for the day when, with luck, they will feel the same emotions, display the same tenderness and care towards their own children that I tried to show them.

But sometimes this view of love fails. Don't feel ashamed if you are thinking, "But I can't stand my mother." Or, "But my father never showed me any love and my relations with him are really difficult." Or if you are thinking, "I know I ought to visit my parents but, frankly, we only end up arguing." Not everyone lives in a happy family. Sometimes love doesn't flow. It's blocked and when it blocks, generations can suffer.

These blockages, often unobserved and not even conscious, can cause difficulties in family relationships to people far from the original source. If relations in your family are withholding, unloving or destructive, it may not be the immediate fault of your mother or father. The problem might lie further back in the

way they were mothered or fathered. I learned this first and most vividly at a workshop called Orders of Love.

The idea was originally developed by a German priest turned psychotherapist called Bert Hellinger who had worked in Africa and understood that the individual is not separate, but part of a tribal or family system. Where something has gone wrong back down the line - death, disaster, trauma - the flow of love is turned off, but it might be the grandchildren, deprived of this flow, who suffer.

An Orders of Love workshop has many participants acting out these family groups and coming to understand how, say, incapacitating grief on the part of a grandmother destroyed her ability to show love and led, via her unloved children, to the depression of a grandson she may never have met. The facilitator,

"Sometimes love doesn't flow. It's blocked, and when it blocks, generations can suffer."

as the family patterns become clear, can bring about a symbolic reconciliation between the surrogates in the drama and this reconciliation can heal old, hidden wounds.

A much more intense and prolonged healing of family wounds is offered by the Hoffman Process. I sometimes recommend this intensive eight-day course to readers of my Telegraph column, and to my surprise and delight, readers write in, unprompted, and tell me they tried it and it changed their attitude to their family and to themselves. This is not work you can do by yourself, by the way. It takes a multi-pronged approach of physical

release, games, writing and role play to get below the surface.

The essence of both kinds of work is two fold. When I first did Orders of Love, I came away amazed at the revelation that we are not as individual as we think. We are more like cells in one body than like separate bodies. The task of growing up, of course, is to separate. But we can't separate while unfinished business and unexplored mysteries hold us back. This is where the Hoffman Process succeeds by making participants look deeply at their own patterns of behaviour and those of their parents. Gradually, participants come to a deep understanding - and forgiveness - of what made their families the way they were and the impact this has had on them. And it liberates them.

The effect of both therapies is to increase understanding, not in an intellectual way but in an understanding of the heart. Where families with unresolved issues rage at each other and hurl blame, or withdraw and cut themselves off, participants who have done this kind of work can understand and forgive.

"Everyone is guilty, no one is to blame," is a Hoffman mantra. We are all the way we are because of what was done to us, but understanding that means, sometimes for the first time in our lives, we can see that our patterns are only human too. Our new understanding frees us to love them again. So my grandfather wasn't quite right. Sometimes, when we have reached emotional maturity, it's possible to pass the love right back.

www.lesleygarner.com

Thandie Newton

Embracing otherness, embracing myself

Thandie made her film debut in *Flirting* in 1991. She has appeared in over 30 films including: *Jefferson in Paris*, *Mission Impossible II*, *Run, Fatboy, Run* and *The Pursuit of Happyness*. She received the BAFTA award for Best Supporting Actress in 2006 for her role in *Crash* and gave a brilliant performance as Condoleezza Rice in *W* in 2008. She is currently starring in *Good Deeds* a romantic drama starring Tyler Perry. Thandie is married with 2 children.

Thandie did *the Process* in 2010 and in a very powerful and personal talk for TED in 2011, she spoke of recognising her "otherness" - first, as a child growing up in two distinct cultures, and then as an actor playing with many different selves:

"I was the black atheist kid in the all white catholic school run by nuns. My 'self' became defined by otherness. I was a noticeable nobody. The 'self' that I attempted to take out into the world was rejected over and over again. And my panic and not having a 'self' that fit and the confusion that came from my 'self' being rejected, created anxiety, shame and hopelessness which kind of defined me for a long time. I started to see a pattern. The 'self' changed. But another one would evolve, sometimes stronger, hateful, not wanting to be there at all!" After a journey of personal exploration she goes on to say: "I've tried to live more and more from my essence and if you can do that, incredible things happen. Imagine what kind of existence we can have. Simple awareness is where it begins".

In a recent interview for the Sunday Times, Style Magazine, Thandie reminisced about times when she was exploited as a beautiful but naive young woman. She is now using the experience positively to help other women who are still being exploited, particularly in war-torn countries. As she demonstrates so well, anger can be a fiercely effective launch pad for healing not just ourselves but others too. She continues to be active in nonprofit work across the African continent and in 2008, she visited Mali for a campaign to bring clean water to six African nations. In 2011, she visited the Congo to raise awareness of the chronic issue of sexual violence toward women and girls.

In her interview in the Sunday Times, Thandie spoke about her experience on the Process:

"Hoffman is about a New Start. This beautifully researched and ingenious Process allows you to discover the painful baggage that has weighed you down and supports you



into letting it go. It's like an MOT for the soul. No, an MOT for the ego. It's about how the soul gets clouded by so much crap, you lose sight of it. It's really clever and very effective. It's like someone reaching in and flicking a switch inside you, turning you on. I didn't change, I'm still me - just far more me than I've been for a long time."

Was the Hoffman Process useful? 'Hello?' she says. 'It's like being able to start again. You shift baggage you don't even know you've got. It's really smart, and I needed to shift some rage.'

We want to thank Thandie for being so willing to share her thoughts and feelings with us. Through speaking about her experience we hope that others who struggle with feelings of 'otherness' will be inspired by the opportunities that are available and reach out for help.

www.thandie-newton.org



Leap_{of} Faith

Ged Ferguson, former Director of a Freight Company, knew he needed to change direction. He did the Hoffman Process in 2009.

I started working for a freight company when I was 18, initially up north and eventually moving south to set up their London office. I'd always enjoyed my work but 5 years ago I reached a low point in my life; I was searching for something, but I didn't know what. I knew I wasn't in the right career any more and tried various therapies to find some answers. I thought that I might find one I'd enjoy practising myself. Amongst other things I learned to do Reiki, but nothing seemed to fit.

Then one of my close friends who is an osteopath recommended that I try Five Element Acupuncture. Those sessions really blew my socks off. I was so interested in how it worked and asked so many questions that eventually she suggested that I consider training in it. She gave me the prospectus and the very next day I drove down to the College of Integrated Chinese Medicine. It's a four year degree and I was still working full-time but it felt absolutely the right thing to do.

My Second Leap of Faith

A year later, after making immense progress with my own acupuncture sessions, I hit a point where my practitioner, and Hoffman graduate herself, felt the Hoffman Process would be a really useful next step. I knew nothing about it but the more I trusted that I was on the right path, the easier it was to take that next step. I rang the office and, once I'd discussed it with the enrolment team I signed up to do the course which began two weeks later.

The most noticeable change was in my ability to open up and relate to people. Beforehand, I had a tremendous fear of abandonment which made relationships very difficult. In fact I was so guarded that I didn't even realise that I was lonely, but since Hoffman I've been open to new relationships and to giving and receiving love again. I feel much more confident, too. Prior to the Process I couldn't do public speaking, for example. I'd freeze and dry up and forget who I was, even if I was speaking to a small group. After the Process I did a whole raft of public speaking engagements with no problem - I used some Hoffman techniques to release any anxieties and I actually enjoyed it.

Insights at Work

The Process helped me hugely in my work, too. I started practising as a Five Element Acupuncturist and being able to recognise my own patterns has given me much greater self-awareness. It also helps me support clients in seeing what reflections and insights they can gain from people in their own lives.

I've been practicing now since July 2011 and I absolutely love it. I've kept in contact with Hoffman by going to Reconnection Days, and I often accompany friends who'd like to know more about it to Information Evenings. I've also recently started further training in the States with another Hoffman grad, Sonia Choquette. I use the tools regularly and people have noticed the changes in me. They say I'm lighter, more vibrant and more positive. My relationship with one of my sisters, who already has a well established holistic clinic in Cheshire, has also become closer since the course, and my new career has enabled us to develop a working partnership.

In the past five years I've learned that we're all perfect and we're here to remember who we truly are. The important decisions I made along the way were through trusting my intuition and I've learned that the spirit is wiser than the mind. Ged offers consultations and an initial free 15 minute phone consultation.

www.gedfergusonacupuncture.com

Feeling Good *inside*



Lina Ghazal is a Senior Product Manager for L'Oreal, so she's long been aware of the way we can obsess about our bodies. She did the Process in July 2009 and found her relationship with her body became much healthier.

Our physical body often reflects our feelings

"I did the Process because my moods were yo-yoing all the time and this was also reflected physically. Sometimes my body was my best friend and sometimes it was my worst enemy. When I felt in control of what I ate and I exercised regularly I felt great but when I allowed myself to binge and didn't exercise, I felt really low.

So I could see that my body and emotions were totally linked. Whether I felt in control of my body or not, it would take up a lot of mental and emotional energy.

My body-consciousness started in my teenage years. I went to an all-girls school and, looking back my body perception became out of proportion - a few extra pounds looked huge to me. Now, Post-Process, I look in the mirror and I might judge something negatively but I can snap myself out of it because the Process has made me aware that I've gone into judgement; that I can choose my feelings and therefore what

mood I'm in.

Guilt-Free Croissant

Before Hoffman I was very conscious of what I ate. I either denied myself what I really wanted or binged and felt guilty. One of my Process promises was to listen to my body and enjoy what it asked for - including food. Since then I'm no longer focused on my weight, yet a year later people tell me I look better than I ever have.

It's funny, I always wanted to be one of those people who could eat anything and now it seems that I am. I can now enjoy a guilt-free croissant and, believe me, it's the best-tasting thing I've ever had! I have no idea how much I weigh now because I've stopped weighing myself.

I was probably slimmer when I was dieting, and I used to think that the slimmer I was, the better. Now I feel that my current weight is right for me - it's real and authentic. We can't control our eye colour or the shape of our nose but because we can control our weight, we have judgements about it.

Top Tip For Feeling Good

My best tip is to do a bit of enjoyable exercise every day. It not only helps your health, it helps your mood. Listen to how your body wants to move. 20 minutes of something you enjoy is better than an hour of what you 'should' do. I'd been in the same vicious cycle with exercise that I was with food. Now I do half an hour on my exercise bike whilst watching something funny on TV - but only if I want to and I don't beat myself up about it if I don't. As long as there is guilt, it's the key to self-sabotage.

To sort your relationship with your body you first need to get to grips with guilt, anger, fear and the emotional triggers which cause you to mistreat it. Since dealing with these on the course I've a sense of calm and trust in myself and my surroundings. I'm more at ease and more decisive. I'm much more consistent in the way I react.

After the Process I used the Visualisation CD weekly for the first year; now if I feel stressed or if something big is coming up I'll still listen to the CD because it takes me back to how I felt on the Process - content, present and at peace."




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Here to Learn about Love...

Interview by Tim Laurence

Wendy Mandy, London-based acupuncturist, counsellor and - some would say - Western shaman, is one of life's true explorers, radiating a powerful energy and wisdom. Wendy runs a very busy and successful practice in Notting Hill, working 12-15 hour days and yet giving her all to every person who comes her way. With a boundless curiosity, she challenges herself and her clients to get the most out of every day, both in life and in love.

Wendy attributes her basic outlook to her childhood, which is why at the core she stresses that we must all deal with our past in order to live life contentedly. The surprising thing - for someone practicing any kind of therapy - is that her own childhood was a happy and carefree one.

Growing up in West Africa with a liberal Army family, she was given a great sense of freedom to play with the local children and explore the natural world. She was never told, "Watch out, you could catch all kinds of nasty diseases" but raised with a lack of fear about Nature and thus a core trust in its goodness. If she came down with anything, her parents let her be treated with local, natural remedies. At the same time as spending a lot of time with the Africans who so love children, she always had to return to that other 'tribe' - the colonial world with its own specific customs and rituals.

Going between the two gave her an understanding of the subtle levels at which people and their societies interact. She became involved especially with protecting the rainforest and one day met the chief of the Jawanawa people, a small tribe who live in the Brazilian Amazon. She was impressed that forty years ago they banished the rubber collectors and the Christian missionaries, determined to continue living as their ancestors had done for many centuries.

The chief, a tireless campaigner who travelled widely, was in turn very impressed by Wendy's hands-on treatment of him when he came to London. He recognised that she was doing a type of shamanic healing, and invited her to come and learn traditional ways with the shamans of his people.

Wendy has now been three times to see the Jawanawa both to learn from them, and to teach what she herself knows. "It's quite a journey, involving four planes, a coach and a boat trip up a river. I met there the first female shaman they had ever trained, and in turn they said they met a white female shaman. They understand what I'm doing, which sadly in the West has been buried under medical science."

Her latest endeavour has taken her to Lamu in Kenya where she has set up a much needed project, dispensing western and complementary medicines to Kenyans who would otherwise never be able to afford them. "It has been a huge success, and people have been queuing around the block for help with Aids,

TB, and other deadly diseases. The Kenyan Ministry of Health have been so impressed that they have given us their approval to set up more projects of this kind."

What do you do in your practice?

"I try to wake people up to why we're here, why we're given life. If you want to believe you're only here once, that's fine, but please, then get the best out of it that you can. If we are here many times, then why not understand why we chose this particular life and - in the same way - get the most out of it this time around?"

"Just about every single member of my close and extended family has now done the Hoffman Process."

I often make people laugh with this statement: If you've had a difficult childhood, congratulations. You must be very evolved to have chosen, not an easy life, but such a complicated Ph.D programme this time around. There's a lot of laughter in my treatment room because it allows people to see what they can be grateful for. Gratitude changes everything and is far more beneficial than just moaning on about how hard life is."

So what exactly do you do?

"It's a combination of Five Elements Acupuncture, counseling, reflexology and shamanistic practices,

but I will use whatever works for each individual. So I offer an even wider range of techniques - homeopathy, aromatherapy, hypnotherapy, Journey Work, Yoga, Tai Chi, advice on nutrition and exercise - anything to get the person better. For example, if someone comes to me with a sunken posture - rounded shoulders, head down, I may see that they need to open their heart up. To do that, they will need to remove an early imprint lying on their heart that they are protecting.

What I try to do is help translate the non-Western metaphorical world into concepts we can understand. The Jawanawa may call a particular energy field, 'eagle'. It means an enormous amount to them and nothing at all to Western medicine. If I stand over someone shaking a rattle in central London, I am bridging these two worlds. It might appear ridiculous, but it's my role to channel a healing energy. It's also why I never get tired, because it's not just me doing the work.

People come to me for various reasons, and always through word of mouth. It's usually when someone who knows me says to them, 'Go and see Wendy, she'll help sort you out.' I am very lucky in that even in my practice in Notting Hill I work with a wonderful team, and I'll use the team to help as many people as possible get healthier. I'll feel out who's a good match energetically."

Where does Hoffman fit in with your work?

"I tell all my clients that doing Hoffman is a part of their treatment with me. So much conditioning happens in our first childhood years, and the Process which I did in 2004, is the most effective place I know for getting beyond what we learned then. I very much value that all four aspects are covered in the course, as clearly emotions and thoughts affect the body. Not only that, but traditional psychotherapy in my view does not really value the spiritual aspect. Thank you for bringing that out, Bob!"

I say that one week of Hoffman will be worth one year with me in the treatment room. You'll experience something that will wash out lots of stuck energetic patterns from your system. I'll prime them before, so they feel courageous enough to go, and when they return, to make sure these patterns don't come back.

There's a personal connection, too. Just about every single member of my close and extended family has now done the Process. It has hugely improved our relationships and

communication. Even if we have disagreements, they are over so much more quickly because we know what's going on underneath."

What can we expect next?

"A book, simply called Love, on love, in all its forms. Its main point will be that we live in a loving universe but, for us to understand that, we have to understand the opposite of love. Sadly, this manifests itself so much in both the family and the wider world as anger, bitterness, revenge, closing down, and all the diseases both mental and physical that come with that. I'll tell my personal story as well, as it hasn't been a smooth ride for me either.

Recently, my 19 year old daughter, asked me, 'For someone so amazing, mum, how come you've had a string of love affairs?', 'Because I've come here to learn about love' I replied."

Wendy Mandy & Associates, 28 Powys Terrace, London W11:
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from building homes to building futures...

5 minute interview by Serena Gordon
Images supplied courtesy of www.igorgottschalk.com

I caught up with 36-year-old Architect, Igor Gottschalk 6 months after he completed the Hoffman Process. Igor was packing up his flat and preparing to travel around the world on a delayed Gap Year (a self admitted pattern of procrastination), so I kept our interview brief... Though secretly I thought it would be nice to climb into his suitcase...

What triggered your decision to do the Hoffman Process?

"Six months ago I was walking down the street near where I live in central London and a man fell to the ground in front of me. He was having a heart attack. While we waited for the ambulance to arrive I thought to myself - That could be me."

What sort of environment were you working in?

"When I was seven I knew I wanted to be an architect. My family, back in Germany, are all workaholics and I grew up believing that 'You are what you own'. I became addicted to work; long hours, punishing schedules, underselling myself. Everyday had become Groundhog Day.

I believed that to be a 'real' success I needed to show the world that I had all the external trappings in place. I started working for some very demanding authority figures such as architect Sir Norman Foster and designer Kelly Hoppen to name a few. Then one day I woke up and realised that I was turning my employers into my parents and myself into the kind of person that I hated. Basically I didn't know who was - driving the bus"

How has doing the Hoffman Process altered your experience on life?

"Many men don't believe that they can get off the treadmill. There's a tendency to disconnect from the outside world until you get to the point when you want to press the 'F*** It button'. What I have learned since doing the Process is that a simpler life can be more enriching. I have improved my communication with my parents, my social and working life and, more importantly, with myself. The Process works



on different levels, some things may not work for you but other techniques will. There's definitely a moment when you stop and think 'This was designed for me' and for certain what you put in, you get out."

So what next?

"Interesting that you ask me that now. I have been able to reassess my attitude to work. I'm single, I haven't got children, and I have the opportunity to travel the world for the first time. I feel that I am listening to my self and trusting my intuition. I love sketching and had an exhibition a few months ago at Gallery Space in Belgravia.

One of my sketches of Amy Winehouse, seen left, was featured and it brought home to me how fragile life is and how we need to seize the day. I am now motivated to be open to what life offers. I have applied to do some volunteer design and building work following the earthquake in Haiti. I have a real sense of gratitude for my life and I love the sense of freedom of choice that I have felt since doing the Process."

And one final comment?

"Let the chips fall where they may..!"

You can see some of Igor's wonderful artwork and designs and contact him via his website:

www.igorgottschalk.com



Excuse me while I hate you...

Emotional patterns of behaviour are learned and can be unlearned

We all experience many different emotions, but the most common ones are shades of anger, fear or sadness. **Sadness** is usually associated with regrets and the loss of opportunities in the past. **Anger** is associated with not having our needs met, not being listened to, or not being understood. **Fear** often comes from not being able to adapt to our present circumstances and is associated with fearing the loss of our sense of self.

What is it to have a healthy emotional response to life's inevitable circumstances? How do you deal with a circumstance where someone accuses you of something you didn't do? Or when your relationship breaks down and ends, or when a loved one dies? How about when you lose your job or run out of money?

Let's have a brief emotional check-up to see how you relate to the world of feelings.

Questionnaire: Score 1 point for each 'yes' answer

- 1 Do you feel your emotions take over your life at times, or do you often feel disconnected from your emotions?
- 2 Are you often angry, upset, irritable or grumpy?
- 3 Are you often sad or do you suffer from mood swings?
- 4 Do you often cry, and are you capable of crying for hours?
- 5 Do you rarely feel completely content or happy?
- 6 Are you often fearful or anxious?
- 7 Do you find it difficult to let go of fears about things that have happened in the past?
- 8 Do you find it difficult to convey your feelings to others?
- 9 Do you feel a lack of enough love in your life?
- 10 Do you rarely reward or acknowledge yourself for your achievements?

Score

0-2: You have a high emotional IQ, reacting to situations appropriately, and you effectively manage and enjoy your relationships.

3-5: You have signs of emotional issues that need some work.

6-9: You are in need of an emotional detox and are very likely to benefit significantly from some appropriate counselling.

10 or more: Negative emotional patterns are having a major impact on the quality of your life and are likely to affect your health unless you deal with them now.

Emotional reactions are automatic and physical, literally flooding your brain and body with neurotransmitters associated with the stress response. They take over the rational mind, stop you being able to listen and lead to irrational reactions and behaviour. Your heart rate can jump from 70 beats a minute to over 100 in a single heartbeat, muscles tense and your breathing changes.

Daniel Goleman, author of *Emotional Intelligence*, calls this 'emotional hijacking'. The patterns that trigger emotional hijacking are learned early in life and can be changed into more functional responses by coming to an understanding of how our past programmes us to respond automatically to events.

We all have the need to express, vent and release feelings in healthy, appropriate and conscious ways, thus avoiding getting stuck in negative emotional patterns. How you consciously experience your emotions makes all the difference.

Here is a simple way to do this: When you do feel an emotion and need to express it, take a breath and say clearly: 'I am feeling xyz (for example, angry, frustrated, sad) and that's OK.'

Take another breath and say this again twice more until you sense a different feeling. In some circumstances it may be better to just say this to yourself, not out loud. Whichever way, you are allowing the feeling, and yourself, to 'be', without judgement.

Many therapies only get to the point of identifying what's wrong, not finding ways of letting go of the past and developing new, healthier habits. A good psychotherapist can help you let go of negative emotional patterns and develop healthier ways of being. To find a psychotherapist or counsellor in your area, contact UKCP (The United Kingdom Council for Psychotherapy).

By far the most powerful and effective course I have come across, which keeps receiving excellent reviews, is the Hoffman Process. It thoroughly 'undoes' the negative patterns of behaviour that we inherit from childhood, resulting in a profound transformation in relating and relationships, and a sense of who we are.

Extract from Patrick Holford's book - *The 10 secrets of 100% healthy people*, published 2011. Patrick did the Process in 1999.

What the professionals say...

"The Hoffman Process is the fast track to self awareness, self-understanding and ultimately self-mastery. I recommend it to approximately 80% of my clients with consistently positive results."



Lois Evans
Psychotherapist

"If you've ever got to the point where you're fed up of being fed up, you should consider the Hoffman Process...! I am filled with immense gratitude as it initiated me into a more conscious way of living and loving."



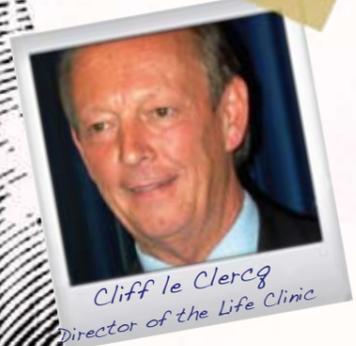
Dr. Mark Adkinson
Mindfulness Teacher & Author

"Four studies have demonstrated that the Hoffman Process definitely works for anxiety and depression."



Oliver James - Psychologist & Author of 'Affluenza'

"I refer many clients to the Hoffman Process. The facts are simply these: of those who attended there has not been one failure... I cannot say that about any other therapeutic process I know and I have trained in many of them."



Clif Le Clercq
Director of the Life Clinic

"I found the Hoffman Process to be an incredibly powerful programme for personal change. It provides both the experience and tools necessary for emotional transformation and freedom from negative patterns. It also provides the potential for deeper connection to one's spiritual self & compassionate heart."



Shawn Katz
Psychologist & Psychotherapist

...in a world of countless, endless therapies, it is significant to find one that is without question the most focused, organised, systematic & helpful as the Hoffman Process...!
David Deitch, Ph.D. National Institute of Mental Health

"If one wanted to create a synthesis integrating psychodynamic, transpersonal, humanistic and behaviouristic ingredients in individual psychotherapies, one could hardly originate a better product than the Hoffman Process which takes only 8 days... Hoffman is the best method I know for the realignment of relationships with parents and surrogates and more generally a powerful tool in the service of the development of love for self & others."

Claudio Naranjo MD
Psychiatrist, Author of *The One Quest*, *The Healing Journey* and *On the Psychology of Meditation*.

"The Hoffman Process was a powerful catalyst, helping me make significant changes in my life. I finally gained the tools to balance the excitement of business with the irreplaceable quality of life that comes from spending time with my family and friends"
Christian Nellerman
Founder & CEO XLN Telecom Ltd



Is the Process for me?

- I feel stuck and something is holding me back.
- I'm going through a life crisis and don't know how to ask for help.
- I know what I should do but cannot generate the will to do it.
- I feel stressed, angry, resentful, embarrassed or depressed.
- I'm scared to let go, I have so much anger, frustration and grief.
- I work compulsively - often to avoid other aspects of my life.
- I feel at a crossroads with major decisions to make.
- I often feel anxious or nervous for no reason.
- There's a lack of joy and intimacy in my life.
- I've messed up relationships with my children.
- I'm unemotional and disconnected from my feelings.
- I know that bad things happened in my childhood.
- I'm struggling to find meaning in my life, it feels pointless.
- I feel numb - on automatic pilot.

If you ticked any of the boxes and want to make a difference to your life, contact the Hoffman office.

self assessment form
01903 889990

Scientific Research

Published Research Confirms Benefits

In 2003 researchers from the University of California completed the three year grant research study that confirms the efficacy and lasting benefits of the Hoffman Process. The study demonstrated lasting significant increases in emotional intelligence, forgiveness, spirituality and vitality, accompanied by lasting significant decreases in anger, anxiety and depression.



Stefan Chmelik
New Medicine Group
Harley Street, London

"I found the Hoffman Process to be a rare thing - a combination of compassion, intelligence and great skill. The teachers manage to hold a group of people so that they feel both secure and well contained during a very complex and challenging time. The benefits for me were immediate and continue to develop with time. It is one of the most enjoyable weeks I have spent in my life!"

How resentment affects relationships

'Resentment is like taking poison and waiting for the other person to die' goes the saying and indeed toxic thoughts create toxic relationships. Denying this very natural human emotion doesn't help - treating it as a signal that something needs to be dealt with, does.

The first stage of the Process helps you take the lid off your inner pressure cooker and express pent up anger from the past. It's only when that has happened that you're able to reach the pain underneath and deal with it.



The Power of Anger

Tony Hertz's prompt to do the Process in 2009 at 68 years old was realising that he was approaching retirement. He'd already done a lot of therapy, so he was aware of wanting to resolve certain issues with his parents and of carrying repressed anger which might be contributing to his low spirits. As a radio advertising specialist, visualising life without the work he loved was making him so unhappy that he was on a low dose of anti-depressants.

"When I went to the Hoffman Information Evening I actually wondered if I was screwed up enough to need the Process - it wasn't as though I was at rock bottom or had had a disastrous childhood - but after talking to a couple of Hoffman graduates and their teachers I decided to enrol. The Process turned out to be one of the best weeks of my life! I have huge respect for the Hoffman Teachers and for how well the Process is constructed, designed to take you through certain experiences in the perfect order so that you reach very deep awareness.



I'm a UK/US dual national and, having moved countries at various times as a child and adult, I've always felt like an outsider, an alien. But on the Process, I felt totally safe and accepted, as though I belonged - maybe for the first time in my life. It was very powerful and it enabled me to really open up and let go.

Taking the lid off the pressure cooker...

Viv did the Process in 2009 because she felt her resentment and anger were affecting her relationship with her husband and children.

"I'd read loads of self help books and done a lot of therapy but I still expressed my anger in long lectures whereas my husband Dave repressed his.

He had a bout of cancer before I did the Process and I felt that this suppression pattern might have been a contributing factor. When I came back from the Process, Dave said I seemed more content and accepting of myself, so three months later he did it himself and returned less stressed and more open to talking.



The children have noticed that we're much happier and calmer. We feel we provide a far healthier model for our children of how to handle anger now. I'd always judged myself as bad when I felt resentful or angry but the Process helped me see it was a normal, healthy reaction and it didn't mean I was a bad mum. Now I no longer label these feelings as bad. I can feel angry, express it and then let it go.

As a family we now do a regular appreciation circle where we all appreciate each other. I notice that I can accept compliments more easily too - when I was judging myself, I shut out appreciation. I found compassion for myself and let go of guilt. I feel we need to show our children that anger is natural and healthy because children get angry too and they need to know that those feelings are OK.

They now understand that I'm their loving mum even though I'm angry. It doesn't help to bottle it up. I've also found that by being open about this with friends it gives them permission to share their own feelings too and it all feels more normal and healthy."

Viv home educates her children and is interested in living a sustainable lifestyle.

www.sevenstrands.co.uk



What the Professionals Say...

Simon Matthews - Supervising Hoffman Teacher & Psychotherapist

Anger As A Signpost To Peace - "Many people think that anger is a negative or destructive force. This is often because they either experienced anger as unsafe in their family of origin or were encouraged to suppress it. There are also strong societal messages and we British just don't 'do' anger in the same way as the more expressive Latin peoples. But anger can be very positive in two ways: First it acts as a signpost saying 'there's pain here'.

Where there's anger there's always pain lying underneath and if we are to discover, come to terms with and ultimately heal our pain, then anger shows us the way. Secondly, anger can be a powerful cathartic force to flush out old resentments and hurts and bring peace. Think of a storm, the thunder rolls, the lightning flashes but afterwards there is a curious peace and freshness in the air."

www.simonmatthewstherapist.co.uk

At Peace with the Past...

My 'aha' moment was an awareness of my father as a child, understanding that when I had experienced him as a bully, he was actually being defensive and covering up his insecurity. I now have a photo of my parents on my desk which wouldn't have occurred to me before. I'm much calmer and since the Process I no longer take anti-depressants.

When I get angry now I also get curious - I ask myself why am I angry and do I need to act on it? I feel the Process enabled me to release stuck childhood anger in a way which years of therapy hadn't enabled me to do. In my role as a trainer I'm more understanding, more empathic and more patient.

This year I've started writing a 'how to' book on radio advertising which will be my legacy."

www.hertzradio.com

Goldie on Hoffman...



Parenting

"Before the Hoffman everything was about me. With my first son I've now redeemed that relationship. (Before I'd kicked him out of the house) We have a great relationship now. I have conversations with my kids I could never have had with my own parents."

Family and Spirituality

"I have a rich life now. It's not built on something which is fake or phony. I've found so much peace. I feel so much positivity. A year after the Hoffman I really had a sense of balance."

Anger

"I'm finding anger is a different experience now. I don't seem to harm people with it. I get curious where it's coming from and deal with it differently. This makes for a much calmer family atmosphere."

How Hoffman Compares

"The Hoffman cuts to the chase. It didn't intrude like other approaches. It's not everyone's cup of tea but if you think you've tried everything then it's the one to try."

The Gift of the Process

"I walked out of there with the boy (inner child) intact. It was a rebirth and gave me empathy. I discovered I'm great. I can be powerful and beautiful. I found out how to pace myself in my life. I'm doing things I never thought I could do before. It's a very rich life. I learned how to be humble and humane. Once we know what we are made up of we can make changes. People wanted to love me before the Process but they couldn't get to me. Now I can receive it."

Life begins at 40

Goldie, 46 Actor and DJ, best known for his appearances in *Eastenders* and more recently *Goldie's Band - By Royal Appointment*. He did the Process in 2005 and has spoken publicly about his experience.

"My life has changed considerably since I did the Hoffman Process. I've completed two art shows, made three albums and I regularly DJ across the UK. In fact I have achieved more in the last few years than I have done in ten years - it really is incredible. What is also amazing is that I haven't burnt out in doing all of these creative things. I have enough energy and pace to get through it."

I did the Hoffman Process because I was a very angry, egotistical and arrogant young man. My anger could reach catastrophic proportions but now I have the tools to harness it and I am humble about who I am. If I get angry now, I think about where that might be coming from and I work through it. That would have never happened

without my incredible journey through the Hoffman Process.

I now have a great relationship with my children and my family. I have conversations with my kids that I would never have had with my own parents and I feel really proud about that. I learnt so much about parenting and realised how much I am like my own mother.

I discovered how angry I was with her but I now realise she had such a hard time being a parent - I didn't have that empathy before. Since Hoffman I've put everything behind me so we now have a great relationship and can actually talk to each other. This has helped me forgive my mother and forgiveness is very important in our relationships.

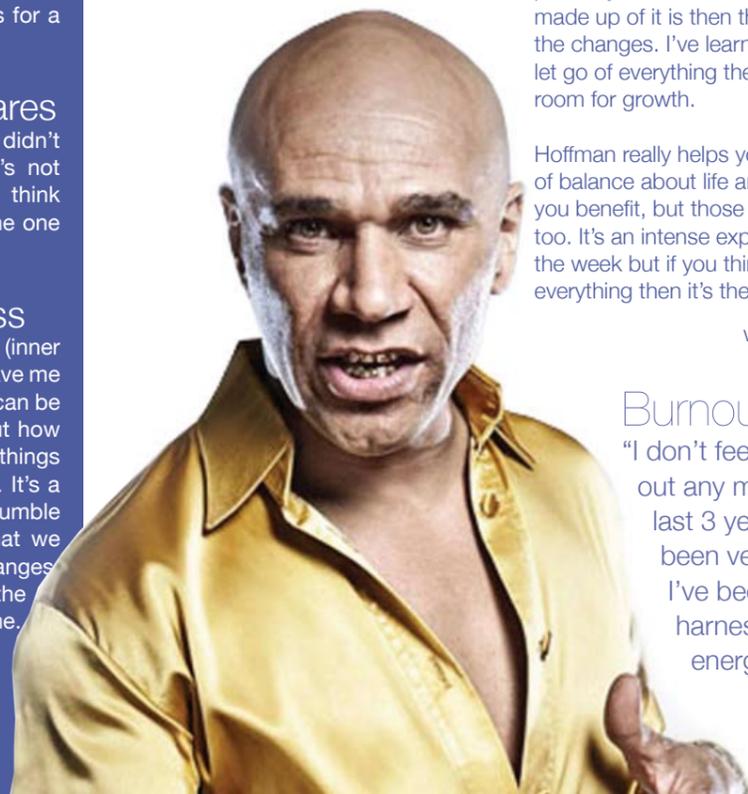
I used to be very material about life - loving fast cars and everything else that went with it, but now I have let go of that and I have such a rich, fulfilled life that isn't fake or phoney. I've found so much peace and feel so much positivity. Once we know what we are made up of it is then that we can make the changes. I've learnt that if you can't let go of everything then there is no room for growth.

Hoffman really helps you get a sense of balance about life and not only do you benefit, but those around you do too. It's an intense experience during the week but if you think you've tried everything then it's the one to try."

www.goldie.co.uk

Burnout

"I don't feel I'm burning out any more. The last 3 years have been very exciting. I've been able to harness my energy."



Getting Personal

British comedian, Russell Kane winner of the 2010 Edinburgh Comedy Awards, is probably better known for his show stopping Beyoncé-in-drag act making him the runner up to *Let's Dance for Comic Relief 2011*. He is currently on tour with his one man show *Manscaping* and his debut novel *The Humourist* is due out this Spring.

Russell used some hilarious personal material on his 2010 sell-out tour of *Smokescreens & Castles*.

Much of the winning show was about his father's British bulldog attitudes and repressed masculinity. Russell described their relationship as "Difficult, and full of silent love." He said that there were some sections of the show that he found difficult to perform because they were so personal.

Russell believes he would have struggled to achieve marginal success but in September 2009, he underwent the Hoffman Process, in an attempt to treat anxiety and depression.

"The last year was so intense - I was so anxious that I would get to the venue 50 minutes early. With the Hoffman Process I managed to calm down my internal energy. I found a better way to write and it stopped my magpie brain turning into lard with too many associations," said Kane.

"I really worked my tits off this year," he said as he received the 2010 Edinburgh Comedy Award from Al Murray. Kane thanked his (then) wife, Sadie, and credited the Hoffman Process, in helping him to overcome his performance nerves and focus his writing into much more autobiographical material.

www.russellkane.co.uk

Russell underwent the Hoffman Process in an attempt to treat his anxiety and depression.

The Meaning of Life...

Amy Jenkins - Author *Funny Valentine* & Creator, writer & Producer of the BBC series *This Life*

We are very grateful to Amy Jenkins for sharing her experience of the Hoffman Process in an article that she wrote for the Times magazine in 2001.

This proved to be a turning point not only for Amy, but in raising the awareness of the course and making it more accessible and acceptable to people. She finished the article by saying "I envisioned more of a family life. A few weeks after coming back from Hoffman someone gave me a dog. So far so good."

It's now 10 years since Amy did the Process and when we spoke to her she said that she still feels that it helps her continuously and has changed the way she allows emotions into her life.

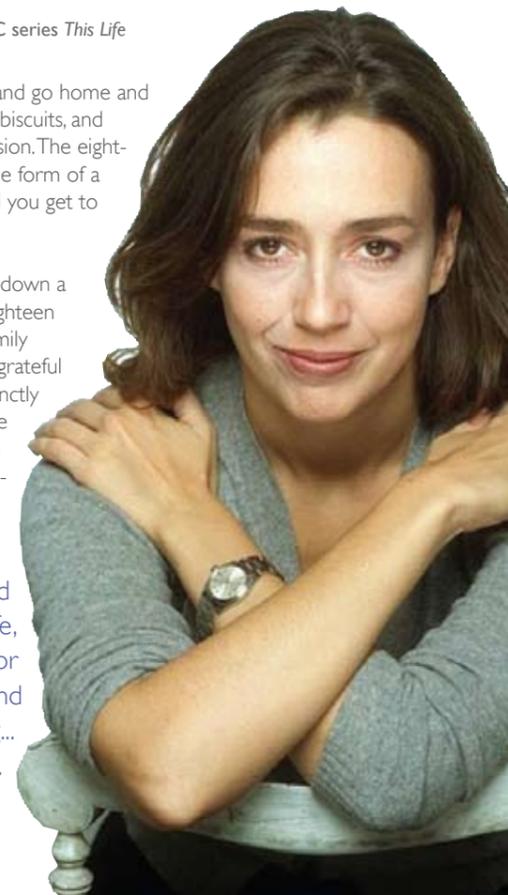
"I can't believe it's nearly 10 years, but my dog is ten years old now, so there's no denying it. Well, the dog turned out to be the start of a real change in me. Love was allowed into my life. Two years after the dog arrived, a lovely husband came along and three years after that a gorgeous, glorious, delightful son.

What makes the Process different and new is the format in which it packages these age old meaning-of-life dilemmas.

You can't leave after an hour and go home and numb out with tea, chocolate biscuits, and hours of TV until the next session. The eight-day residential course takes the form of a journey, that doesn't stop until you get to the end.

Before Hoffman, I hadn't held down a relationship for longer than eighteen months - and now I have a family around me that I feel actively grateful for every single day. I also distinctly remember a limestone cottage in the West Country made an appearance in my vision. Well - blow me down - if that isn't in my life for real now too!"

When Amy got tired of chasing the high life, she went looking for herself. What she found was the next big thing... The Hoffman Process.



How 8 days gave me back my ZEST for Life..!

Originally published in The Express,
Monday September 20, 2010
By Joanna Della-Ragione

THIRU Wallman had her dream job and a great marriage but still wasn't happy. Would an intensive new age therapy course be the answer?

I was 33 years old, I had a great job, a lovely home and a wonderful husband. On the outside I appeared to have the perfect life. So why wasn't I happy? I'd worked hard for years to get a job I really wanted but when I achieved it, I felt lost. I had a high-powered role in advertising and media but my life felt like an ever-changing series of airports and identical hotel rooms. I had become extremely disillusioned. My unhappiness was made worse because I felt tremendously ungrateful and guilty for not feeling happy. I realised that I would have to confront these issues when my husband

James, 36, who is a trend spotter, and I started to think about having a family. We were in our prime and everything was set up for us to have a baby but the prospect of bringing a child into the world in the state I was in terrified me. I was highly sceptical about alternative therapy but a friend had recommended acupuncture so I thought I'd give it a go. I found it helpful and my therapist suggested I try a retreat called the Hoffman Process. It lasts eight days and takes place at a number of locations throughout the year. I was intrigued and signed up to do it at a venue in Seaford, East Sussex, which was easy to get to from my London home. The course is split into different sections. The first part is about awareness, the second part is expression, and lastly there is compassion and new behaviour. Throughout you are taught techniques to combat negative patterns of thinking. Arriving on Friday I felt nervous. I didn't know what to expect or what sort of people would be there and I was still quite sceptical.

I was reassured to find that the other participants were much like me, mostly successful people in a variety of professions in their 30s and 40s who felt they weren't getting the most out of their lives. Each day ran to a tight schedule. We'd wake up at 7.30am and have breakfast at 8am. Then straight after breakfast we'd meet with our tutor on our own or in small groups and do a variety of different classes and exercises.

Very early on in the process there was an exercise to express our anger and clear our heads. This was done by beating a pillow with a wiffle bat and screaming. It sounds odd but it was incredibly cathartic. Most of us never get the opportunity for such a release, to completely let go and scream as loud as we can.



The Wallman Family

I felt awkward at first and everyone was embarrassed and nervous but I realised we were all in the same boat and that I was there to get the most I could out of the process. One of the most profound moments for me was when we were asked to plan our own funerals. You imagine the scenario, describing to yourself who's there and what they're saying and doing. You're asked to think how things have turned out as a result of you being the person you are with your negative traits that you want to get rid of.

My funeral was dark and dreary and a very negative place. My husband and the children I am going to have were there and they were all lamenting the fact I hadn't made the most out of my life or appreciated what I had. It was a massive wake-up call, giving me the resolve to change permanently. I didn't want to risk this scene coming true. Another memorable afternoon was a ceremony centred around the concept of shame.

We walked down to the seaside where a beautiful bonfire had been built and wrote down our shameful experiences on pieces of paper. I described how awful I felt about difficulties I'd had with my father, brought about because he wasn't around as much as I wanted him to be when I was a child. One by one we burned our stories on the fire to symbolise letting go of our shame. This mixing of the spiritual, physical and emotional was magical as we watched our shame being burned metaphorically and for real on the bonfire.

The rest of the week was a mixture of different workshops and sessions alone, including more light-hearted exercises and games. I came home from the process a changed person. My husband noticed a positive shift in me, seeing I was more relaxed in myself and I was putting myself first. In fact, he saw the process as being so beneficial to me that he ended up doing it too. I have come to terms with myself and now feel ready to start a family. Hoffman was a beautiful experience.

2 years on!

Thiru shares her story about how life is 2 years after the Hoffman Process

Looking back at life before the Process I realised I'd been putting up with things that weren't quite right, rather like when your car wing mirror isn't properly adjusted and you don't realise all you're doing to compensate. You keep meaning to sort it but never do, yet when you finally fix it you realise how much it was affecting you and how much easier life is when you can see clearly.

Before the Process I had a strong perfectionist pattern which meant my life was run by 'shoulds' and that was partly what made me so anxious about becoming a mum. I used to feel guilty for not being happy because my life seemed to tick all the important boxes. On the Process I realised that, in a bid to please those around me, I'd been following someone else's dream, rather than my own. I became more aware of the importance of taking care of my own dreams. This made me much more fulfilled. I came back far more relaxed and able to see myself as a happy mum.

POSITIVE SHIFT:

My husband noticed a positive shift in me, seeing I was more relaxed in myself and I was putting myself first.

So a year later we decided to try for a child - not expecting an immediate result. At this point, even though I wasn't yet pregnant, I felt it would be a great idea to prepare by going on a weekend course with my husband called 'babies know' (www.babiesknow.com) which was co-created by another Hoffman graduate, Kitty Hagenbach. It's designed to teach you

parenting skills that support babies to feel loved, listened to, safe and happy.

I wouldn't even have considered a course like that before the Process but I'd become more aware of the importance of being emotionally responsible; especially when conceiving and carrying a child. Shortly afterwards, I discovered I was expecting! I do feel that the Process made a difference in being able to conceive quite quickly, as I was emotionally ready for it.

The new-found communication skills I learned on the course have also helped enormously, both in negotiating my work position and in supporting my relationship through the inevitably testing time of new parenthood. When I'm tired I do find family patterns re-emerge but I can spot them now and I'm more able to deal with them.

Motherhood has been the most impressive thing I've ever done. It has forced me far outside my comfort zone and enabled me to grow into the person I wanted to be. It may not be the answer for everyone but it has certainly been incredibly fulfilling for me.





from a burning issue

Dean Mills
Berkshire Fire &
Rescue Firefighter

For some of us firefighting is a metaphor for how we deal with difficult days; for Hoffman graduate and Berkshire Fire & Rescue Firefighter, Dean Mills, it is his work. Every day he faces physical and mental challenges that the rest of us are protected from. However, the downside of this is the amount of stress and anxiety that he finds himself in. Before Dean did the Process he would wake up thinking:

"Monday morning... Another week but the same fears. I can't face going to work. But I've already taken so many sick days due to stress and depression, so I phone in and book another day's holiday. It makes my sickness record look slightly better but hides the true facts."

He goes on to say, "I'd spent what seems an age in counselling and different therapies and on anti-depressants. For some these work. For me, and many others, it was a sticking plaster trying to cover an open wound."

Luckily the fire service embraced a more holistic understanding of a healthy workforce so when Dean approached his Occupational Health Department to ask about participating in the Hoffman Process they were very supportive and able to see the long-term benefits. Four months after completing the course we spoke to Dean to find out how he was getting on.

"Since the Process I've discovered 'Me' and am more effective at work and happier at home. Things that I enjoy but had stopped doing I've now taken up again, such as writing and painting. I understand the difference between what I thought I wanted, and what I actually need. And this morning, I woke up content, and happy. I didn't have to work at it. It was, quite simply, within me. I found the Process head and shoulders above anything else I'd tried and, most importantly, it worked."



to a burning desire

Monday
morning...
Another week
but the same
fears

One year on...

"The depth of the depression and that crushing blackness is not so severe and I can see it coming on now, far more effectively than I did. As a result of the Process not only was the depth of blackness reduced, so was the frequency and duration and it's getting even better as time passes.

The Process makes sense not just from a welfare aspect, but from a commercial and business continuity aspect too. In 2010 I used my holiday entitlement several times when I was depressed to lower the number of days I was on sick leave. However after a return from a lengthy absence I still had 25 days off due to depression.

If we look at it from a purely financial position, 25 day's pay on a Monday to Friday basis equates to an absence of 5 weeks. Since doing the Process in January 2011, I have had a handful of days off due to illness. (Hoffman didn't stop me catching colds..!)

This year I also take up a position on a voluntary basis mentoring children who are in the care system. They often have no adult contact apart from teachers and care workers and no ability to confide in people or seek advice and guidance outside the care environment. Had I not done the Process I would not be in a place to help them. I have also completed training as a counsellor and focus on addictions and the management of depression. I have also slept better, and feel better in myself. Confidence is growing and the future looks considerably better than it did.

From my experience, however it's measured and against any criteria, it's not the price of doing the Hoffman Process which should be the benchmark; but the cost of not doing it. Why do I remain so pro-Hoffman? Simple... It works!"

Log on to www.nyas.net to find out more about Dean's work with the National Youth Advocacy Service.

What the Professionals Say...



Anni Townend
Business Psychologist & Author
Assertiveness & Diversity

Anni has years of experience of working with senior leaders individually and with their teams. She works both with small and large organisations and with private and public bodies.

"Being effective in our work role, whether as a leader or working as part of a team requires a level of self-awareness that can be hugely enhanced by the Hoffman Process. Key to leadership is being clear about our values and beliefs, the impact that we would like to have on others and the reputation that we would like to build.

The benefits of the Hoffman Process for people and for business are huge. I recommend it wholeheartedly as a personal and professional journey to all HR Professionals looking for a course that will make a long lasting difference to their people and to their business success."

www.annitownend.co.uk



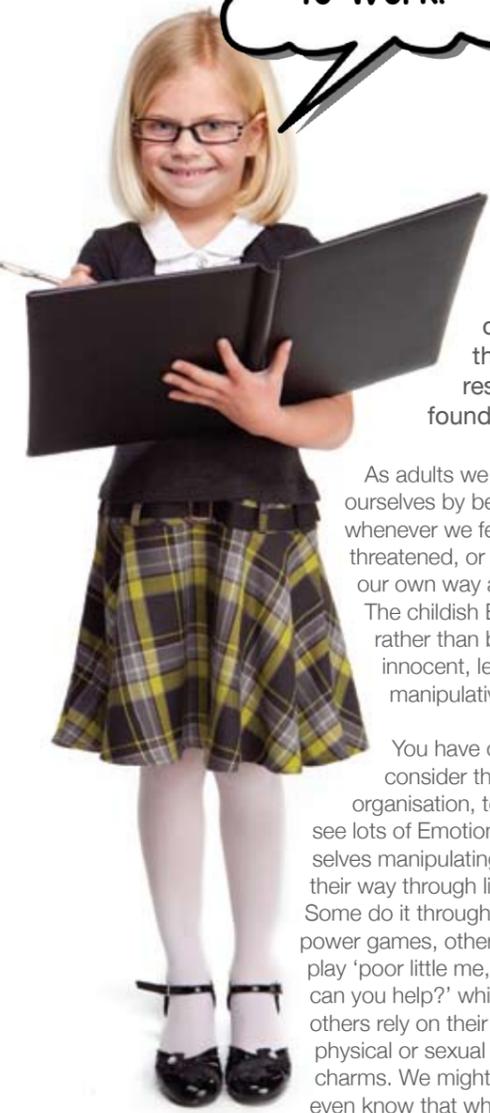
Shawn Katz, Ph.D
Psychotherapist and Trauma
Specialist

"In such a 'macho' field it can be difficult for people in Dean's position to admit that emotions are affecting work performance. The old male paradigm teaches us that we must use our will, our assertiveness, even force and aggression at times, to get what we want or to be successful. However, there is another way; where trust, acceptance, and compassion can guide choices and behaviours, creating more inner peace.

The Hoffman Process increases awareness which enables you to respond rather than react, to make deliberate choices rather than be unconsciously controlled by old learned patterns of behaviour. It is a profound act of courage to be comfortable with vulnerability and openness, although these traits are usually associated with the feminine, they exemplify the harmony and balance of a mature adult man."

www.shawnkatz.com

I'm in charge, it's time to Work!



Who's in charge? Your intellect?

Do you find that you are often caught between what you 'want' to do and what you feel you 'should' do? Then you are not alone, as millions of people in the workplace have the same dilemma. Are you driven by your thoughts or by your feelings and how does that impact on your work? If you resolve this internal battle, you will have peace of mind, and an even stronger foundation on which to build changes into your life.

As adults we may surprise ourselves by behaving childishly whenever we feel hurt, or threatened, or indeed if we want our own way about something. The childish Emotional self, rather than being all sweet and innocent, learns to be very manipulative.

You have only to consider the politics in any organisation, to see lots of Emotional selves manipulating their way through life. Some do it through power games, others play 'poor little me, can you help?' while others rely on their physical or sexual charms. We might even know that what

"The Process equipped me with greater self confidence, self-leadership (essential for leading others) and the tools to get the best from the teams I work with."

**Dr Michael Taylor,
Product Manager
Innovia Films**

While these two are battling it out, we will repeat our self-destructive cycles of behaviour and end up fulfilling the negative prophecies. Our bodies will suffer with headaches, back pain and indigestion.

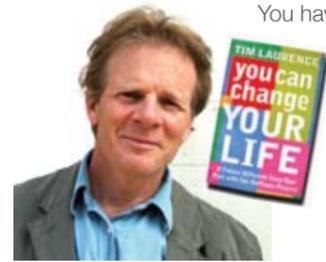
But the hardest part of all to bear is that we cannot hear the wise voice of our Spiritual self. It is drowned out by the terrible racket these two make.

You can learn to balance these two aspects through a variety of exercises and meditations, in which the Intellect and the Emotional self get to meet and 'talk' to each other. Through awareness followed by expression, the two find their own separate voices and realise that both aspects have an equal right to be heard.

Once you have expressed the voices of your Emotions and Intellect, and discovered that they can listen to each other, you will find that the noise level in your own mind is much reduced. You can ask what the two aspects need and tune into their positive suggestions. You will no longer live in fear of being undermined at crucial moments by the old, conditioned reactions. When your Intellectual self feels in harmony with your Emotional self, it can do a far better job of sifting through all the information it comes across, both within itself and from the world outside.

Quick First Aid

Just as you are walking up to the podium or your boss's door, talk to yourself in an encouraging voice. Tell the scared emotional part of you that the wise intellectual part will look after you. Take three breaths, feel your feet on the floor, and say to yourself: 'It's now, not the past. You have what it takes to do it.'



Extract taken from Tim Laurence's book about the Hoffman Process - *You Can Change Your Life*. Available online from the Hoffman Website or Amazon.

No, I'm in charge, it's time to Play!

Who's in charge? Your inner child?



HR departments play a crucial role in identifying and recognising where employees under-perform, affect team dynamics, take regular sick leave and are even starting to lose self-control. The Process can help increase clear communication, productivity, emotional intelligence and mutual respect, which inevitably creates more loyalty to the company and better staff retention.

In 2006 the Hoffman Institute set up a leadership programme study at Harvard's world-renowned Kennedy School of Government. As part of the core curriculum, students participated in the Hoffman Process. Those who participated in the study reported that it greatly improved their leadership contribution as well as their personal lives. This programme continues today.

Following this recognition, the Hoffman Process is now something that many blue chip and public sector organisations are utilising: from the UK Fire Service and Office of Fair Trading to BMW, Nestle, RBS and GlaxoSmithKline.



Has there ever been a time when it is more important than now for organisations, teams and individuals to fully realise their potential? If there was that time it doesn't easily spring to mind.

Janine Clark started her journey in organisational development 21 years ago when she took over running a newly formed Domestic Violence Unit in the Metropolitan Police. A significant part of this role related to changing the culture of how crime was dealt with. So began a fascination with how organisations, teams and individuals fully develop their potential and use it to achieve business goals.

"Twenty years in my role supporting organisations has given me the opportunity to find the keys to this type of change. The challenge of developing strong leadership and management, staff engagement, genuine collaboration and teamwork and ultimately the resilience to achieve challenging business targets has given me a wealth of discovery, application and success.

Many organisations say that their biggest asset is their people, and they are right. It's hard to describe in words the depth of truth and opportunity in this statement. People bring their potential to the workplace and when organisations fully understand how to support their staff to realise their potential, truly amazing things happen.

One of the major aspects that affects organisational effectiveness is how people are supported to understand their learnt patterns in terms of how they communicate. This is where effectiveness and energy are lost. We only have one pot of energy. If I'm using it to be defensive in any given situation, I can't also be using the same energy to be effective.

"I can't recommend Hoffman highly enough for getting to the heart of many problems experienced by today's leaders. It has proven, long lasting impact."
**Sally Bonneywell, VP
Organisation Development,
GlaxoSmithKline**

Part of my continuing journey to find complementary tools to support my work, resulted in my attending the Hoffman Process. Like everyone, I had my own learning to undertake.

I recommend this programme to any leader who really wants to fully realise their potential, as that goal relies so heavily on developing emotional intelligence and resilience. It's profound, robust in its psychological foundations, with gifted teachers and

meticulous attention to detail. In a time when differentiation is key to success, it's good to have another tool.

Janine regularly delivers what are described as 'amazing turnarounds' with struggling organisations and teams, and her programmes have enabled organisations to achieve significant recognition.

www.theworkplaceperformancecompany.com



Feeling Stuck!

Many of us have moments when we get fed up with our work. What we used to love becomes a 'daily grind' and we can't wait for the weekend to arrive. Life is too short to wish it away on a boring commute or in a job that doesn't allow you to expand and grow. Here are two stories of Hoffman graduates, one of whom discovered creative gifts in amongst the family baggage and one who decided to 'stop existing and start living'.

Louise Wannier is CEO of TRUUdesigns, a fashion design company that allows mature women to express their unique styles with classic fashions. She did the Process in January 2010.

"I've always enjoyed starting up businesses, which I've done both in the USA and Europe, but when I was diagnosed with cancer for the second time, I decided to follow my heart and do a course in textile design, which I'd always loved but never pursued. I realised that most fashion is aimed at a standard body shape, so I created myShape which offered online shopping using your own measurements, so that you didn't have to fit the standard models."

Time For Change...

"Around the same time, I read *The Hoffman Process* the US version of *You Can Change Your Life* and was impressed by the approach. Two years later, when I'd hit a real low point work-wise, I realised that, although I understood business, I didn't know who I was and that it was time to find out. I now live in the States but I was born and brought up in England until I was 8 years old so I was advised to do the Process in the UK. I'm so very glad that I did, as it was much more evocative of my childhood and helped me to connect to that time much more easily."

Learning to Listen to My Intuition...

"My big 'Aha' moment on the Process was discovering that at a young age I'd shut down and didn't know how to get myself heard. On the Process I found my inner voice and this impacted on my work life enormously. I went on to set up TRUUdesigns, representing what I truly believed in - filling in the fashion market for the mature woman. One of the outcomes of the Process was not only that I released unhelpful family baggage but I also recognised the gifts that my family had given me.

In the early 1900s my grandfather came to the UK from Eastern Europe with nothing, yet he became a successful textile merchant. I'd like to think that I have inherited his resilience and that he'd be proud of where I've reached today. In the past I'd often let myself down, by staying silent or by not going in the direction I believed in. I didn't give as much weight to my inner voice as I do these days. I now listen to that inner guidance as well as doing a daily Buddhist meditation.

Life still has its ups and downs but I deal with it very differently and I use the Hoffman techniques regularly. I have a much better understanding of myself and I'm much less stressed. Healthwise I'm more active and I've lost weight. I've survived cancer twice and I've just done my third charity bike ride for the Genesis Trust.

www.truudesigns.com

Finding the Gifts in the Family Baggage

Get Creative!



Will Black, former farmer, now photographer with a constantly expanding vision did the Process in 2009.

"I did the Process because I was fed up. Call it a mid-life crisis if you want - I found myself at funerals of people who had died in their 30s and it made me realise life can be much shorter than you think. I grew up in the family business - a farm started by my great grandfather who came

down from Scotland, so I always knew what I was going to do and for many years I really loved being a farmer. However, over the past five years there has been much more red tape, so I found myself a pen-pusher rather than in an outdoor role, which is my real love.

When I was younger I got my thrills in my spare time from motor-racing and acrobatic flying but in recent years my relationship wasn't going well and in the end I felt I was just existing in a mundane routine, feeling there must be more to life than this: life is for living not just existing, so I signed up to the Process."

Finding The Missing Piece...

"When you do the Process you're asked not to make any radical changes for six months afterwards. Meanwhile I noticed the changes which were very obvious to both my family and friends. I was brought up in the whole 'stiff upper lip' British tradition, but after the Process I opened up and was able to share my real self. I'm me and I don't want to shut down again. I met some fantastic people

on the Process and I've kept up with many of them, who have inspired me with their own experiences. I also have much deeper and more meaningful relationships.

During the Process I found a renewed interest and connection to nature which also became a way for me to connect to a spiritual side to my life - this was the 'missing piece' that I hadn't known how to find. I used to fill my diary up to a year ahead but now I live for the moment and I'm much more spontaneous. My wants and needs have changed since the Process - less is more.

Six months after the Process, I took a year's sabbatical from work. My family were very sceptical at first but when they saw the positive changes in me they understood my decision. I travelled around India and Africa, deepening my love of photography. I'd had a camera since I was a child and my father and grandparents had been enthusiastic photographers but for me it's now growing from a hobby into something I want to share more widely."

The Way Ahead...

"I've recently published a book with inspirational quotes coupled with my favourite shots which you can find on my website. Each day I post a new photograph with a fresh quote on my news page, which is a very joyful practice. I've got another book in the pipeline together with a range of postcards and I'm planning photography courses and tailor-made retreats in this beautiful part of Suffolk. Life is now definitely for living - and sharing!"

You can order Will's book and view his photo gallery at: www.willblack.co.uk



What the Professionals Say...

Rachel Brushfield is an executive and career coach with over 20 years' experience. Specialising in career development, marketing, personal branding and smarter self-management. She did the Process in 2000.

"Hoffman helped me to define a vision for my work and my life, and showed me how to get out of my own way. I now help people to uncover their ideal career and support them to overcome actual and perceived blocks and market themselves to make their vision happen.

Work takes up a huge amount of our lives and many people fall into their career or hate their job which is such a shame. The first step is to decide what you want and take action. Many people use their energy and creativity to resist change and keep busy, ignoring their innate instincts and wisdom about what they really want to do. Life is too short and the Process gives people time and space and a catalyst to focus on creating the change they seek."

www.liberateyourtalent.com

Personal and Team Coaching
Matthew is a Coach (London, Bristol,
Sussex), Group Facilitator &
Supervising Hoffman Teacher



Give me a call and see if I can help:
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www.matthewpruen.com
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Cliff Le Clercq M.B.S.C.

Roy Sunley



The increasing demands of life in the 21st Century have
left many of us with physical and emotional conditions
or illnesses and in need of healing to bring about balance,
well being and harmony in our lives.

Hoffman graduate, Roy has been a Natural Healer since
childhood and runs his successful Healing Practice in the lovely
Chalfont's using a unique combination of techniques. These
include Natural Healing, Quantum Touch and Reiki Healing.

Using this unique approach Roy is able to bring about profound change and
healing to a range of conditions including:

- Side effects of Chemotherapy • Stress • Childhood Anxieties •
- Skin Conditions • Migraine • Insomnia • High Blood Pressure •
- Sports Injuries • Back Pain • Addictions • Kidney Problems •
- Joint & Muscle Pains • Grief and Anxiety Issues •
- Liver Problems • Arthritis • Exhaustion and many others...

Natural Healing is now recognised as an effective complementary therapy by
many NHS Trusts who are using this practice as an adjunct to standard medical
practices. It is increasingly being recognised as a successful method to provide
positive and tangible improvements to peoples lives.

In addition to treatments, Roy also runs a comprehensive programme of training
courses as a Reiki Master Teacher and Certified Quantum Touch Instructor.

A full programme of courses can be found on his website.

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Article first published in Soul & Spirit Magazine - October 2011

Katie Phillips

KATIE PHILLIPS, AGED 37, DECIDED TO TRANSFORM HER PASSION
FOR POSITIVE AFFIRMATIONS INTO ART, AFTER A SPIRITUAL
JOURNEY COMPLETELY CHANGED HER OUTLOOK ON LIFE

Although I was originally born in Sydney, I moved to the UK when I
was 26 and have spent the past 11 years working in event
management and raising my four-year old son. In fact, it wasn't until
about two years ago, when I split up with my partner, became a single
mother and embarked on a life-altering personal journey, including a
very eye-opening experience during the Hoffman Process, that my
interest in spirituality really took off.

Doing Hoffman completely changed my outlook on life; I walked
away from the course feeling more certain than ever of who I was, and
developed a new-found confidence, both in myself and the
universe, that I'd never previously experienced.

Daring and Mighty is merely my expression of that.
Encouraging individuals to follow their dreams, rather than
those others have enforced upon them, it urges people to
be as daring and mighty as they wish, without allowing
other people's expectations to rule them – something
I've done on more than one occasion; in fact, the only
reason I didn't pursue art any sooner was because my
mum didn't deem it to be academic enough.

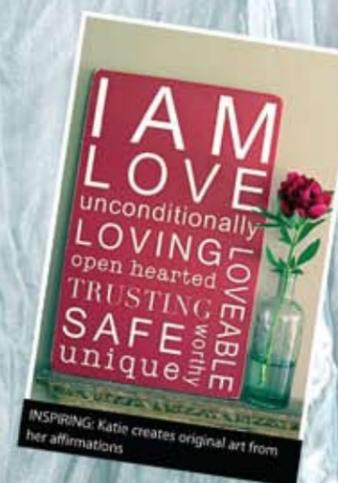
Featuring affirmations I've written on a range of
colourful backdrops – all of which have been selected
according to the chakras – each of my pieces is
created entirely from the heart and seeks to help
people find the courage and confidence to pursue
their dreams.

Amazingly, I've never even needed a business
plan; everything seems to have come together
perfectly by itself and any time a difficulty has
arisen, the universe has intervened at just the
right moment – introducing me to the perfect
people at the best possible times, for instance –
and I feel deeply blessed for all the help,
knowledge and experience I've acquired over
the past few years.

Simply knowing my son is watching me
follow my dreams and not conform to what
others expect of me, but remain loyal to who I
am and the things I believe, makes me
incredibly proud, and although juggling
motherhood with my part-time events job and
running the business can be hard, remembering he's
witnessing my happiness and seeing me do something I
genuinely love makes it all worthwhile.

In today's world, having faith, both in yourself and the
universe, is of utmost importance and it's vital for us all to
remind ourselves as often as possible that everything in our
lives is happening as it's supposed to; no accident, experience
or mistake is without purpose, and there is always someone
looking out for us, however alone or depressed we may feel.

Looking ahead, there are still many things I'd like to do;
for one, I'd love to branch out into different areas – I've
already started putting my designs onto homewares and
stationery, and am hoping to create my own centre one
day so I can help others live daring and mighty lives too.



**"EVERYTHING SEEMS TO HAVE COME
TOGETHER PERFECTLY BY ITSELF AND
ANY TIME A DIFFICULTY HAS ARISEN, THE
UNIVERSE HAS INTERVENED AT JUST
THE RIGHT MOMENT"**

Real life

Finding Meaning & Vision



Michelle Pilley is currently the Managing Director of Hay House UK, the world's leading Mind, Body and Spirit Publisher. She did the Process in July 2001.

Many people who do the Process say that they are outwardly very successful. Their life 'ticks all the boxes', their relationships work as well they could hope, and they have all the material things that they need, yet there's something missing.

"I'd explored different spiritual traditions such as shamanism since I was very young and, although I hadn't engaged in individual therapy, I was interested in psychology, so when I came across the Hoffman Process ten years ago I was fascinated that this experience combined the two. I also knew that working on our mother-father relationship was key to personal development, so the idea of childhood healing was compelling.

The course is brilliantly choreographed. The techniques weren't new to me but the way they were woven into a seamless 8 day journey was absolutely magical.

There was always just the right balance of time alone journaling, group interaction, and one on one check-ins with my teacher.

Although I already got on well with my parents, experiencing the Process allowed our relationship to move to a whole new level of love and understanding which has been a lasting legacy for all of us. I also gained a great deal from being able to look through the eyes of my three year old self and reconnect with the joy and exuberance of childhood. It extended my vision and gave me back the innocence of that time when anything felt possible.

From a soul perspective I found that the Process supported my spiritual practice. There was no dogma or insistence that you believed anything in particular, just techniques for connecting to a deeper wisdom which could be incorporated into any framework, whether you're from a religious or atheistic background. The moment on the course when you walk in your parents' shoes imagining them as a child was very profound for me and that exercise has enabled me to empathise much more with others. As Carl Jung said: 'Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.'

You can visit Hay House UK at: www.hayhouse.co.uk



Nikki Wyatt
Karma Coach, Writer and
Complementary Health Practitioner
Nikki did the Process in 2000.

"Spirituality can sometimes bring up preconceived ideas and negative experiences; perhaps even a set of rules telling you what to believe and how to live, whereas my own understanding is that it is a deeply personal and individual search for meaning. Many of us look for this in our work, our relationships or our hobbies.

If these disappoint, we may compensate with substances such as food, drink and drugs or activities such as shopping, extreme sports or staying too busy to feel or think deeply.

In the West we often have no model of how to start that inner journey and many of us are quite nervous of what we might find if we do.

Once you start down the road less travelled you may discover - as I did - that the rich world within you provides the loving guidance which you once thought lay outside you.

Since doing the Process, even in the most stressful situations, there is always a place of peace within where I can rest - and that's a gift I cannot put a price on."

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Shadow Coaching is derived from Debbie's Shadow Process and based on her book, "The Dark Side of the Light Chasers." Combined with her unique brand of coaching Liz will help you to:-

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- ✓ Heal the split between light and dark and discover your strengths
- ✓ Take powerful action and unlock the confidence, creativity and freedom to be your authentic self

If you are seeking fundamental change in your life or relationship, contact Liz on 07974202731 for a free consultation - liz@lizfostercoaching.com

www.lizfostercoaching.com

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If you have done the Hoffman Process...

Just because you have done the Process doesn't mean that the support and Hoffman networks finish there. We have a number of graduate events that run throughout the year as well as Support Groups and 1-1 coaching provided by all Hoffman teachers. For more information on dates and events please visit the Post Process Support area of our website.

Support groups

We recommend that you attend the support evenings that have been scheduled for your group, beginning with your Welcome Home evening. There will be reconnection and sharing among the group as well as discussion on tools, practices and life after the Process. Those who are overseas can Skype into these meetings so long as someone has a laptop available.

Q2s - 3 day refresher

This is a 3-day residential always starting on Fridays and finishing on Sundays to refresh what you learnt on your Process as well as a chance to experience the tools of the Process as they relate to your life now. How many of us have moved on since our Process but need space to take stock of our lives and clarify our direction? It may be that we just want to take some time out for a personal retreat. Maybe a relationship has changed at work or at home, maybe a parent has died, or a child has left home. Whatever has happened in the intervening months or years, the Q2 offers three days just for you to get back in touch with the person that you were on your Process.

October 26 - 28
June 29 - July 01

2013 - March 1 - 3

Reconnection days

These one day workshops led by **Supervising Hoffman teachers** are offered throughout the year and allow Hoffman graduates to re-visit the Hoffman tools and work through any current issues in their lives. Come and connect with other local Hoffman graduates old and new, doing group work as well as continuing your own journey.

May 20
June 09 - Ireland
Sept 16
Dec 01

2013
Feb 02
April 27

Phone support calls

These graduate support conference calls take place once a month. They are led by a Hoffman Teacher and are themed. You can book online via the website or monthly newsletter.

April 11
May 09
June 13
July 18
September 05
October 10
November 14

December 05
2013
Jan 09
Feb 13
Mar 06
April 17

Self-support group

There are many self-support groups around the UK and overseas. If you wish to join or set up a self-support group in your area, please go to the self-support area of our Post Process website.

Therapist and counsellor support

If you are in a therapeutic relationship, we strongly urge you to continue with your therapist. The Process is not a replacement for therapy, but complements it. There are now numerous therapists, counsellors and coaches who have either done the Process or have had clients participate. For specific names and contact details in your area, please contact the office. Hoffman teachers also offer pre and post-course coaching on the specific tools and techniques of the Hoffman Process, their details are available on the website or through the office.

Hoffman facebook

Hoffman has a private Hoffman graduate facebook page that is only open to those who have done the Process. This is a lovely way to connect and share stories as well as receive support when you need it. Likewise the Hoffman office tweets and blogs on a regular basis.

Inspirational reading by Hoffman graduates

You Can Change Your Life: Tim Laurence
Everything I've ever learned about Love: Lesley Garner
Affluenza: Oliver James
*How not to F*** Them Up:* Oliver James
The Optimum Nutrition Bible: Patrick Holford
The Mind-Body Bible: Dr Mark Atkinson
Your Souls Compass: Dr Joan Borysenko
The D Word: Sue Brayne
Falling in Love, Staying in Love: Malcolm Stern
Ghosts by Daylight: Janine di Giovanni
The Seed Handbook: Lynne Franks
Soul Lessons: Sonia Choquette
Sex, Meaning and the Menopause: Sue Brayne
Dark Side of the Light Chasers: Debbie Ford
How to Coach with NLP: Robbie Steinhouse

Further Inspiring reading:

Healing the Shame that Binds You: John Bradshaw
The Power of Now: Eckhart Tolle
Practising the Power of Now: Eckhart Tolle
How to be an Adult in Relationships: David Richo
When the Past is Present: David Richo
Getting the Love you Want: Harville Hendrix [for couples]
Keeping the Love you Find: Harville Hendrix [for singles]
Wisdom of the Enneagram: Riso and Hudson
Facing Love Addiction: Pia Mellody
Co-Dependency No More: Melody Beattie
The Social Animal: David Brooke
The Artist's Way: Julia Cameron
A General Theory of Love: Thomas Lewis, Fari Amini and Richard Lannon

Keep in touch!

Please come and support new graduates at Closure (last Thursday evening of each Process) or one of our Information/Welcome Home evenings at Regents College, London. See the website for more information.

Our magazine and monthly newsletter features stories of how the Hoffman Process has made a difference in people's lives. If you have a story to tell then we would love to hear from you. Send your stories to jo@hoffmaninstitute.co.uk.

T: +44(0) 1903 88 99 90

www.hoffmanprocess.co.uk

If you are interested in the Hoffman Process

Our participants come from all ages, professions and cultures. Despite varied backgrounds, we find those coming to the Process have in common a desire to get more out of their lives. As the Process is an eight-day programme, its intensity and effectiveness appeals to people who have demanding lives with little time.

What does the Hoffman Process do?

The Process teaches us how to release and resolve the persistent negative feelings of being unloved and unlovable. We examine the major influences on our lives, trace the root of the behaviour, and release the pain, grief, anger, shame and resentment that has been stored there for years. We understand how important it is to receive continued support after you've undertaken any kind of personal development work. At Hoffman we provide numerous support events running throughout the year.

Confidentiality on the Process...

The Hoffman Process is a private and personal experience for each participant and your personal safety and confidentiality is assured. Due to its popularity we do frequently have celebrities and public figures attending and you will be asked to sign a document agreeing to respect the confidentiality, identity and experience of every Hoffman participant.

Guidelines for the Process...

Each course starts on a Friday morning, 9.00am for a 10.00am start and finishes the following Friday at around 2pm. If you are travelling a long distance, we suggest you stay at the venue the night before. We also recommend that you keep the weekend following your Process free from any commitments. This allows you time to integrate and to complete any post-Process work.

Process Fees and Registration Procedure...

The eight-day residential course costs £2,600. This includes VAT, food and accommodation, a comprehensive assessment, over 100 hours of tuition and 4 follow up support groups. All course prices are correct at time of print.

What happens when I register?

As part of the registration procedure, we ask everyone to complete an Enrolment Form. This form asks your medical and therapeutic history. If, for any reason, we think that the time is not right for you to do the course, we will refund your fee and recommend some alternative options to you.

We have a comprehensive list of therapists and health practitioners who we often refer people to prior to coming on the Hoffman Process. If you are currently in therapy, Hoffman has a dedicated handover system which helps health care professionals understand the course techniques and support your continued growth. Guidelines for therapists are available upon request.

Prior to coming on the course, we ask everyone to complete a comprehensive autobiographical questionnaire. This allows us to ensure that the course is appropriate for you and that you will derive the greatest possible benefit from it.

On the Process...

In order for each participant to get the most out of their experience we create an environment that is free from distractions resulting in a much deeper and longer lasting experience. With the pace at which today's society pushes us forward we are all inherently slaved to modern technology; mobiles, laptops, blackberry's, mp3's etc. With these removed, we are more consciously aware of ourselves, and therefore able to focus more intently.

We don't recommend any contact with work or home apart from in exceptional circumstances, as experience has shown us that this will ensure you receive the best possible benefits from the course. When you register we will also give you a letter to give to a member of your family. This letter explains more about the course as well as offering them phone support should they need it while you are away. A 24hr mobile number is available at all times for relatives or colleagues to contact people on the course in the case of emergencies.

For more detailed answers to some of the issues above,
please call the office: +44(0) 1903 88 99 90.
info@hoffmanprocess.co.uk • www.hoffmanprocess.co.uk

Hoffman Process

All courses run from Friday 9.30am to Friday 2pm and take place in Seaford, East Sussex unless otherwise specified.

March 30 - April 6

April 20 - 27

May 11 - 18

May 25 - June 01

June 15 - 22

July 06 - 13

July 13 - 20 Ireland

July 20 - 27 Kent

August 03 - 10

August 24 - 31

September 07 - 14

September 21 - 28

October 12 - 19

November 02 - 09

November 23 - 30

December 7 - 14

2013

January 4 - 11

January 25 - Feb 01

February 15 - 22

March 8 - 15

March 29 - April 5

Information Evenings

These evenings are held at Regent's College in London from 7.30pm to 9.30pm unless otherwise specified. They are a wonderful opportunity to find out more about the course, meet Hoffman teachers and hear Process participants speak about their experience and answer your questions.

April 10

May 01

June 06

June 08 - Ireland

June 26

July 24 - Ireland

July 31

August 14

September 18

October 03

October 23

November 13

December 18

2013

January 15

February 26

March 19

April 09

Information Phone In

The Phone-In is a conference call which is an easy alternative to our Information Evenings. From 7.30pm to 8.30pm. Call: 0844 473 7373 within the UK or +44 844 473 7373 from overseas, you will be asked to enter this PIN 103655. All UK calls are low cost, please see website for overseas call rates.

April 17

May 24

June 19

July 11

August 21

September 25

October 30

November 27

December 11

2013

Jan 08

Feb 05

March 05

April 30

Introduction Days

More extensive than the monthly Information Evenings, this day offers an opportunity to experience the Hoffman methods, engage with some practical tools and gain more insight into the positive and negative aspects of your life.

June 15

September 29

2013

February 09

Workshops & Social Events

Throughout the year we run couples and singles relationship workshops and social events.

April 14 - singles

June 09 - couples

September 01 - singles

October 27 - couples

November 17 - singles

December 15 - couples

Spring Break - April 14 - 15

Florence House, Seaford, East Sussex

Summer Party - September 1 - 2

Florence House, Seaford, East Sussex

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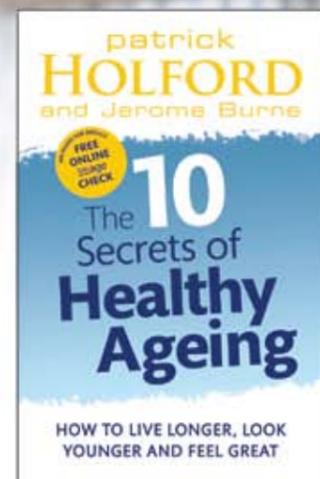
**Say No to Cancer Infections and
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Ten Secrets of Healthy Ageing

*This seminar is recommended for all as it explains how to follow a low GL diet which is the cornerstone of staying healthy and slim



Nutrition expert

PATRICK HOLFORD'S

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