



Codependency, psychodrama and Internal family systems

2021: June 2-6 (start evening June 2)

trainer: Vasumati

An intense workshop about learning how to create healthy and fulfilling intimate relationships. Sometimes this is between a man and a woman, but it is also about all human relationships.

We all have a desire for love and intimacy in our lives but because of our childhood wounds and lack of adequate education we find that it is difficult to attract or sustain relationships that develop into mature partnerships between equals.

Most of us get lost in codependency, which we can describe as a condition in which our lack of trust and self-love creates an inability to have love in our lives. As codependents, we either try to find another person to fill our feelings of emptiness and loneliness or we avoid closeness altogether because of our fear of losing ourselves or being rejected.

Codependents find themselves very often in one dysfunctional relationship after another or they live their lives in isolation, never even attempting intimacy. All of our codependent issues arise directly from our wounds of the past, they reveal our lack of self-love and our deep fears of intimacy based on our feeling unworthy and not deserving of love.

By becoming intimately aware of ourselves and of our wounds, we end our codependency and create a real foundation for love. Part of this work is to create an atmosphere where these wounds can surface and be contacted and then healed.



New approach:

In workshops we are going to explore relationships using two new and very creative methods.

Vasumati: I have worked with what we call codependency for many years, and have come to understand that relationships are very complex, they are challenging and rewarding and exciting but many times confusing'. We need love and we need freedom, we don't know how to be in a deep commitment and also feel that we are totally true to ourselves. Many times we repeat the past patterns we learned in our families , not even aware that this is what we are doing. And this can cause us a lot of pain and stress.

Often, some of us feel stuck. We feel like we have run out of solutions. We don't know how to move forward. In other words, our usual approach doesn't work anymore. We may have difficulties with a partner, or we may feel as if something is 'missing' in our life, or we may feel depressed.

In this new approach we work with the different parts of voices that live within us, we discover them and allow them to fully express themselves.

Using psychodrama and internal family systems we take a situation in our lives or a particular issues that we are working with in Relationship , we set it up and take group members as representatives to help us.

We are not only working with the family as in constellations but allow the members of the drama to be spontaneous and move with their impulses and creativity. What results is a very dynamic experience that involves the whole group field. And there is a flow as different people can enter the set up whenever they identify with what is happening. In this way hidden parts of our personalities have the space to express themselves, be resolved and find a new outcome and integration..

We work with addictions, betrayals, affairs, finding the right partner and creating new possibilities of love and intimacy.

Most people will get to do their work either directly or in another psychodrama set up . We will do meditation and exercises to look deeper into what we see in the role plays

Vasumati has been a therapist for 30 years, working in the field of relationships, sexuality, tantra and couples. She has trained extensively in the field of codependency and addictions, and has studied with John Bradshaw in the USA. Her passion is to work with relating issues because that is where there is the most heart and presence. The journey is to bring love and meditation together.

Place: Centre the Bron, Nijeholtpade, Nederland.

Price: € 520,- plus cost for the centre: € 320,- (boarding and lodging, 1x sauna, end-cleaning)

More info: info@aumm.nl or phone 0031-595 423023