

Primal Integration

**Intensives & Residentials
2018**

Easter Intensive

A weekend group plus an extra day, allowing for deeper and more intensive work.

29 Mar - 1 April £200



Summer Residential

The nature of this group is similar to our Primal Integration Weekends at the Open Centre in London. However, the greater length of time & the security & continuity of a residential setting allow for deeper & more intensive work. The group takes place at the Wild Pear Centre in Devon, by Exmoor & the sea, with an optional follow-up evening in London on Thu 2 August.

22 - 27 July Cost includes food & board

£470 for bookings made before 1 July
£520 for bookings made thereafter

The Primal Integration Programme

**Jan-Aug
2018**

with
Juliana Brown
and Richard Mowbray

Weekend Groups

Fri 7-10pm, Sat & Sun 11am-8pm £130

Jan 19-21 Jun 1-3
Feb 23-25 Jun 29-Jul 1
Apr 27-29

Weekly Group Thurs 7-10pm

Jan 4 - Feb 8 (6 wks) £130
Feb 15 - Mar 22 (6 wks) £130
Apr 19 - May 24 (6 wks) £130
May 31 - July 12 (7 wks) £152

Easter Intensive Mar 29-Apr 1 £200

Thu 7-10pm, Fri, Sat&Sun 11am-8pm

Summer Residential 22-27 July

at the Wild Pear Centre in Devon £470/£520

Individual Work Contact us for info

Booking - A free introductory interview is necessary before your first booking. All groups, except the summer residential, take place at the Open Centre, 188 Old St, London, EC1V 9FR.

The Primal Integration Programme

020 8341 7226 (M-F 9am-9pm)
info@primalintegration.com

The Primal Integration Programme



Programme

**deep
personal
growth
work**

with
Juliana Brown and
Richard Mowbray

**comprehensive
programme
of regular
ongoing
groups
since
1979**

*Bringing a deeper way of living into being
And a deeper way of being into living*

Primal Integration

Deep Personal Growth Work

Primal Integration involves an exploration of our deeper levels of experience with a view to being more alive and living more authentically. Growth forces fostered by this can also help to heal splits in our being and to resolve blocks to our 'doing'.

Traumatic and other experiences in early life may interrupt the wholeness of our development. Such experiences may have occurred during childhood, birth or before. Integrating these experiences into consciousness - acknowledging them as memories - reduces the confusion between what was then and what is now and releases more of our energy and qualities for life in the present. Primal Integration is concerned with both the recovery of the self one has apparently 'lost' and the discovery of the self one has yet to become.

For us, 'primal' means first in time, early, but also first in importance - that which is central, core, deep. Experiences from later periods in life may also emerge, as well as transpersonal and mystical experiences, and creative urges. Thus Primal Integration gives due attention to deeply traumatic experiences and the human suffering that they produce but the work is Primal Integration not just Primal Trauma Integration. We believe that dealing with these types of experience should not be 'split-off' from other more joyful aspects of deep living. They should be welcomed in a setting that is inclusive of them, not exclusively focused upon them.

In our groups and individual sessions we endeavour to create an environment conducive to this process of connection, expression and integration. Primal Integration groups generally have two phases which alternate: A mainly verbal 'go-round' phase which is partially structured by the leaders and an unstructured phase during which the role of the leaders is to 'follow' processes emerging in individuals and in the group as a whole. Unlike many other types of groups, apart from the go-rounds, general structures or exercises are hardly ever used.

We facilitate the work in a variety of ways, including 'Primal Bodywork', and work with feelings, dreams, fantasies, thoughts, and words. Self-direction and self-responsibility are particularly emphasised. The method of dealing with primal material is an important learning experience in itself, as important as dealing with it. It is important to learn how to live with primal process in one's life, to cultivate an attentive, respectful and inclusive attitude towards it, to learn to live in a more creative way.

Primal Integration is not offered primarily as a problem-solving approach, a treatment for psychological 'disorders' nor an efficient means of 'cure for neurosis'. Its healing aspects offer a different way of 'treating' problems. It is a growth process, a personal journey that has aspects of a spiritual path. What have been perceived as 'problems' frequently resolve as a result, but this is a by-product of growth, the role of such problems having been to call attention to one's self-estrangement and need to live more authentically.

The work we currently do is a synthesis that we have evolved since our training with Bill Swartley, the original developer of Primal Integration. Other major influences include work and further training with Frank Lake a pioneering explorer of pre and peri-natal experiences, and the configurational psychology of Francis Mott.

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### **Juliana Brown & Richard Mowbray**

We are practitioners of Primal Integration with 39 years experience and co-directors of the Primal Integration Programme. We are members of the Open Centre, one of the UK's longest established growth centres. Our comprehensive programme of Primal Integration comprising monthly weekend groups, weekly evening groups, annual intensives and residential groups, and regular individual sessions has been running continuously at the Open Centre and elsewhere since 1979.

### **Further reading**

Brown, Juliana & Mowbray, Richard. "Primal Integration", published in *Innovative Therapy: A Handbook*, Jones, David (Ed.) Open University Press, 1994. ISBN 0-335-19139-8. Also available on our website (see below).

### **For further information contact:**

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