

HOW TO GET TO THE CENTRES

26 Eaton Rise:

The CHIRON CENTRE in Eaton Rise is easily accessible by public transport.

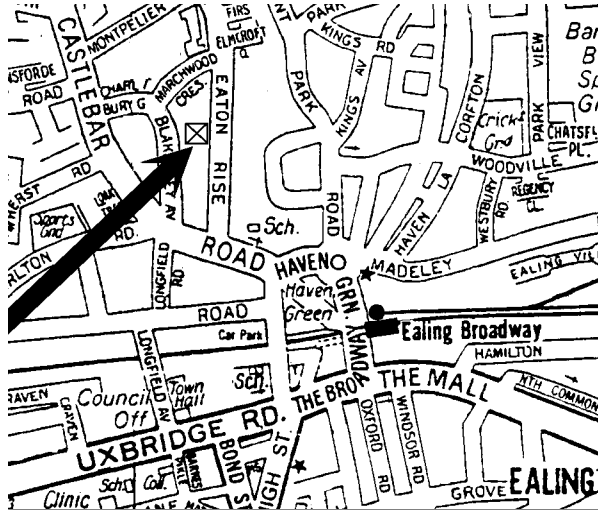
TUBE and TRAINS:

London Underground (District Line and Central Line) and BR trains from Paddington go to Ealing Broadway Station. The Centre is 5 minutes' walk from Ealing Broadway.

BUS ROUTES:

E1, E2, 65, 83, 112, 207, 274, 297.

26 Eaton Rise
LONDON W5 2ER
Tel.(&Fax): 0208 997 5219



90 Harvist Road:

The CHIRON CENTRE in Harvist Road is easily accessible by public transport.

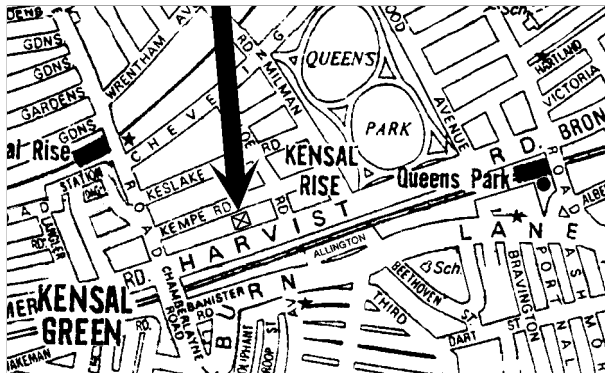
TUBE and TRAINS:

The nearest London Underground Station is Queens Park (Bakerloo Line) and there are two BR connections: Kensal Rise on the North London Link Line or Queens Park Station on another North London Rail Line. The Centre is 5 minutes' walk from Kensal Rise and 7 minutes' walk from Queens Park.

BUS ROUTES:

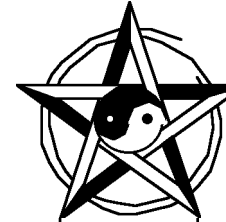
There are a number of bus routes to Kensal Rise, like No. 52.

90 Harvist Road,
LONDON NW6 6HL



CHIRON

Centre for Body Psychotherapy



PSYCHO- THERAPY at CHIRON

IS IT FOR YOU?

26 Eaton Rise, Ealing
LONDON W5 2ER
Tel.: 020 8997 5219
email: chiron@chiron.org
Website: www.chiron.org

The Chiron Centre is a member of the UK Council for Psychotherapy



Why Psychotherapy?

You may be seeking help for any variety of reasons, whether it is a long term problem that just does not seem to improve, or an immediate crisis that is causing you distress. You may feel overwhelmed by emotions or physical symptoms, or, rather, experience life as empty of either meaning or vividness.

You may have a very clear idea of what you want to get from therapy or you may know nothing more than that you want some sort of independent help or support.

About Body Psychotherapy

The body is like a mirror of thoughts and feelings. All our attitudes express themselves in the manner in which we move, hold, contract or tense, relax or expand our bodies. In every situation of our lives all external and internal circumstances are somehow memorised and stored in the cells of the body, creating innumerable inner connections.

Pleasurable thoughts and feelings bring about an expansion and lightness in the physical body; repeated or chronic conflicts with others at home or work cause tightness and a sense of narrowness, in the mind as well as in the muscles and other body tissues. If this 'narrowness' goes on for too long or becomes unbearable, the body remains in a constant state of contraction and may get ill. In the early stages, disease may manifest as aches, pains, tensions, fatigue, listlessness and exhaustion. If little or no attention is paid to these symptoms they may eventually develop into more severe emotional/physical disturbances such as depression, anxiety, sexual dysfunctions, desperate loneliness and illness.



Other activities at the Chiron Centre

In addition to individual psychotherapy the Chiron Centre offers biodynamic massage, group psychotherapy, couple therapy, short introductory courses (weekends). If you are interested please ask for one of the following leaflets: 'Chiron Open Programme', 'Biodynamic Massage Treatment' or 'Psychotherapy Groups at Chiron'.

Body Psychotherapy Groups

For some people, group psychotherapy can effectively complement an individual process. A psychotherapy group is a space for exploring - yourself. You will meet like-minded people who are intending to explore the intangible and often mysterious link between their inner world, and the outer life they are engaged in. In practice this means that through the interaction in the group, and with the help of the group leader, you will have the opportunity to explore your feelings, your thoughts, your patterns of behaving and relating. The group serves as a 'container' which focusses both familiar and often unfamiliar life issues, beliefs and feelings in a 'graspable', tangible, immediate way. These groups are offered either on a weekly basis, running over a whole academic year, or as an introductory group over 3 weekends.

Professional Development Programme

Chiron continues to run a Continuing Professional Development Programme which offers short courses for qualified counsellors and psychotherapists. If you are interested, please ask for a copy of the programme to be sent to you.

A one-year Certificate course in Biodynamic Massage Therapy is also offered. Please ask for details if interested.



What is Chiron Psychotherapy?

It is an integrative form of Body Psychotherapy. The term Body Psychotherapy was coined by the European Association for Body Psychotherapy in 1991 and is rooted in a tradition since 1920 which has developed from the work of Wilhelm Reich. Chiron Body Psychotherapy encompasses various different approaches to working with the body, mainly Reichian Vegetotherapy and Biodynamic Psychology. It is integrative because it assimilates other philosophies, models and methods such as Gestalt, transpersonal approaches and Object Relations. It is called a Body Psychotherapy because it takes particular account of the way the body is also involved in your psychological life, by holding trauma and expressing distress, as well as embodying and expressing well-being and pleasure.

Our approach is holistic. We believe that we have to pay attention to the whole person. Only by increasing our awareness of our body, mind, heart and soul can we develop a deeper and truer sense of our self.

The therapist may sometimes work directly with the body, using touch - in massage for example - or work with breathing or body sensations without touching. This work may take place while you sit on a chair, mattress or cushion, or you may lie down on a massage table or a mattress on the floor.

Alternatively, you may spend some or most of your time sitting in chairs, when talking and listening are the main activities. Exactly how you work together will develop out of discussions, and will take as much account as possible of your expressed needs and wishes as well as being guided by the therapist's professional judgment.



Chiron as 'the Wounded Healer'

The name Chiron was chosen to represent our aim of teaching and practising therapy in a way that encourages and allows therapists to stay connected with their own wounds and vulnerability as the basis for understanding and meeting both the pain and the potential of those they work with. In Greek mythology, Chiron was a wise elder and healer amongst the centaurs, and although a healer, he could not cure his wound in his own knee.

What will happen next if you are interested?

The first step is to telephone the Centre at our office in Ealing and arrange an initial consultation. This will take place in Ealing at 26 Eaton Rise, with one of our psychotherapists and will last about an hour. The meeting is confidential, and a fee of £40 is charged. (There is a low cost scheme of £25 or £20 in special circumstances). Please do not just drop in for such interviews - we are only able to see you by appointment.

You will have the opportunity to talk about yourself, and the interviewing staff member will advise you about further procedures. There will also be time for you to ask questions. If after this you wish to pursue Body Psychotherapy and if the interviewing therapist considers our way of working appropriate for you, you will be asked to fill out a registration form and give it back to Chiron. The next step is that your situation will be discussed, anonymously and confidentially, with another senior team member. We will choose a therapist for you whom we think could work with you and your particular situation. The clinic co-ordinator will let you know who your therapist will be, so that the first meeting can be arranged. This will usually take place within two weeks of the initial consultation.



What is the commitment?

In general clients are seen for one hour weekly and usually the session will be on the same day and at the same time each week. The cost of the session will be between £33 - £50 and there is also a low cost scheme of £25 or £20 in special circumstances. Because the therapy we offer is rooted in a human relationship rather than being simply a mechanical application of technique, we will expect you to honour a regular weekly commitment and cancellation terms will be negotiated with the psychotherapist. The therapist might be able to offer an alternative time to make up for a cancelled session, otherwise you are expected to pay. The exact contract will be discussed and agreed with your psychotherapist, which also includes holidays etc.

We suggest a trial period of six sessions for you to get to know the work and the therapist. After the initial phase you and your therapist will decide whether to continue for a longer period. Sessions may take place at either of our two clinics, one at 26 Eaton Rise, Ealing, London W5 2ER and one at 90 Harvist Road, Kilburn, London NW6 6HL. Short term psychotherapy may last only for a few months, but for more in depth self discovery it is likely to last between two and five years.

Confidentiality, Ethics and Complaints Procedure

All Chiron psychotherapists have completed the training and have obtained the Certificate in Body Psychotherapy. They are bound by the Chiron Code of Ethics and Complaints Procedure which is available on request. The Chiron Centre is a member of the United Kingdom Council of Psychotherapy (UKCP) and is bound to their ethical guidelines.



These disturbances are urgent signals to come 'home' into your body and find within it resources and ways to resolve your life conflicts. This is an extremely valuable alternative to the usual endless circles of fruitless thinking. What also takes us away from our ability to heal ourselves is the habit of filling our days with mindless busy-ness, blind compulsions or distractions, which may lead to a degree of self-forgetfulness that becomes intolerable to the whole organism.

In this sense, pain, illness, unhappiness and frustration can be seen and used as challenges to overcoming self-destructive attitudes and behaviour. By becoming aware of these destructive patterns it is possible to find more constructive and creative ways of living, and through this to gain a stronger sense of inner fulfilment.

In our psychotherapy, we want to help you become aware of how mental, emotional, physical and spiritual attitudes reflect each other, and to find a way back to joyful presence within yourself. We believe that living consciously in the body provides a tremendous support for living in the world in a satisfying way.

Our therapists aim to be as sensitive as possible to the differences between us, be they of age, gender, race, disability, sexual orientation, class, culture or religion, as well as being prepared to share the elements of our common humanity.

"The body's life is the life of sensations and emotions. The body feels real hunger, real thirst, real joy in the sun or the snow, real pleasure in the smell of roses or the look of a lilac bush; real anger, real sorrow, real tenderness, real warmth, real passion, real hate, real grief. All the emotions belong to the body and are only recognised by the mind."

D.H. Lawrence