

AUCKLAND TRANSACTIONAL ANALYSIS TRAINING INSTITUTE
Presents

KAY RYAN

M.H.Sc, MNZAP, Dip POP

on

**KEEPING AN OK
RELATIONSHIP
WITH YOUR BODY**

Many of us take our bodies for granted not noticing body symptoms, which are a rich source of information for everyday life. Kay will discuss and demonstrate how an OK relationship with our body means learning attitudes and skills which help to value body experiences and explore what lies beneath them. Kay is a registered psychotherapist with over 20 years' experience in private practice. She works at the Mercy Hospice supporting patients, families and staff; and also teaches Process-Oriented Psychology throughout NZ.

Monday 15 June, 7.30 pm

At St Luke's Comm. Centre, 130 Remuera Rd.

\$20 at the door, all welcome.

Enquiries to Margaret Bowater, ph.480-5753.

ATATI seminars are held on 3rd Monday of the month, 7.30 pm, at St Luke's Community Centre. Our presenter **July 20th** will be **Janet Redmond**, on "Shock, Stress and the Schizoid Process."