The Primal Integration Programme

July-Dec 2020

with Juliana Brown and Richard Mowbray

Summer Residential

26 - 31 July 2020

at the Wild Pear Centre  £490/£540

Weekend Groups

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

£135 if booked by the Fri a week before
£155 thereafter

Sept 18-20 Nov 13-15
Oct 16-18 Dec 4-6

Weekly Group  Thursday 7-10pm

Sept 17 to Oct 22 (6 wks)  £138
Oct 29 to Dec 10 (7 wks)  £161

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

Cost

£490 for bookings made before 1 July
£540 for bookings made thereafter

The Primal Integration 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
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.

Juliana Brown & Richard Mowbray
We are practitioners of Primal Integration 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

For further information contact:
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