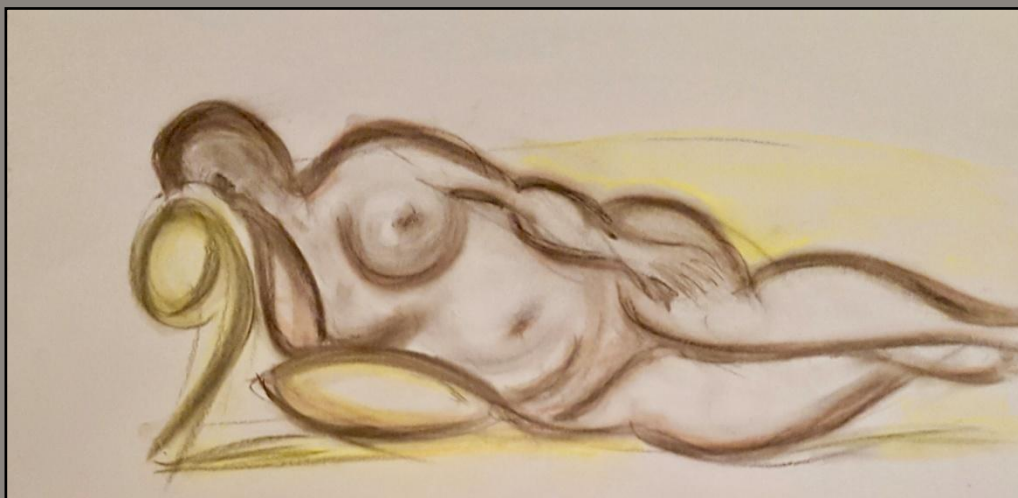
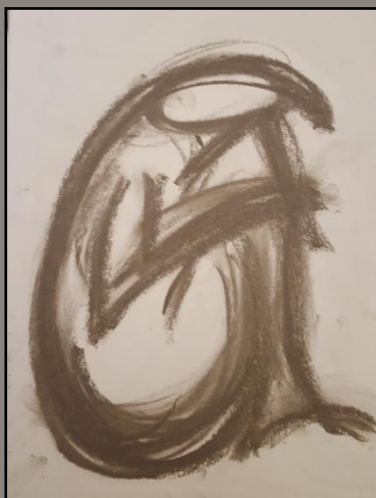


# Food, Hunger, Longing and the Body



This workshop is an opportunity to explore your habits around food in a safe, therapeutic setting. Through deepening your trust in your gut and your appetite, you can learn to access deeper instinctive truths about your needs and your life.

Rachel Cooper and Debbi Burch

Some of us feel good when we ‘successfully’ control our appetite for food. Although cultivating discipline is hugely rewarding, it can sometimes involve an attitude of pride, seeing appetite as a weakness.

Some of us eat when we are looking to satisfy other needs entirely, ignoring our deeper longings, then feel ashamed about having no self-discipline.

Whether we rigidify and exert control over our appetite or whether we give up or go blank, losing a sense of control, these ways of shaping ourselves around eating invariably extend to how we meet our other needs. This is a chance to recognise and influence these emotional, behavioural and attitudinal patterns.

**When:** 6th & 7th July 2019  
10am - 5pm

**Cost:** £180 until 1st May, £200 thereafter

**Where:** Total Health West Berkshire  
Lower Barn, Lower Henwick  
Farm, Thatcham RG18 3AP

The workshop is run by BACP-registered psychotherapists.

To register or find out more, call or email:

**Or Rachel: 07969 036448**  
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