

Special 25th Anniversary

The Trust celebration to mark the success of the past 25 years, and look forward to the future.

**Tribute to Fiona Miles
1950 – 2005
by Brian Graham**

Newsletter

in this issue

Editorial	2
Special 25 th Anniversary	3 - 6
Fiona Miles	7
Piero Ferrucci	8
Operations update	9
Programmes update	10
PET's Chairman Report	11
Hello and Goodbye	11
Counselling Services update	12
COUI UK update 2006	13
Graduate Developments	13
Poem by Naomi Duffield	14
PET's Corner	15
Classifieds	15
Diary Dates	16

***Plus check out the new full edition
of our newsletter on the new internet***



PET

The Psychosynthesis & Education Trust is the longest established Psychosynthesis Centre in Britain. It was founded in 1965 by the father of Psychosynthesis Roberto Assagioli, together with Sir George Trevelyan, Dr Martin Israel and Geoffrey Leytham.

The Trust's main purpose is to gain recognition for the central role of the soul and self in psychology, renew the soul in everyday life of individuals, the family, groups, organizations and society as a whole.

The Psychosynthesis & Education Trust is a company limited by guarantee in England reg. no. 3838253 and a registered charity reg. no. 1077365. Registered office 92-94 Tooley Street, London Bridge, London SE1 2TH.

Trustees

- Hugh Lee Askar
- Chris Burgess
- Peter Hein
- Ian Horton
- Michael Shaw
- Helen Sieroda
- John Shiers
- Brenda Squires

President/Trustee

Diana Whitmore

Staff

- Director of Programmes: Keith Silvester
- Director of Operations: Jenny Shepherd
- Counselling Dip. Training Manager: Frania Le Guilly
- Office & Systems Manager: Sandra Pemberton
- Counselling Service Manager: Annalisa Caldon
- Programme Administration Manager: Barbara Sharpe
- Finance Manager: Vacant
- Administrative Assist/ Receptionist: Tom Pengelly
- Caretaker: Geoff Foster

Children Our Ultimate Investment

- Diana Whitmore
- Stacey Millichamp
- Peter Hein

Graphic Design

Oscar Romero

PET

92 – 94 Tooley Street
London Bridge
London
SE1 2TH
Tel: 020 7403 2100
Fax: 020 7403 5562

Email: enquiries@petrust.org.uk
Web site www.psychosynthesis.edu



Annalisa Caldon
Editor, Newsletter Group

Welcome to our 25th Anniversary edition of the Newsletter. Because we felt that this issue was such an important one, we decided to produce a special 8-page souvenir edition for you all to keep, full of photos and articles related to the anniversary event. It also gave us the opportunity to experiment with producing an internet version of the newsletter, putting the other half of it on our website.



So if you are missing our usual reports etc., they are on our brand new newsletter pages at the Trust website [www.psychosynthesis.edu]. We would welcome your feedback in terms of accessibility and whether you think it is a more or less effective method of getting the information contained in the newsletter out to you all. Send any comments to me at acaldon@petrust.org.uk

The printed souvenir edition also contains a tribute to Fiona Miles by Brian Graham, which also gives the date of the Trust memorial for her, for you to put in your diaries. On the internet version Keith Silvester, prompted by Fiona's death, talks about executors for therapists in the case of sudden death. A very pertinent issue and something we all need to seriously think about.

There are lots of fun photographs of the 25th Anniversary event along with an impression of the evening by Robert Digings. Jenny Shepherd talks more logistically about the event in her report in the internet version and we've included a letter sent in by Piero Ferucci for the 25th Anniversary event.

Please send any articles, book reviews, comments, letters or advertisements to me at the above mentioned email address for the next newsletter which will be due out in the Autumn. Enjoy the reading!





25th Anniversary Celebration, an impression by Robert Digings

This article has been completely made up. In it you'll discover how old you really are, the Assagioli mantra and whether a group studying The Ways uses more or less toilet paper than a group doing five days of Gestalt. It's also likely to include sex, death and the greatest taboo going, especially here at the Trust, God. I should say that this is a personal impression of the Trust's 25th Anniversary celebration, neither a factual record of the event nor a flight of fancy. I dedicate it to Fiona, who dedicated herself to the Trust.

All this, and more, came to light on a cold Friday night last December when Trust stalwarts, staff, past students and friends gathered at UEL to celebrate our 25th Anniversary. Now I don't know about you, but I was under the misapprehension that a 25th anniversary would almost certainly mean we were twenty-five. As Freud once said, "Sometimes an anniversary is just an anniversary", so we all knew it wasn't. We are a psychotherapy training organisation after all, and a transpersonal one to boot. This means that things are not just complicated, they are unconsciously, collectively complicated. This, in case you are entering denial as you read, is a level of complication only fathomable by Jung, Pooh Bear and Dennis Potter. Did you see that last interview he did - Potter, not Pooh or Jung - with Melvyn Bragg? It was quite extraordinary. I think he actually understood what we're all trying to think our way to experiencing. But then he was a creative genius and a dying one at that, but I digress.



So how old do you think we are? It's all jolly confusing really. The website boasts that we came into being in 1965 as does the publication you are holding in your hands. That makes us forty last year. Most of us are also aware that without Diana's renewed vision in 1980 we wouldn't be here now - well, not as we know us.



25th Anniversary Celebration, an impression by Robert Digings

So finally some real clarity arrived in the form of an invite to the 25th Anniversary. Pretty clear-cut I thought, at last I really knew our age. No longer in the first flush of youth, but still by no means past it. A good seven years of adult life under our belts. Probably in a relationship with another twenty-something educational charity, having loved and lost already. Enjoying physical health and some energetic sex, with any luck. I'm not all that clear how educational charities make love, but let's not discount the possibility. Our future ahead of us and no doubt the uncertainty about where it all might lead to.

But then all that came crashing down in an instant. Diana's very first words to the partygoers seated in a posh lecture theatre were, "We are celebrating our 25th anniversary, but we're also celebrating our 42nd!" Ouch. 42? 42! How did that happen? That's two more than forty and seventeen more than twenty-five. That's almost past it. Children, backache, clicking joints, indigestion and dying friends. At least the sex is better.

So while the twenty-five year old met the forty-two year old inside the formal part of the night's celebration got underway. The stage was dominated by a huge organ. Not particularly phallic, but none-the-less large enough for an amusing comment or two from Angie Fee. Organs of this size aren't messing about. There was either going to be sing-song, some chanting or perhaps, if we were lucky, the first performance of the PET Hymn.

Before that thought had time to fully form, Diana teamed up with Judith Firman to reveal as yet untold secrets about the Trust's early days and their own surprising – for those not there at the time – double act. A sort of French and Saunders meets Cannon and Ball with a fondness that spoke volumes. These women were pioneers, and here they were again, together, enjoying each other's company. They also clearly enjoyed ours as they got us chanting the Assagioli mantra. Say it aloud now and remember your true nature too. It goes like this:

Ho-ly, Ho-ly, Ass-agi-oli, Ho-ly, Ho-ly, Ass-agi-oli, Ho-ly, Ho-ly, Ass-agi-oli



Perhaps you had to be there.

At times their timing and surety of delivery showed the considerable thought and rehearsal that had gone into their performance, at others it was clear they were just making it up as they went along. Now this may well be par for the course when you're amongst friends, having had a glass or two of celebratory champagne. But, and I'm sure you would agree, it would neither be appropriate or desirable to begin a psychotherapeutic training organisation – let alone one including God in its model – with a similar, relaxed, lackadaisical approach. How wrong I was. If Alan Partridge had been present he would have had to end the show on this bombshell. When Diana and Judith didn't know what to teach they just made it up. This is an outrage. At least at the time it was first generation fabrication. Twenty-five years on and the Chinese whisper effect, along with others just making their bits up means I've just spent three years and fifteen thousand pounds learning utter nonsense. You'll be telling me next that this is not the Truth, then where will we be?



Of course they made it up. But how wonderful to hear them say so. It's all made up. Everything. Economics, quantum mechanics, calculus, the Highway Code. Someone's made them all up. Even the things we take for granted, like Newtonian physics. The reason we're not all floating about isn't because of gravity. We're not all floating about simply because we're not. Gravity doesn't enter into it. It certainly doesn't exist any more than, say, a sub-personality. It's just





25th Anniversary Celebration, an impression by Robert Digings

an idea. But there is a solution. What we need to do is claim these ideas – that came to us from God – as our own. Then we'd have some control over which we called right and which were wrong. That would put an end to concerns about making them up in the first place. Let's invent academia and more importantly build a university. You might think it couldn't be any other way, but it could. We just have to make it up that way.

What a university requires, of course, is research. And you'll be glad to know Diana and Judith got to work here too. How much toilet paper does a group doing The Ways use? Well you'd be forgiven for thinking this area of training would never be explored, but it was. By happy coincidence in Stockwell there were two different training rooms each with their own toilet facilities. So when there was an opportunity to answer this question the research was done. And I know you need to know. The answer is that The Ways uses more toilet paper than Gestalt. Fritz Perls would have been proud. And so no doubt is the university.

So much for the achievements of the past, what of the future. First Diana spoke passionately about the Children Our Ultimate Investment project Teens & Toddlers. This is social psychosynthesis in action and it's a success, "Psychosynthesis actually works!" she told us and it was clear this is where her energies now lie. Perhaps in her enthusiasm Diana revealed our greatest fear. What if it doesn't work. What if we've made it up wrong, and we're about to be found out. Those clever behaviourists have got it right, they're part of the scientific establishment after all. Perhaps CBT is the answer. For me this is no small point. We want our cake and eat it. We acknowledge the Self as the animating force in the Universe and then try to claim it for ourselves. No wonder we worry about being found out. Psychosynthesis doesn't work. We made it up remember. But the Self does.

It would appear then that Mum has a new baby, cue Dad to tell us he still loves us. Keith Silvester is the new man on the block and he comes from the other place. Keith spoke with conviction and without notes about the Trust's future. The development of its programmes, the modularisation process and the regulation of the profession. Much has been done, still plenty to do. A kind of mid-term appraisal from a PM with a good couple of years till the next election. I really appreciated the commitment and the energy, and it worries me slightly that the focus appears to be more on strategy and process than on love and the Truth. For me that's what's important here. It's also what I believe motivated the formation of the Trust in the 60's and its revival in 1980. If we lose sight of that, we lose. As a student of the Trust I passionately believe its first priority should be to embody and express its teaching more deeply. I also think that that is what its students, both current and future, would really like to see and in fact actually need. My concern is that psychosynthesis will become just another thing to learn rather than the encouragement to be. And this wasn't really touched on very much. It wouldn't be easy, we all know that much, but its more important than any number of course reorganisations, modularisations and accreditations, but there'd be no paperwork to hide behind and that would be tough. Especially in academia.





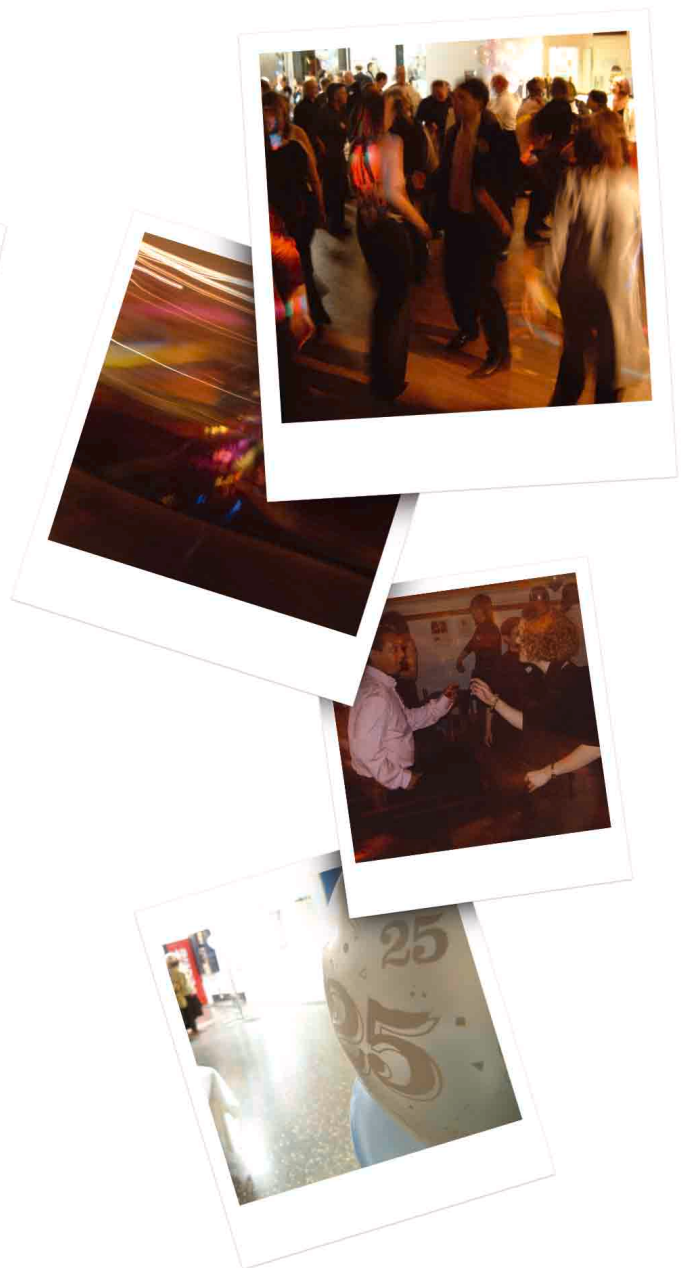
25th Anniversary Celebration, an impression by Robert Digings

By now we all wanted a drink and the chance to put our hands in the air to The Weather Girls. So we did and it felt good. It was the last time many of us saw Fiona and she was doing what she loved, moving to the music and enjoying every moment.



Perhaps it doesn't really matter how old we are. Perhaps it doesn't really matter if we get found out. And perhaps it doesn't even matter who accredits us.

Some things are important though and I believe we know what they are. Let's give them our full attention for the next 25 years and trust that we can make the rest up.



Robert Digings is a deferred student from Group 31. He works as a trainer, conference facilitator and broadcaster. For more information about his work, visit digings.com or email him at robert@digings.com



Fiona Miles
1950 – 2005

by Brian Graham



The sudden and totally unexpected death of Fiona, a few days before Christmas 2005 was a great shock to all of the Psychosynthesis & Education Trust community. She is greatly missed by her colleagues, students and graduates. Gradually, we are coming to live with her loss.

Fiona trained with one of the early groups at the Trust at the beginning of the 1980's. At a Programme Team meeting in early December 2005, she spoke of how grateful she was to have been a part of the Trust and Psychosynthesis for 25 years. Not only was she a very committed staff member for many years, but her relationship with Psychosynthesis, both professionally and personally, was a major focus in her life. She lived and breathed Psychosynthesis in her work and her personal life.

Fiona brought her years of experience of exploring the depths and heights of the therapeutic and spiritual path and transpersonal psychotherapy into her work at the Trust. This was conveyed by Fiona with a great deal of warmth, insight, goodwill and generosity of spirit.

She was very authentic, had a great sense of humour, and loved to dance salsa, which she would expertly demonstrate at any celebration at the Trust! With her colourful clothes and spirit she exuded a vibrant willingness to enter into the dance and adventure of life. For all that Fiona brought us . . . fond memories and deep gratitude will always remain.

*Get articulate
Move the blood.
Attend periphery.
Prepare to dance the Open Dance.
Learn to gather momentum and
Throw it away.
Explode into the ordinary and
Keep your eyes wide.
Embrace fear.
Suspend doubt.
Specify.
Simplify.
Strengthen.
Launch.
Float.
Dignify the confusion.
Visualise the next step.
Stick your toe in.
Get all wet!*

Barbara Dilley



To celebrate Fiona's life – **The Fiona Miles Memorial Evening** will be held at the **Psychosynthesis & Education Trust on Monday 10th July, 2006 from 6.00pm - 9.00pm**. A warm invitation is extended to all of the Trust community.



A Letter from Piero Ferrucci for the 25th Anniversary Party

Happy anniversary! I would have liked to be with you on this occasion because I feel very much a part of the Trust and its development. Unfortunately, I am not able to come this time, because of a variety of family and health reasons – nothing tragic, but still it's best to stay at home.

The story of the Trust is linked for me with many beautiful memories of our long history. Coming to England was always an opportunity for catching glimpses of a wonderful country full of eccentrics and visionaries.

I vividly remember the places where we worked. In the beginning, the Trust did not have its own home. We were once hosted in the house of a man who believed that the End of the World was near. He collected all kinds of canned food in case of world catastrophe, but had to change them every six months, because he was afraid they would be contaminated.

At another time, we were on the fifth floor of a big building, and had to walk up the stairs through the fourth floor, where a group of people were making all sorts of sounds – they were possessed by higher spirits.

For some time the Trust was hosted in Diana's home. That was when her son, Jason, was a baby and a toddler – so at the end of the workshop we had fun playing with him – a great reward.

Then we moved to a place with a chequered floor, perfumes of scented oils in the air, groans and grunts from nearby bodywork workshops, and violet light.

At another time still, we were interviewed by a major television station and our activities covered extensively and professionally - and then the whole material was inserted in a show about all the crackpots and cults of England.

But the most consistent memory is meeting people passionately involved in the adventure of the spirit and devoted to becoming more effective in the work they were doing. I have always been struck by how sincere, earnest, and intense the students have been all along. Many of them were highly competent professionals, and I have learned from them as much as I have taught – or more.

At some point, we moved to Tooley Street, in the heart of London, near the beautiful bridge, the Thames, the Tower of Henry VIII, and the funny Mayor house. Somehow, this move coincided with the Trust starting to be more important.

Psychosynthesis was becoming more mainstream in many countries. We have been recognized officially, in this, and other countries, by universities and by the State. But even more important is where it all comes from: the inspiration of our teacher, Roberto Assagioli.

I remember how much he trusted and valued Diana and saw in her - as well as a few others - a concrete possibility of continuing the mission of psychosynthesis in England. This is a country with which he felt great affinity. Long after he had stopped traveling to other places, he would still come once a year to England by train.

People take institutes for granted: they exist and seem to have a life of their own. But the truth is that in order for that to happen, they require constant work. A lot of it. And this is what has happened through the years: many people gave a lot of work and attention and ingenuity and passion for the Trust to exist and do what it was meant to accomplish. I feel a lot of gratitude for them, because I believe psychosynthesis to be a precious gift to all of us, and through the years, have seen its effectiveness in inspiring and changing people.

Thank you everybody.





Operations update

Jenny Shepherd : "We're going to party like it's 1980..."



Not long after I arrived back in January 2005, I learnt that the Trust had existed in its present form for 25 years, so we should be celebrating our silver anniversary in 2005. I confess no-one could give me an exact date, so we were luckily not tied to arranging an event by a certain deadline!

A working party was formed, comprising Diana Whitmore (as she had been the founder in 1980), Peter Hein, one of the Trustees, Annalisa Caldon, our Promotions Officer, and myself.

We decided we definitely wanted some sort of party, and we eventually fixed on a disco concentrating on music from the 1980s and the present day, and we also aimed to have Italian food and wine to focus on Psychosynthesis' Italian roots.

We then had the problem of setting a date, and finding a venue. We ended up plumping for a date in early December, which was the same date as the December Trustees' meeting, as that meant most of the Trustees would be able to attend. As so many of our Trustees spend time abroad, it's always hard to find a date they can all make for the Board meetings, so we "killed two birds with one stone" or maybe did a B.O.G.O.F. offer (Buy One, Get One Free)!

However, that of course, then led on to the problem that we were into the office Christmas party season, so finding a venue became difficult: we wanted somewhere local and reasonably priced, which would hold up to 250 people. The Trust itself was thought to be too small, as we needed room for presentations, followed by the disco.

Annalisa surfed the web, and found all sorts of wonderful places like the London Assembly building, but they wanted to charge us £5,000, just for the room, let alone food and drink! Finally, I wondered about our links with UEL, and took advantage of the fact that I still have "connections" in the School of Psychology, quite apart from the fact that they validate our courses. We were able to get their agreement to booking a venue at the "internal" price, and we considered various options such as the listed Student Union building in Stratford, but it wasn't big enough, so after Annalisa visited the Docklands Campus, we settled on a building there, which combined a lecture theatre, seating 250, plus a bar and disco area.

"We eventually fixed on a disco concentrating on music from the 1980s and the present day, and we also aimed to have Italian food and wine to focus on Psychosynthesis' Italian roots."

We then set the format for the evening: drinks and canapés before presentations from Diana Whitmore and Judith Firman, about the past, and Keith Silvester, about the present and future of the Trust, with Hugh Lee Askar, the Chair of the Trust, acting as MC, and reading out letters from several people who could not attend, and his wife, Carolyn, reading a poem by one of our students. We would also have a musical "interlude" from Asher Quinn, one of our Graduate Studies programme presenters. The presentations would be followed by the disco, provided by Terry Borondy from COUI, and more food and drink.

We wanted to have some sort of decorations, and I knew there was a good party shop in East Ham, not far from UEL, and managed to find all sorts of balloons in silver and the "Trust colours" of lilac and pale blue. We also hired helium canisters to pump them up with, so they would float in bunches tied to silver weights with ribbon.

Lots of other little details had to be sorted, such as finding coat hangers for the cloakroom: Sandra Pemberton, our Office Manager, ended up getting them from a local dry cleaners!

December the 2nd was a very busy day: I couldn't help with the preparations, as I had to minute the Board meeting, so Annalisa, along with Tom Pengelly, our Receptionist, plus some members of the Counselling Service; Elizabeth Braun and Susan McGrath, spent all day pumping up 300 balloons, and laying out name badges etc.

I arrived just in time to change into my party clothes, and the rest is history! I'll leave it to Robert Digings to tell you how the party itself actually went!



Programmes update Keith Silvester

This has been a bitter-sweet period for the Trust. Our 25th anniversary celebration event in December marked a sense of achievement and brought many people together who have shared history. One of the people who shared that long history was Fiona Miles, who died quite unexpectedly a few days before Christmas from an aneurysm. Many people came to her funeral, and to the wake organised by her son Alasdair which was held at the Trust. Fiona will be sorely missed by us all for her warmth, vibrancy and dedication.

One of the things her sudden death highlighted was the need for practising therapists to make provision for their own mortality or incapacity. From a client's perspective a therapist lives forever, and it is easy for a practitioner to casually fall into this way of thinking too. Very few therapists actually make provision for the great unforeseen: client contact lists and address books may not be up to date, and notes may be filed haphazardly. Of more immediate concern, often no provision is made for someone to pick up the pieces and to handle the clients who turn up for sessions the next day. So, we are now encouraging all our PET trainers and therapists to nominate a 'professional executor', and to let us know who that person is. The role of the professional executor is to take responsibility for the deceased or incapacitated practitioner's clients' well-being and clinical records. If any of you reading this would like a copy of the form we have designed, please get in touch with either myself or Barbara, and we will send it to you by email.

On the cheerful side, we are pleased to say that our programmes are doing very well, with an unusually large intake to our Foundation Year, and a healthy enrolment for the two-year psychotherapy programme leading to the MA. We are monitoring our new-style modularised counselling training programme to see if it is manageable for the students, particularly as we have added systemic elements to the course work required. We are now in a position to begin marketing newer programmes: applied psychosynthesis, mediation and conflict resolution, couple counselling and, of course, the youth work facilitation programme offered in conjunction with COUI. I firmly believe that we should be taking psychosynthesis well beyond the therapy

room setting and applying it to the healing and soul-education of our troubled world.



"We are pleased to say that our programmes are doing very well, with an unusually large intake to our Foundation Year."

Another pleasing development along these lines is that we are holding our first training and research conference for our own staff, graduates and students. With a full-house of participants and presenters, we hope this proves to be a rich and fruitful annual event – moving the frontiers of psychosynthesis. We are particularly keen to develop the scope of psychosynthesis into the social and environmental sphere, and to bring ourselves up to date in the use of information technology to market ourselves and propagate ideas. Hopefully, this first conference is a contribution to that direction.

The psychotherapy profession is finally beginning the big change and restructuring, under UKCP, in anticipation of statutory regulation. PET will still remain a part of the newly-restyled Humanistic and Integrative

Psychotherapy 'college', which will have more status and resources. A centralised Ethics code and Complaints procedure will be brought in by the autumn, and it is likely that direct registration with UKCP will ensue. A lot of preparatory work had gone into thinking through these changes, so the decisions came easily at the recent AGM. One of the nicer things to happen at the end of 2005 was a most favourable Quinquennial Review of PET undertaken by UKCP, for which we can feel proud. One of the assessors, Julie Fry, has now been welcomed on board as an External Examiner for our counselling programme.

The demands placed on us by the University of East London seem to be never-ending. This time the Quality Assurance Agency is undertaking an audit of UEL's relationship with us, and we are one of four collaborative partners (out of 50) chosen to be scrutinised. Naturally, we shall try to do our best to show UEL in a good light, and their staff are being helpful and supportive in the preparations for this visitation.

Internationally, the European Federation for Psychosynthesis Psychotherapy continues to thrive. Planning for the Summer School in Sweden from 9-13 August this year is well underway. We still have places, but hurry! **Contact Barbara.**





PET's Chairman Report

Hugh Lee Askar

The last few months have been a rather busy period at the Trust. The 25th Anniversary party was well attended and very enjoyable hit. Many thanks to Jenny Shepherd, Annalisa Caldon and others for organising such a lovely and lively party. It was great to check in with a lot of people that we have not seen for a while. It was a particular pleasure to see Fiona Miles at the party. She looked so well and happy, and her sudden untimely death, just a short while after, was a great shock to us all. She will be greatly missed.



Whitmore, our Trust President, who will now also be taking on the role of a Trustee. At our last board meeting, for the first time, we invited three student representatives to join us for a portion of the meeting. We found their contribution of great value and hope to continue this tradition of extending such invitations to other students in the future.

We were somewhat disappointed that not more of you could manage to attend the informal lunch on the day of our board meeting. I do want to encourage those of you who can spare the time to join us on these occasions, as it seems like an ideal time for us to exchange ideas and get to know one another.

The Board of Trustees has finally reached full strength with the election of John Shiers, Ian Horton and Chris Burgess to the board. We are very lucky to have these experienced and accomplished people among us and their contribution will, I'm sure, be of great advantage to us. A more familiar addition comes in the form of Diana

All good wishes for a great year for us all.



Hello and Goodbye

Annalisa Caldon

Once again the Trust has seen quite a number of comings and goings over the last few months:

We were delighted to welcome three new Trustees to our Board following the quarterly meetings in December 2005 and March of this year. Ian Horton, John Shiers and Chris Burgess have all decided to join us.



We will be telling you more about them all in our next edition of the Newsletter.

That being said, I would like to welcome them all, and wish them a successful time serving on the Board of Trustees.

We would also like to welcome to the Core Staff Team, Kevin Smith, who has taken on the position of part-time Office Assistant.

He has a BA in Human Sciences from Oxford, and his more recent background includes working on a publication on climate change, trade liberalisation and the G8 in preparation for the G8 summit last July.

He has been giving serious thought to doing some training in counselling or psychotherapy, and so wants to familiarise himself with the work through being in a similar environment – hence his presence here at the Trust.

We also have a goodbye:

Blair Booth, our Finance Manager, sadly decided to leave us after three and a-half years of working at the Trust. As you may have seen from the article she had in our

last edition of the newsletter, she was splitting her time between the Trust, COUI and the running of her own 'Peach Productions'. It seems that her life became a little too complicated for all three of these things, and so something had to give. Unfortunately for us, we were the ones that needed to make way.

I would like to wish her all the best with her future endeavours from myself and all the staff at the Trust. She was a valued member of the team.



Counselling Service and Marketing Review

Annalisa Caldon



My review for this issue of the Newsletter was born through an intense amount of resistance. I ran round making sure everybody else had written theirs and had handed them in, but entirely avoiding acknowledging that mine was still waiting

to be done. The problem was I didn't feel I had anything new to report. Nothing major had changed since the last article I wrote - nothing of immense interest that I felt I wanted to write about anyway. The Counselling Service has been ticking along - no outstanding numbers of clients registering with us and nothing extraordinary has happened like a huge wad of marketing money landing in our laps (and wouldn't that be fun!).

Some of this sense of 'nothing to report', I realised, stemmed from my frustration around lack of marketing and project budget. We've had a very limited amount of money to spend on marketing this year, and other projects are also on hold for the time-being. I feel that the Counselling Service could really do with a boost of energy in the form of a new project to get its teeth into, but these things aren't possible without some start-up budget, which just isn't available at the moment. This results in my role as Manager feeling more difficult and exhausting, as it means that I need to swim against a tide of apathy to keep members involved and interested in the same old, same old.

We also had about 7 of our members leave at the beginning of the year around membership renewal

time, which I found utterly devastating (loss isn't something I find easy to deal with!). Was it something I was doing? What was going on? Why were so many members leaving? In reality, I know that it is down to people's life circumstances rather than anything I am doing (or not doing). But it still, for me, left a big hole in the service. A hole we are now, thankfully, in the process of filling - taking in our first intake since this time last year, and I confess I'm very much looking forward to having new blood and new energy coming on board.

With regards to the Marketing - it's been slow to say the least. The Trust is working on a somewhat low budget, and we opted to spend most of it, once again, advertising the Essentials and Counselling Service. This, from what we can see of our trainee intake, seems to be the most effective way of spending our marketing budget, as this is where we get

new blood coming into the Trust - we did in fact have a record intake for the Foundation Year! Most of the budget went into re-advertising in *healthy* magazine (the Holland & Barratt magazine), which has increased from a bi-monthly to monthly.

Unfortunately, as we are still waiting for the new database to be up and running, tracking our marketing endeavours still leaves something to be desired. Until we can do this more efficiently, it is always going to be a little hit or miss, but we are doing our best with the resources we have available to us. It's been very hard trying to market all of the products that the Trust has available on such a small budget, but needs must. I guess it means we need to be especially creative when dealing with the marketing and so we are trying to come up with as many non-costly ideas for promoting the Trust as possible.

"It's been very hard trying to market all of the products that the Trust has available on such a small budget, but needs must."



CHILDREN OUR ULTIMATE INVESTMENT UK TEENS & TODDLERS UPDATE - Diana Whitmore

Greetings and kind regards to the Trust's newsletter readership,


The best news that I have to share with you is the support we are now getting from central government. In March this year, the Prime Minister's Strategy Unit visited a Teens & Toddlers project. They stayed throughout the whole session and loved the project! Additionally, we are receiving support from the DfES and the Department for Health. This all supports our aim for Teens & Toddlers to become a national programme.

Teens & Toddlers Delivery

Teens & Toddlers is now being delivered in six London Boroughs (Southwark, Islington, Greenwich, Tower Hamlets, Camden and Brent). Three of these programmes are 18 month Sustainability Replication programmes and deliver 3 Teens and Toddlers projects whilst training local authority facilitators. This means that 18 facilitators are currently working with approximately 160 at risk teenagers, in 24 nurseries with 24 counsellors on placement. **Trust students: please be aware of this placement opportunity, which is inspiring and innovative!**

Growth and Development

Delightfully, COUI UK was successful in achieving a four year grant of a substantial amount. We are poised for an acceleration of growth and development. Our vision for COUI is that we have the opportunity to create a synthesis of 'community and organisation'. This can only be through a process of collaboration and co-creation. Consequently, in February, we held a staff



meeting to co-create the values of COUI, so that all of our team could have a sense of 'ownership' of the organisation. Our core values arising from the day are: Honouring and Empowering Potential, Integrity, Inclusivity and Connection, Accountability and Transparency, Love and Service, Non-attachment to outcome and Responsibility to Embrace What Is. We ended the day with some work with the practical application of these core values, applying them to various Teens & Toddlers scenarios.

With the Trust, in September 2006, we will launch a UEL Certificate in Psychosynthesis Youth Work & Group Facilitation. Many of the students are Trust graduates who have trained to facilitate Teens & Toddlers. **We continue to recruit new in house facilitators from the Trust graduate body. If you are interested to train to deliver the project and help us train local authority people, do let us know!**

COUI UK is Moving Offices

We have outgrown our tiny rooms at the Trust and will be moving soon. We hope to continue our connection and collaboration with the Trust for groups and training. Our new offices are just down Bermondsey Street. COUI is grateful for the support the Trust has given us through two years of funding and offices for our early years of development.



Graduate Development Officer Caroline Chalk

Pathways to Growth

It has been brought to my attention that some people have not heard about the Pathways to Growth project yet. This was an initiative that came about over many years of planning with the sole purpose of finding a way to take Psychosynthesis out into the wider community. It is almost a year now since the first person registered as a Pathways Leader. As a Leader you plan and deliver workshops based on the basic principles of Psychosynthesis with the aid of a pack, which has an extensive, in-depth overview of Psychosynthesis, Psychosynthesis exercises and the basis for how to set up Psychosynthesis workshops. During this year, many other people have joined the Pathways project and it is continuing to grow. There are plans underway for training weekends in running Psychosynthesis groups to be made available to you at the Trust. If you have any questions or would like more information on Pathways, please contact Caroline on: cchalk@petrust.org.uk.

PPA – Psychosynthesis Professional Association

Our association is about to register its first official members! We have had a good response from graduates and students alike, interested in joining our new association. For the last 7 months, we have had a noble team of 5 people who volunteered to be on the interim board to help with the setting up of the PPA. They have been working away helping with the design of forms, letters, logo, accounts and much more.

One of the first activities of the PPA will be to elect the board of directors. Nominations for the board will come from the members themselves and be elected by the members.

There is to be party in July to celebrate the beginning of the life of this association and to remind you that the purpose of the PPA is to promote and develop excellence in the practice of counselling and psychotherapy by the promotion of professional training standards and to maintain and enhance the professional status of counsellors and psychotherapists. This also includes opportunities for creative networking and social events.

GSP – Graduate Studies Programme

We have had a wide range of events in the GSP over this last year with more great events to come. Look out for **Piero Ferrucci's** workshop which is taking place in November this year. If you have taken part in Piero's workshops before, you will know that he is an inspiring presenter. If you haven't experienced him directly, then now's your chance! We also have Gill Esmile from the Findhorn Foundation coming to run a workshop on Women in Leadership in December – another one not to be missed!





Poem by Naomi Duffield

Dedicated to the Psychosynthesis Education Trust (and inspired by Angels of Fire – Jay, Carolyn, Lizzie and Diana – my link pin)

The Return Journey

In still reflective waters,
High on the mountain side
Close to its source
Mature adult salmon
Swim up the river
Returning
To the sanctuary of the spawning pool
Where they prepare to birth.
The next generation

In noisy reflective classrooms
Close to London Dungeon
Maturing human beings
Return to the spawning pool
Of the Psychosynthesis Trust
Here they assimilate, integrate, and synthesise their life's journey
Preparing to spawn, nurture and guide
The next generation

As maturing human salmon
Enriched by the pain, crisis, ecstasy, sadness,
Of the valley river life
And ready
To return in service
I hear my calling.
Remembering who I am.
Realising where I have come from
The blessings, learnings, healings I have received
I prepare to journey home.
Back up the river
Up the mountainside
To the spawning pool
Where, in reflective waters
I will spawn, nurture and guide
The next generation.

I skillfully wend my way
Traversing opposing currents
Negotiating boulders and obstacles
Up the river of life
This is my quest and my training.
Reliving each experience
With reflective awareness
Willing my way up the waterfalls and torrents
Taking time to breathe in still reflective waters
Reminding me of home
But knowing it is yet an illusion
A memory of what is to come.

Guided by an inner blueprint
Which serves like a compass
I retrace my journey

Surrendering to the pulses of nature
The rhythms of moon and sun
And the hypnotic relentless
Draw of homeland
I steer my path upwards

Up the waterfall
Over the next obstacle
Handed in my essay
Got it back
Resubmitted
Got enough clients
Up the next waterfall
Reflected in my portfolio
Learnt which will is which
Strong will, skilful will, last will and testament

Another waterfall to climb
Another criteria to meet
Will I get enough therapy hours
And how on earth do you get a Psychosynthesis Supervisor
When you are half way up a mountain side
And all that is around you is sheep.

I wonder... ..
Would a sheep make a good Psychosynthesis Supervisor?
Probably not
It has only learnt to follow..

Never mind
Use that will
Up the waterfall
Practice Psychosynthesis

Maybe there is a subpersonality or two that might help
Oh no my inner child wants to go back down the hill
Alright I'll get the empty chair out
And dialogue with her

She says she needs a rest

And in the stillness
We visualise
The tip of the mountain
Or was that just a peak experience

Undeterred
I gather my inner child
And explain to her how important she is
The sun comes out
And she transforms into quality
That energises my tiring body
And kick starts us
Up the river

And as I approach that final spawning pool
That seems to move away
The closer I get.

I have one final request of the Psychosynthesis Trust
Please could you make it a bit easier?

PET's Corner

Replies to Invitations to the 25th Anniversary Party

Dear Jenny,

Thank you for your kind invitation for the Trust's 25th Anniversary Party on December 2nd! I am afraid Alan and I will be unable to attend as we have a prior long standing engagement for that weekend which we unfortunately cannot change.

I am always interested to have news of the Trust and to see how well it is progressing! Please will you convey my love and best wishes to Diana and to all the staff and not least my congratulations for all that has been achieved! I am glad for the small part I had to play during one of the steps along the way...

Thanks again.

Kind regards

Charm A. Barret

Dear Jenny,

The Trust's 25th Anniversary Party – 2.12.05

As advised to you by telephone, I am really sorry that I will not be able to take up the kind invitation to the Anniversary celebration. I will be working in Sweden that weekend.

Having been involved almost from the beginning in different roles, I always say to people that I felt I "grew up" at the Trust. Diana and Judith did a great job. I still have warm memories, including tears and laughter, of all the different places in which the Trust was held, together with all the people I trained with, or trained. I will miss not meeting up with colleagues and sharing old times. Also hearing about the present and the future direction of the Trust.

I wish you all a really enjoyable evening and also continued success.

With best wishes,

Irene Brankin

"Walking in a Winter Wonderland..." GREETINGS CARD DESIGN COMPETITION

In December 2005, the Trust sent out charity cards to wish our friends and colleagues "Season's Greetings".

We thought it would be more appropriate if we could actually have our own cards this year, so have decided to hold a design competition. As we know many of you are artistic and creative, we are sure there some of you who would enjoy the challenge.

Images can be full colour, and should not be overtly linked to Christmas, as not everyone celebrates it. We also thought it'd be good, but not essential, if they in some way reflect the Trust or psychosynthesis, maybe using the pebbles or eggs, etc. Any text on the front should also avoid mentioning Christmas. (Last year, the cards had "Peace, Health and Prosperity" on the front.)

The front needs to be either A6 (105 x 148cm: A4 folded in four), or 77 x 210 cm (A4 folded in three), to fit common sizes of envelopes. If you wish to produce something larger, you may do so, but it must be able to be scaled down to one of those sizes.

You needn't worry about the inside, as we will use the same text as last year, which was "Season's Greetings" in a variety of languages and fonts.

The prize will be a bottle of champagne or £25 worth of John Lewis vouchers, and of course, the glory of seeing your artwork in print and your name mentioned as the designer!

Please send your designs to **Jenny Shepherd** at the Trust by **Friday 30 June 2006**, making sure you clearly label them with your name, address and choice of prize. It would also help if you send them in stiff envelopes, to prevent them getting damaged. At present, we cannot promise to return the original to you. The winner will be announced in the autumn 2006 Newsletter.

Advertising Opportunities

If you would like your advert to be included in the Autumn Edition to be issued later in the year, then please send a hard copy to reach Annalisa Caldon, with a cheque for the appropriate amount, made payable to the Psychosynthesis & Education Trust no later than 1st August 2006. Please include your contact information.

Micro @ £35, Mini @ £45, 1/4 page @ £55, 1/2 page @ £65 and Full Page @ £100

COUNTRY BED & BREAKFAST

Well off the beaten track on the England-Wales border. Utterly peaceful with the wind in the trees.

Night-stays (from £20) or full-board weekends with led walks from the door - no need to use the car!

www.livinglightly.org.uk
01989-770461

Diary Dates 2006-2007

Date	Event	Cost
17 May 2006	Open Evening	Free
27 May - 29 May 2006	Graduation Studies Programme Workshop - Trainer: Malcolm Parlett Title of Workshop: Living Gestalt	£140.00
24 May - 28 May 2006	Essentials Training Course Brian Graham & Marilyn Kernoff	£420.00
19 June 2006	Open Evening	Free
23 June - 25 June 2006	Essentials Training Course	£420.00
30 June - 2 July 2006	Brian Graham & Anita Courtman	
24 June - 25 June 2006	Graduation Studies Programme Workshop - Trainer: Frania LeGuilly Title of Workshop: Reclaiming our voices, embodying sound, cleansing the soul through the healing power of sound	£105.00
19 July 2006	Open Evening	Free
26 July - 31 July 2006	Essentials Training Course Anita Courtman & Linda Simmons	£420.00
25 August - 29 August 2006	Essentials Training Course Anita Courtman & Marlyn Donovan	£420.00
TBA for September 2006	Graduate Certificate in Psychosynthesis Foundations	TBC
TBA for September/October 2006	Postgraduate Certificate in Psychosynthesis Studies	TBC
TBA for September/October 2006	Postgraduate Certificate in Transpersonal & Integrative Supervision	TBC
TBA for September/October 2006	Postgraduate Certificate in Transpersonal & Integrative Couple Counselling and Psychotherapy	TBC
TBA for September/October 2006	Postgraduate Certificate in Psychosynthesis Mediation and Conflict Resolution	TBC
16 October 2006	Open Evening	Free
11-12 November 2006	Graduation Studies Programme Workshop - Trainer: Piero Ferrucci Title of Workshop: The Power of Kindness	£150.00
14 November 2006	Open Evening	Free
16 December 2006	Graduation Studies Programme Workshop - Trainer: Gill Emslie Title of Workshop: Women in Leadership	£75.00
17 January 2007	Open Evening	Free
16 February 2007	Open Evening	Free
17 February - 18 February 2007	Graduation Studies Programme Workshop - Trainer: Asher Quinn Title of Workshop: DREAMS - FORGOTTEN LANGUAGE OF THE GODS - A Shamanic and Jungian approach in tandem	£150.00
TBA for February 2007	Graduate Certificate in Psychosynthesis Foundations	TBC
TBA for February/March 2007	Atrium Year in Psychosynthesis Psychotherapy (ATR7) (Non-UEL)	TBC
TBA for February/March 2007	Master of Arts in Psychosynthesis Psychotherapy (MA6)	TBC
15 May 2007	Open Evening	Free
20 July 2007	Open Evening	Free

Colour code key

Essentials

Open Evenings

Orientation Day

Graduate Studies Programme

Workshop

Early Booking for Essentials training course is £370.00 (for academic year 2006/2007)

For further details of our lectures and workshops, please contact us on **020 7403 2100**, or alternatively, please feel free to email us at enquiries@petrust.org.uk, or you can visit our website at www.psychosynthesis.edu.