

Diary Dates, 2008/2009

| ACADEMIC YEAR 2008/2009 | | |
|--|--|-------------|
| Date | Event | Cost |
| 22 October 2008 | Open Evening | Free |
| 25 October 2008 | Graduate Studies Programme: Smoke and Mirrors Trainer: Anstice Fisher | £85.00 |
| Thurs 30 Oct 2008 – Mon 3 Nov 2008 | Essentials Training Course: 1 5 Day Intensive Trainers: Anita Courtman & Brian Graham | £350.00 |
| 20 November 2008 | Open Evening | Free |
| Wed 3 December 2008 | UeL Graduation Ceremony at the Barbican Centre, Barbican Hall | |
| 12 December 2008 | Open Evening | Free |
| 19 January 2009 | Open Evening | Free |
| Thurs 29 Jan – Mon 2 Feb 2009 | Essentials Training Course: 2 5 Day Intensive Trainers: Marilyn Kernoff | £350.00 |
| 17 February 2009 | Open Evening | Free |
| 18 March 2009 | Open Evening | Free |
| Thurs 26 March – Mon 30 March 2009 | Essentials Training Course: 3 5 Day Intensive Trainers: Brian Graham & Anita Courtman | £350.00 |
| 23 April 2009 | Open Evening | Free |
| Thurs 14 May – Mon 18 May 2009 | Essentials Training Course: 4 5 Day Intensive Trainers: Brian Graham & Anita Courtman | £350.00 |
| 22 May 2009 | Open Evening | Free |
| 22 June 2009 | Open Evening | Free |
| Thurs 9 July – Mon 13 July 2009 | Essentials Training Course: 5 5 Day Intensive Trainers: Brian Graham & Marilyn Kernoff | £350.00 |
| 21 July 2009 | Open Evening | Free |
| Part 1: Fri 21 Aug – Sun 23 Aug 2009 Part 2: Fri 4 Sept – Sun 6 Sept 2009 | Essentials Training Course: 6 5 Day Intensive Trainers: Pauline Hancock & Linda Simmons | £350.00 |

Early Booking for Essentials training course is £300.00.

Early Booking for Graduate/Public Studies programmes, please see booking form available from the website.

For further details of our lectures and workshops please contact us for further details 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

P.E.T. News

Psychosynthesis & Education Trust Newsletter



Spring 2008 Edition

Annalisa Caldon



We realised (after our last attempt at an online version of the newsletter) that we knew very little about what you all think about the Trust gravitating more towards digital communication rather than paper-based communication.

As an organisation, the Trust needs (and wants) to get in line with environmental issues over the coming years, and going digital was conceived, (in part) as a way of saving on paper wastage.

However, we noticed that our last newsletter seemed to pass by without much comment at all. This got us to thinking (and worrying!) and we realised that we need to know what you think.

So Jim has written an article asking for your comments and we're enclosing a questionnaire. Be sure to check out our prizes - just for sending in the completed questionnaire too!

We have an article from Keith Silvester on the long and painful process of State regulation, and you will also notice that my post as Counselling Services

Manager is being advertised.

I have finally bitten the bullet and decided that, after 5 years in the post, it is time for me to move on. This has been quite a long drawn out and painful decision for me as the Counselling Service members are truly a lovely group. But I have come to a point where I feel that the job needs new and different energy, as do I. I will, however, be remaining at the Trust to continue with marketing activities (including the newsletter).

The Counselling Service Manager post will be advertised in Therapy Today as well as an email being sent out to all graduates, but please, if it appeals to you, apply! I have loved working in the role.

And finally, may I proudly present our lovely advertisement (shown on our Art News (page 6), but which, as you will see, I have also used as part of our front cover!). Our advertising agency, Bobbett, put this together for us for an advertising campaign in a new magazine called Shape Your Future. I think it's great!

Please note: The views in this newsletter are of the individuals concerned and do not necessarily reflect or imply endorsement by the Trust.

Diary Dates, 2007/2008 and 2008/2009

| ACADEMIC YEAR 2007/2008 | | |
|---|---|-------------|
| Date | Event | Cost |
| Thurs 15 May 2008 – Mon 19 May 2008 | Essentials Training Course: 4 5 Day Intensive Trainers: Brian Graham & Anita Courtman | £350.00 |
| Thurs 15 May 2008 | Open Evening | Free |
| Saturday 14 June 2008 | Graduate Studies Programme: Workshop: The Brain in the Soul Trainer: Peter Afford | £80.00 |
| Fri 20 June 2008 | Open Evening | Free |
| Part 1: Sat 12 Jul & Sun 13 Jul 2008 Part 2: Sat 26 Jul & Sun 27 Jul 2008 | The Next Essential Step Workshop Trainers: Brian Graham and Anita Courtman | £350.00 |
| Thurs 17 July 2008 – Mon 21 July 2008 | Essentials Training Course: 5 5 Day Intensive Trainers: Brian Graham & Marilyn Kernoff | £350.00 |
| Mon 21 July 2008 | Open Evening | Free |
| Friday 25 July 2008 | Graduate Studies Programme: Lecture: Divine Feminine Talk Trainer: Jo Chaplin | £20.00 |
| Fri 22 August 2008 – Sun 24 August 2008 & Fri 5 September 2008 – Sun 7 September 2008 | Essentials Training Course: 6 Double Weekend Format Trainers: Marlyn Donovan & Linda Simmons | £350.00 |

| ACADEMIC YEAR 2008/2009 | | |
|---|---|-------------|
| Date | Event | Cost |
| 5 September 2008 | Postgraduate Diploma in Psychosynthesis Counselling (CNG2) | |
| 12 September 2008 | Postgraduate Diploma in Psychosynthesis Counselling (CNG1) | |
| Sat 20 & Sun 21 September 2008 | Graduate Studies Programme: Workshop: The Critic and Saboteur Trainers: Ruth McAulay & Marilyn Kernoff | £170.00 |
| 19 September 2008 | Graduate Certificate in Psychosynthesis Counselling (Foundations) | |
| 20 September 2008 | Postgraduate Certificate in Transpersonal & Integrative Supervision | |
| 23 September 2008 | Open Evening | Free |
| TBA for September/October 2008 | Atrium Year in Psychosynthesis Psychotherapy (non-UeL) | |
| TBA for September/October 2008 | Master of Arts in Psychosynthesis Psychotherapy | |
| TBA for September/October 2008 | Postgraduate Certificate in Psychosynthesis Studies | |
| TBA for September/October 2008 | Postgraduate Certificate in Transpersonal & Integrative Couple Counselling and Psychotherapy | |
| TBA for September/October 2008 | University Certificate in Psychosynthesis Mediation and Conflict Resolution | |
| Thursday 2 Oct, 16 Oct, 30 Oct, 13 Nov, 11 Dec 2008 15 Jan, 29 Jan, 12 Feb, 26 Feb, 12 Mar & 26 Mar 2009 | Graduate Studies Programme: Ongoing Group: Women & Self Development Trainer: Cloud Taylor | £350.00 |
| Tuesday 9 Sept, 22 Sept, 7 Oct, 21 Oct, 4 Nov, 18 Nov, 2 Dec, 16 Dec 2008 | Graduate Studies Programme: Workshop: A Therapy Group for Therapist Trainer: Marilyn Kernoff | £160.00 |
| Saturday 11 October 2008 | Graduate Studies Programme: Workshop: The Divine Feminine Trainer: Jo Chaplin | £85.00 |

Operations and Development

Jim Wallman

Tell Us What You Want - What You Really, Really Want?



This issue of the Newsletter is a little different, as I'm sure many of you will have noticed. It's in print form for a start. Last issue we experimented with a full digital version, and discovered that our readership was not as wired into the internet as we first imagined. ***This edition is being posted out together with a really important survey questionnaire.***

Its aim is to make sure that our database is as up to date as it can be, and at the same time get vital feedback from you on the sort of newsletter you really want, the best way of getting it to you as well as something on how you feel about the Trust.

We would like to encourage as many people as possible to return the questionnaire - so, everyone who returns their questionnaire in the pre-paid envelope provided (or hands it in at reception) by 31 May 2008 will be entered into a prize draw.

First Prize is Tea for Two at the Ritz in London (or £75 in M&S vouchers, if you can't get to London).

Ideally we would like to distribute as many of the newsletters as we can wholly electronically if possible. This is not just to save money for other things (like building works, keeping course fees down, bursaries and new courses) - but it also lessens the environmental impact of all that paper and ink. In both finance and the environment, every little bit helps.

UEL Graduations

LIST OF GRADUATES WHO GRADUATED AT THE UEL GRADUATION CEREMONY - BARBICAN CENTRE ON FRIDAY 7 DECEMBER 2008

| Graduate Certificate in Psychosynthesis Foundations | | Graduate Certificate in Psychosynthesis Foundations | |
|---|-------------------------|---|-----------|
| ALEJO MORENO | Maria Lourdes | HERRON-WARD | Melissa |
| ALLEN | Carol | HOFMEYER | Jan |
| ANDERSON | Sue | HOUGH | Jean |
| ASTOR | Tania | JOHNSON | Andrew |
| BAKOVA | Natalie | KELLY | Michael |
| BANDEIRA | Rebeca | KIRPAL | Anita |
| BEECKMANS | Emma | LINKER | Kim |
| BODINGTON | Peter | MATTHEWS | Andrew |
| BORLAND | Madeline (Dayapakshini) | McDONAGH | Ann |
| BUSINARO | Claudia | McDONNELL | Angela |
| CERNOTTA | Flavio | MOFFAT | Antonia |
| DIXON | Lucy | PADMAVYUHA | |
| GOLDEN | Sue | POOK | Caroline |
| GONZALES-SQUIRES | Margarita | RUTKOWSKA-PARKES | Katarzyna |
| GOULVEN | Michel | SAVAS | Tricia |
| GREATREX | Lydia | SHAW | Susan |
| GREENWAY | Georgina | SQUIRES | Lisa |
| HAMILTON | David | WILLIAMS | Sarah |

LIST OF GRADUATES WHO GRADUATED AT THE UEL GRADUATION CEREMONY - BARBICAN CENTRE ON FRIDAY 7 DECEMBER 2008

| Postgraduate Diploma in Psychosynthesis Counselling | | Master of Arts in Psychosynthesis Psychotherapy | |
|---|----------|---|----------|
| BARUA | Rohan | JONES | Patricia |
| BLACKHURST | Jane | RICHARDS | Carol |
| DANIEL | John | | |
| DAVIS | Naomi | Postgraduate Diploma in Psychosynthesis Psychotherapy | |
| DE OLIVERIA | Eugenia | CARPENTER | Peter |
| ELLENDER | Peter | WEBB | Barbara |
| EVANS | Natalie | | |
| FEUCHT | Andrea | Graduate Certificate in Psychosynthesis Studies | |
| FRATER | Allan | DUFFIELD | Naomi |
| GUEST | Suzanne | | |
| HAGGAR | Janet | | |
| HOPE | Neil | | |
| JANJUAH | Nina | | |
| JELLEY | Marie | | |
| KERNEUR | Laetitia | | |
| MAKINSON | Angela | | |
| McCONNELL | David | | |
| PARKE | Hilary | | |
| PHILLIPS | Tricia | | |
| RILEY | Leigh | | |
| THOMSEN | Mette | | |
| TURNER | Philip | | |
| WINKELMAN | Alice | | |

The Building

Jim Wallman

The last year has been a little frustrating. We have been working hard on ways of improving the fabric and feel of the building and of course all of them are proving to be very expensive.

We have a vision for refurbishing the ground floor front elevation of the building (the worst part of the building) by repairing the rendering, adding colour and a new fascia sign, replacing the ground floor windows with modern double glazing, covering the grey tiles and constructing a wheelchair ramp.

This is major work, even if not quite a 'grand design', and cannot be done immediately or quickly - however, we currently plan to start the work during the summer of 2009.

It doesn't stop there - meanwhile we are going to start on the first part of our rolling refurbishment programme, starting with redecorating the entrance hall and stairs to the first floor and re-carpeting and redecorating Room 11. We will also be replacing the chairs in the counselling rooms on the ground floor. The programme will continue in 2009 with further redecoration of training rooms aiming to have them all redecorated by the end of 2010 (sooner if our finances permit).

Other major tasks on the five year building maintenance programme over the next few years include lift refurbishment, radiator and central heating overhaul and alarm system replacement.



Mock-up of how the building should look once painting and refurbishment work has taken place

it's a clear 'and') humanistic and integrative. This is good news as they have no intention of side-lining us.

There are, however, two unknowns at

“Recently, there has been a lot of anxiety about the way this will be done given that, in one government website statement, the only modalities recognised are cognitive behavioural, family-systemic and psychoanalytic/psychodynamic. In other words, humanistic and integrative seems to have disappeared.”

the present time. The first is we cannot determine how the SfH initiative will impact on the other two - either in the short- or long-term. The second is whether the terms 'humanistic' and 'integrative' would be kept as distinctive or inclusive enough.

Certainly in HIPS itself, we have been struggling with what these terms

really mean. Remember, the HIP section is the largest grouping within UKCP, and it is inconceivable that we would be abandoned.

As for the government statement concerning only the first three modalities, it is apparent from recent postings that they are starting to acknowledge this position as untenable, and it is likely that the position will change as soon as a minister from the Department of Health gives a clear instruction.

Some of this may well be due to the intense lobbying that is being done from within HIPS, UKCP and BACP. Within HIPS, we have a very active and erudite Politics Group and a Research Group. The latter has been busy gathering a comprehensive evidence base for humanistic and integrative therapy. So, although there is no room for complacency right now, the situation - unresolved as it is - is not necessarily so gloomy.

If you really want to find out more, you may wish to go to a one-day conference organised by Psychotherapists and Counsellors for Social Responsibility in London on Saturday 31 May: www.pcsr.org.uk

Keith Silvester

PART-TIME COUNSELLING SERVICE MANAGER POST

- TWO DAYS A WEEK

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- ADMINISTER THE MEMBERSHIP OF THE SERVICE**
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practitioners.

Recently, there has been a lot of anxiety about the way this will be done given that, in one government website statement, the only modalities recognised are cognitive behavioural, family-systemic and psychoanalytic-psychodynamic. In other words, humanistic & integrative seems to have disappeared.

This has caused a huge reaction from the HIP section in UKCP, and all UKCP registrants will have received a letter stirring them into action. Since then, I have received a number of worried communications wondering if humanistic & integrative (to which psychosynthesis belongs) has a future. I will attempt to address this from my role as Chair of Training

Standards in HIPS. Most of you will be aware that the government is planning to regulate the 'talking therapies', in the form of creating a register of all

Standards in HIPS. First, we need to separate out three distinct initiatives which are not formally connected at all.

One is the Statutory Register. This will be undertaken by the Health Professions Council, and it does seem clear they will include all current UKCP registrants, regardless of modality.

The second is the government initiative known as Improving Access to Psychological Therapies. This is very much linked to the NHS, and it is clear that CBT is very much flavour of the month. It is from this stable that humanistic & integrative seems to have been 'cinderellad'.

One reason for the love affair with CBT is that it can produce measurable results, often using randomised clinical trials (RCTs), around very acute symptoms using 'high intensity' interventions.

The third is the Skills for Health initiative, which has been asked to draw up National Occupational Standards for psychotherapy. SfH has set up a number of working groups, covering CBT, family-systemic, psychodynamic and (and

Art News

Jim Wallman



In February the Trust was host to an inspiring short exhibition of a collection of photographs by one of our students, Laura Fiedler.

Called TransendAnce - Where Spirit and Body Meet the set of eight large format photographs reflected Laura's strong sense of 'Movement' as a theme that threads its way from her early photographs of thirty years ago to current day investigations,

gathering momentum whilst exploring a journey that she sees as describing the development and 'shape' of her soul.

The idea of bringing art into the Trust's community has been well received and we plan to show the work of Katarzyna Pugowska. another student. in June, starting on June 1st. This time it will be an exhibition of oil paintings inspired by the artist's emerging journey with psychosynthesis.

It has been suggested that we might hold other arts events such as poetry reading, music or dance - and this seems like an excellent idea. Of course it depends on your support - if you would be interested in coming to arts events at the trust contact Jim by email. It only takes a handful of people to show interest and we'll get it



started.

We are also reviewing the Trust's pictures - some of which are on long term loan from members of staff or former students. We will be putting up a few new pictures over the summer, and rotating and moving existing pictures. Do let us know if you notice any changes - and of course your thoughts on the pictures we have chosen are always welcome.



**Advertisement placed in
Shape Your Future
magazine - April edition.**