

P.E.T.

News

Psychosynthesis & Education Trust Newsletter

Autumn 2007 Edition

"A mark of a sustainable organisation is that it is able to take note and respond to the changes going on around it."

- Brenda Squires, Chair of Trustees

Workshops, Lectures & Diary Dates for the 2007/2008 semesters

"The nature of counselling and psychotherapy may be undergoing a quiet 'sea change', which will inevitably need to be reflected in trainings."

- Keith Silvester, Programmes Report

Plus Teens & Toddlers News, an update on the Counselling Referral Service and the latest on what is happening in the running of the Trust itself . . .

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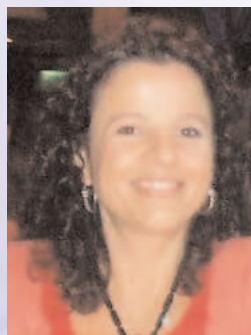
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1 Annalisa Caldon



This is our first version of an online newsletter (it is in fact our first newsletter for about a year!) . We decided to go ahead with the online version, in part, due to the cost impact of

getting a paper version designed and printed. It is not lost on us, however, how much more eco-friendly and in tune with the general feel about carbon footprints this format is!

For the time-being we are starting with a bi-annual version which will come out in the spring and autumn of each year. However we want to see the newsletter grow and develop over the years and hope that in time we may be able to

produce and update them more frequently.

It all depends on how active all of you readers are in sending in items for us to publish! We want the newsletter to be an interactive project that is alive with feedback, articles, poems, experiences, letters . . . in fact anything we deem appropriate for publication on our webpage.

So, we would also really welcome your comments and feedback on both the articles written and the newsletter itself (which would eventually go on our letters page) and want to include all of you in the growth and direction that the newsletter takes.

And in this issue, I think you will be very interested to read that there are a lot of new projects being started and/or looked into at the Trust and that there is a

general sense of the organisation pulling together and preparing for the future . . . one that looks both challenging and exciting.

I would particularly like to draw your attention to the 'Tried and Tested' article in the October edition of 'Psychologies' magazine, which features our own Essentials workshop! Big thank you to Milla Saunders who managed to sort that out.

Enjoy reading!

Please send any items you would like included (at the Editor's discretion) to acaldon@petrust.org.uk marking them clearly for inclusion in the newsletter.

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

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. Lady Diana Whitmore lead the trust from 1980 onwards.

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

The Psychosynthesis Trust is a company limited

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Letter from the Chair of Trustees

Brenda Squires



In any enterprise it is always salutary to take stock of the previous year. When we apply this to the Trust, I am confident that we are in a stronger

position now than we were twelve months ago.

At that time not only was our exact financial situation unclear but we were facing the future with uncertainty as to our overall viability. Unwise choices had been made eg. IT equipment contracts, and correct accounting systems were not in place which meant that the admin team faced an uphill struggle when trying to run the organisation.

Matters were exacerbated when the operational director, Jenny Shepherd, went on sick leave from November to March. Though we are not here blaming Jenny in any way, it must be said that this placed a strain on the organisation.

The silver lining in all this was that people pulled together. Keith, the Director of Programmes, and Barbara and Sandra in admin, worked hard at covering for her. Trustee Chris Burgess and Chris Papps, financial consultant, spent days clarifying the finances, whilst Hugh Lee Askar, trustee, dealt with solicitors and prospective tenants.

Preet Vadher, a chartered accountant, joined the staff on a six month contract and has done a valiant job putting fiscal procedures into place. She is now on the permanent staff.

After careful selection we were delighted to appoint Jim Wallman as Director of Operations and Development. Jim is a very able administrator and brings much experience and a varied set of skills to this post.

The training, which remains the mainstay of the Trust, continues to go from strength to strength. Feedback from students indicates that trainers are highly valued and that courses are, in the main, very well run. The training staff have adapted to

"A mark of a sustainable organisation is that it is able to take note and respond to the changes going on around it. Do we in today's fast changing world need to revisit the role of psychosynthesis and indeed the Trust?"

certain cost-cutting measures with maturity and an overall concern for the welfare of the organisation. For the coming semester student numbers are up which is a welcome sign of health.

Keith has done an excellent job over the last year. Not only has he managed change in a calm and diplomatic fashion, he has ensured the continuation of high academic standards and seen to it that the Trust enjoys good relations with like-minded organisations and professional bodies.

A mark of a sustainable organisation is that it is able to take note and respond to the changes going on around it. Do we in today's fast changing world

need to revisit the role of psychosynthesis and indeed the Trust?

Psychosynthesis as a philosophy has much to offer. The work of the late, much loved, Marilyn Feldberg in WYSE showed how it can be a tool for cross cultural understanding among young people. COUI, founded by Diana Whitmore, is leading the field in applying psychosynthesis to work with disadvantaged inner-city teenagers.

Does the success of these projects show that they represent ideas whose 'time has come?' The Trust offers an outstanding training in counselling, but have we now reached the stage where we need to address the wider areas of education and social change?



Operations and Development

Jim Wallman

What an interesting place PET is . . .



To be honest, I hadn't heard of psycho-synthesis before applying for this job – but in the five months I've been here it's felt a bit like coming home – everyone has

been so welcoming and it has been very nice to start to get to know everyone connected with the family of PET.

As most readers will know, I've arrived at the end of what have been quite difficult times for the Trust, and so I feel I've got quite a lot to do to get things into a rough sort of order. I'm realistic enough to know that nothing can ever be perfect – however, we have a little way to go before the Trust's administration is quite where I'd like it to be.

Inevitably, with the wide brief I have, there has been a degree of fire fighting in the job – getting a handle on the Trust's financial position being

up there at "No.1 Most Pressing Concern". Without boring everyone with the technical detail, I can summarise the Trusts financial health as "critical but not life threatening". And I must say I'm particularly grateful to Preet for her stirring work here – without her support the task of getting the finances back on track would have been problematic to say the least. We still all have some work to do to get the organisation back on track, but I'm pretty sure we can do that over the next year to 18 months.

To my mind there are two big areas that will help – strongly marketing our courses (our bread and butter) and developing the Counselling Service so that it can reach out to our business and resident community around here in Central London. With any luck, you'll be seeing more on both these fronts over the coming year.

Linked to this is the importance of developing the PET community – both internally amongst students, tutors, and alumni – and also by developing new contacts and strengthening partnerships with other like-minded organisations.

Much of this will come through further

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developments of the website – through this newsletter – through organising events and generally encouraging involvement at all levels.

Lots of other jobs, some mundane, some not so mundane, fall on my desk. Getting the windows and the front of the building cleaned and starting to develop a refurbishment programme for the building has been fairly important. I believe the working environment here influences how people feel about the Trust and the right environment helps to create a positive atmosphere. We can't yet afford to completely redecorate and refurbish the entire building straight way – but we will be able to make a start in the coming months.

Add to that sorting out roof leaks (with Sandra's help), helping Geoff clear rubbish, inspecting rooms, developing health and safety policies, reviewing



the ICT systems, writing databases, commissioning signage – plus all those things you'd probably expect someone as important-sounding as "A Director" to be doing; such as making important decisions, attending meetings, briefing trustees, developing future plans and doing some strategic thinking. Even though, being a man, I can't actually multi-task – I *am* really enjoying the diversity of things to do here.

What of the future? It seems to me, as the new boy, that the Trust has great opportunities for outreach – for bringing psychosynthesis to a wider audience – to those who might not normally be able to access (or even be aware of) the benefits of training in psychosynthesis.

Quite how this might look in practice I can't say yet – I'm too new – but, as Brenda Squires says, it might be, for all sorts of reasons, that psychosynthesis is a philosophy whose time has come and the Trust could be ideally placed as the organisation to make interesting new things happen.

Operations & Development (Cont'd)

Library Update

Welcome to Carolyn Wooldrige as a new student librarian for 2007-08 , and a goodbye and many thanks to Francis McQueen, who is leaving the role at the end of his studies. Carolyn joins Andy Johnson who remains for another year.

Concurrent with the new team forming is the introduction of a new library database, and the start of a project to re-catalogue all the books. As this is cataloguing going on, so books will be given a new accession number to help us track book movements.

There will be little obvious change for staff and students using the library to start with, but hopefully over the coming months you will start to see some changes.

We're also interested in taking on donations of any books on psychosynthesis, psychology or related subjects. If you have any old text books you do not think you'll read again then we would be very grateful to give them a good home.

In addition, we might finally have fixed the leak in the library ceiling! (fingers crossed). The leak has not reappeared during the recent rain and Geoff has done a great job of replacing the damaged ceiling tiles – so its looking a bit nicer in there now.

Finally, can I ask that anyone who has any PET library books at home that they're not using would they drop them back to the library – it will really help the cataloguing process.

Staff Changes – Autumn 2007

Leavers

- Our brand new receptionist Ed Payne left us for a more senior administrative role in the middle of July. He Was covered by Majejan Griffith until our new receptionist Jo Szepel-Golek joined us. Majejan has now left us to start the Foundation Year - good luck!
- Francis McQueen leaves the role of student librarian after two years as his studies with us have now finished. Thank you Francis for all your help.

Room Hiring Brief

As I'm sure everyone knows, room hiring over the last year or so has been problematic to say the least. The admin team has been struggling with a number of issues – mainly due to the way our database works – but also with staffing and other issues.

Although it might seem as though the chaos has reigned forever, we *are* starting to get things under control. With the introduction of some new systems and the inception of a project to replace the existing inadequate database we are expecting hirers to see a difference over the coming months. Of course, this cannot be done overnight, and I will try to keep everyone informed as we make progress.

In the meantime, if there are any problems (and to be realistic, there probably will be), or if you would just like to feed in ideas or thoughts on the room hiring process, do not hesitate to email me with your comments to jwallman@petrust.org.uk

We are also now inspecting all the rooms on a monthly basis to make sure the general standards are maintained, removing or fixing broken furniture and fittings etc. This is coupled with plans for a longer term refurbishment programme that will start to come into effect during 2008. To help us with this, if you are hiring a room and see anything broken or amiss, please report it to reception.

Finally, I would like to see if there is any interest in holding a regular room hirer's meeting. The idea would be to create a forum for the regular users of the building perhaps every three months or so. The format would probably be a short meeting taking maybe an hour or so. If you think this is worthwhile and something you might attend, email me (as above), or mention it to me if you see me around the building at any time.

Joiners

- Our new receptionist Jo Szepel-Golek joined us at the start of September, I'm sure everyone will make her feel very welcome.
- The term begins with a new student librarian Carolyn Wooldridge who will be with us for 2007-08.
- We have a new Graduate Development Officer in the very capable Caroline Duggan. Caroline joined us in August and is working hard on the new graduate studies programme and developing the Psychosynthesis Professional Association.

Programmes Update

Keith Silvester



Trainings can be highly unpredictable. If we went back a couple of decades we would find that there were waiting lists to get onto them, and training organisations

such as ours were interviewing potential students and cherry-picking the most suitable.

The 'climate' has changed considerably since then. Although there is potentially a bigger pool of people interested in personal growth and development, there is rather a surfeit of training courses in both the private sector and the university sector, and potential trainees are much more choosy and discerning about where they want to

train – and where they can afford to train!

Also, the era when we were one of the only main trainings to offer something transpersonal or 'spiritual', has gone, as many humanistic trainings have taken in such concepts as the higher self and subpersonalities (which we wanted them to do anyway!) So we may be entering an era in which only the fittest may survive.

Similar to global climate change, we can be exposed to great changeability and some extremes. For example,

"The nature of counselling and psychotherapy may be undergoing a quiet 'sea change', which will inevitably need to be reflected in trainings."

this autumn, we are having a 'bumper crop' of Foundation Year students beginning, but not so many starting the two-year counselling training. Also, after a few 'fallow years', our PG Cert in Supervision will be running – and on high numbers.

But what we face is not simply a

question of numbers. The nature of counselling and psychotherapy may

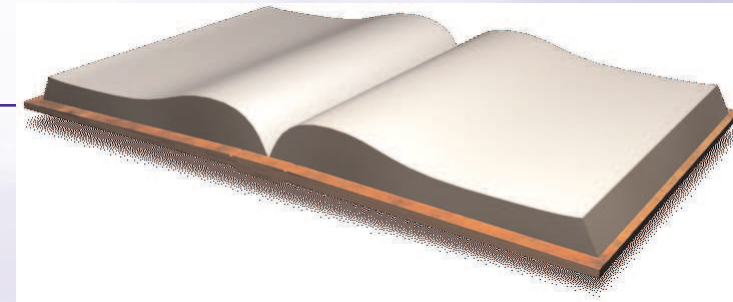
be undergoing a quiet 'sea change', which will inevitably need to be reflected in trainings. I would like to highlight my personal take on the changes likely to be taking place over the coming few years.

1. THE INDIVIDUAL IN GROUP AND ENVIRONMENT

The first is the increasing move away from the **individual** as the focus or site of attention, towards the **individual in group and environment**. This is more than about just talking systems approaches, as it embraces the ethics of relationship and global conscience. Already we are seeing MA dissertations which are addressing the impact of global change on the therapeutic process.

2. EDUCATION FOR LIFE

The second is the increasing trend towards therapy as **education for life**, rather than just the healing process. Within this education, there is room for incorporating psychodynamic, spiritual and environmental aspects, with a flexibility for both short-term and long-term work engaging the will. There stands to be much greater crossover



between the activities of therapy and coaching, and the relevance of our models to personal life and working life.

3. INTEGRAL PLURALITY

The third is the move away from allegiances to fixed theoretical models towards more **integral plurality**, where there is much less attachment to what we call 'schoolism'. This is as much to do with the moving on from the 'founder generation' of training institution pioneers to more collaborative ways of working across institutions.

4. STATUTORY REGULATION

Finally, there is still the whole question of statutory regulation for the talking therapies. Whether this will have much consequence for practitioners on the ground is a still an open question.

Psychosynthesis, and the Trust, are extremely well placed to embrace all of these trends. Our curriculum has developed in many ways which reflect this diversification, and we expect to expand into areas such as coaching as an example.

Programmes Update (Cont'd)

However, I believe there are some implications for the way we think about the theoretical models we use and, more specifically, the language we use to describe them. Here is one instance, and it concerns the influence of such people as Ken Wilber and Jorge Ferrer.

“In his Integral approach, Wilber has criticised the tendency within transpersonal psychology to used ‘reified’ language . . . that is, language which assumes fixed ‘givens’ of ‘what is’.”

In his Integral approach, Wilber has criticised the tendency within transpersonal psychology to used ‘reified’ language – that is, language which assumes fixed ‘givens’ of ‘what is’. He has argued that we need to take on the challenges of post-modern thinkers on the nature of language

and meaning.

Ferrer, with his idea of ‘one ocean, many shores’, has also challenged the prevailing idea that we are all heading for the same place in terms of spiritual development.

So, when we hear talk about “I am in touch with my true self”, or even “This is my ‘I’”, we need to be very careful how such language fixes self-identity in ways that are philosophically and academically unsupportable. In psychosynthesis teaching we need to rise to the challenge of reforming – or at least clarifying – our use of concepts and language.

GRADUATE DEVELOPMENT

Now for some other news. We are pleased to welcome a new Graduate Development Officer, Caroline Duggan, who takes over from Caroline Chalk.

She will be looking after the PPA and our Graduate Studies/Public programme. One of her tasks will be to further develop a joint CPD

programme we are beginning with ReVision, broadly around the theme of ‘The Visible and the Invisible in Therapy’.

EUROPEAN PSYCHOSYNTHESIS SUMMER SCHOOL

Another joint development, also in partnership with ReVision, is the organising of the next European psychosynthesis summer school which will be in Canterbury, 4-8 August 2008.

We have already appointed a summer school organiser, Steve Marshall.

CHAIR OF TRAINING STANDARDS COMMITTEE WITH HIPS, UKCP

On a more personal note, I am pleased to say that I have been given the dubious honour of taking over as Chair of Training Standards Committee within the HIPS section of UKCP.

Given the wealth of experience already existing within that team, the Trust will stand to benefit, as well as offer something from my involvement in this.

Meditation and Energy Psychology Workshop

26th and 27th January 2008

Reinhard Kowalski is a Consultant Clinical Psychologist in the NHS, a Psychosynthesis Psychotherapist and supervisor, and a Practitioner and Trainer in Energy Psychotherapy.

In his clinical and theoretical work he has been building bridges between CBT, psychosynthesis and Eastern meditation approaches. He has also developed a meditation programme (Mind-Balancing), which he teaches widely in the UK, Spain and Germany, both as professional development and self-development.

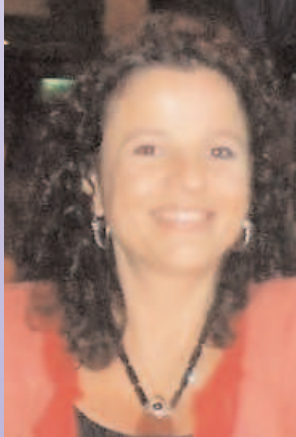
More recently Reinhard has embraced the latest developments in Energy Psychology into his work, in particular EFT and Seemorg Matrix Work. These approaches address the psychological after-effects of trauma by treating the person’s energy system through either the Meridian system (EFT) or the Chakras (Seemorg).

In his experiential weekend workshop Reinhard will teach his Mind-Balancing Meditation Programme, which contains elements from CBT and Psychosynthesis, and also introduce EFT and the basic techniques of Seemorg Matrix Work as instruments for removing blocks to personal and spiritual development.

Call 020 7403 2100 for further information

Counselling Service Update

Annalisa Caldon



Unfortunately, like many referral agencies and therapists that I know, the Counselling Service is slightly down on clients this year . . . this despite all our

marketing attempts!

I can only conclude that it is connected with the government's endorsement of CBT, which is having a devastating affect on some people's practices. I don't believe it will last, as CBT is only one tool in the vast toolbox that the therapy world represents. Sooner or later, clients with issues that are not sufficiently addressed through CBT, will start representing and things will have to change. In the meantime, we as a service, are having to deal with the fall-out from this, and this has meant that we have not been able to recruit new members this year, which I feel very disappointed about as I like getting to know the new faces that enter the service.

But the Counselling Service is growing and developing in other areas and at the moment we are seriously exploring the idea of branching out into the world of Workplace Counselling



Services (WCS), and taking full advantage of our location in London Bridge.

The Trust isn't set up to provide an EAP (Employee Assistance

Programme) which was the original plan, as this would also need to cover various insurance advice and a whole host of financial and other services which the Trust would need to outsource in order to provide.

We are, however, already almost set-up to provide a WCS, and with some adjustments and some hard sell of the many things we do already have to offer, we are hoping to launch a pilot scheme sometime in 2008. If successful, this should increase the client intake as a whole and will allow us to expand the Counselling Service, which we are always eager to do, and also reach deeper into the community.

Jim Wallman (Director of Operations & Development) and I are also exploring the idea of delivering services under contract to Primary Care Trusts in the London area. The NHS will be outsourcing a lot of its contracts and we are exploring the possibility of being able to provide Psychosynthesis to the wider community in this way.

In terms of Marketing, we have finally managed to get some editorial space in Psychologies magazine in their 'Tried and Tested' feature. This was down to a lot of hard work and

Check out the interview on Essentials in the 'Tried and Tested' feature of Psychologies magazine - on the shelves in October!

perseverance from Camilla Saunders, one of the Counselling Service members, and I am very grateful to her for her tenacity with the journalists! Check out the article in the October edition.

General marketing at the Trust is still focusing on the Essentials and Counselling Service as our main source for new trainees. Healthy magazine has proven to be successful and we are continuing our campaign with them.

All in all, it feels like we are entering an exciting and busy phase in the life of the Counselling Service. A phase where the true value of what we can bring to the community as a service is being tried and tested . . . and ultimately where the importance of The Service's position as an integral part of what the Trust has to offer is being acknowledged.

Teens & Toddlers News

Diana Whitmore

It has been a challenging and expansive year for Children Our Ultimate Investment UK as we began to deliver Teens & Toddlers Sustainability Replication programmes regionally, outside London and we are working with ever increasingly at risk young people.

We are currently delivering Teens & Toddlers in nine local authorities. We have been successful in the marketing of our Teens & Toddlers Sustainability Replication Programme. Our Clinical Service continues to provide counsellors on placement at all 36 nurseries we deliver the programme in.

Ironically, few Trust students come on placement with us. What a shame. A full time Research Officer started with us at the last autumn and we have hired the long awaited Business Development Manager who knows London local government well, and will work alongside myself with PR and social marketing.

TEENS & TODDLERS FACILITATORS

In all of our programmes, including Sustainability Trainee Facilitators,

there are 91 Teens & Toddlers Facilitators, 30 of them In House Staff Senior Facilitators.

Our Facilitator Training has just been accredited (by ABC, who is recognised by the National Youth Agency) as a Diploma in Youth Work Level 3. This is the qualification that, in 2010, will be required for all people working with young people.

Our Track Record

We have delivered over 40 Teens & Toddlers projects, with over 1,200 teens on our data base.

For the National Award in Interpersonal Skills, nearly 100% of participating teens are choosing to work towards the Award and we have a 98% Pass Rate. For many of our

teens, this new and positive experience of themselves, is leading to: truancy from school going down, increased self esteem and aspiration and GCSE predictions going up. This is consistently being reported to us by the schools and our Research Officer is going to evaluate these outcomes.

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DfES

Endorsement

It is these outcomes that have led to the DfES now endorsing Teens & Toddlers as a Youth Development programme as well as a teenage pregnancy prevention and sexual health

project. Recently published central government guidance documents all recommend Teens & Toddlers as a 'well evaluated focused intervention for at risk young people'.

The Teens & Toddlers project addresses the five core outcomes of



Every Child Matters, and achieves positive outcomes across a wide range of educational, health and social exclusion indicators.*

**The DfES, 'Teenage Pregnancy Next Steps: Guidance for Local Authorities and Primary Care Trusts on Effective Delivery of Local Strategies', the Teenage Pregnancy: Accelerating the Strategy to 2010 and Reaching Out, an Action Plan on Social Exclusion and the recently published 'Youth Action Prospectus'.*

Teens & Toddlers News (Cont'd)

The DfES says of Teens & Toddlers:

"We are keen that all areas are aware of the Teens and Toddlers programme as a targeted intervention for young people most at risk of teenage pregnancy and other poor outcomes. Please forward this letter to local teenage pregnancy coordinators and also to the Targeted Youth Support leads in your Government Office."

"The independent evaluation of Teens and Toddlers has not only shown an impact on reducing teenage pregnancies but also on increasing participants' self esteem, aspiration and educational attainment. As such it has potential to help areas support the most vulnerable young people as part of their local teenage pregnancy strategy and the targeted youth support arrangements all areas are expected to have in place by March 2008. Teens and Toddlers is highlighted in Teenage Pregnancy: Accelerating the Strategy to 2010 and Targeted Youth Support: A guide, to reflect its relevance to both programmes."

"The success of Teens and Toddlers is founded on creating an environment where at risk teenagers, both boys and girls, can experience first hand the demands of parent-child relationships and understand the implications of becoming a parent for their future life. Additionally, participating young people earn a National Award in Interpersonal Skills (NCFE) which impacts significantly on their educational attainment; and personal development is enhanced through learning and practising interpersonal skills whilst mentoring a small child and gaining valuable work experience."



Regional Developments

Beside our existing London programmes, during the next two terms, we will be launching Teens & Toddlers Sustainability Replication programmes in: *Manchester, Harlow Essex, Kent, Redcar-Cleveland, Haringey, Northumberland, Basildon and Birmingham.*

Central Government support

We have had VIP visits from Cabinet Minister Pat McFadden (Social Exclusion) and a Councillor from Brent.

I was invited to Houses of Parliament for a breakfast with MP Graham Allen to discuss youth social exclusion.

Last summer, I attended a reception at Cabinet Offices by Ed Miliband MP, Phil Hope MP and Gilian Merron MP.

This is good news as it would indicate that, with the change of government, I am still included in gatherings for social exclusion and teenage pregnancy.

The Transpersonal Gift of Art - in memory of Marilyn Feldberg

Angela Schutz



It was Brian Graham and Vivienne Fogel who chose the painting 'Still Light' in memory of Marilyn Feldberg among the pictures of my latest exhibition.

Did they choose it or did Marilyn choose it herself? From what Vivienne told us at the memorial evening it seems that Marilyn had indeed a lot to say in this decision. It was her nudging Vivienne back to the painting whenever she started wondering if another one might be better: "It's this one I want!" she seemed to say and so Still Light has found its new home in room 11 at the Trust.

Still Light is one of my favourite paintings. It is actually one of two. The first one is called Chaos and I painted it in a state of inner turmoil and confusion, a time of frustration and struggle. Once I got it out on paper, I felt much calmer and ready for Still Light to be born. It was as if the storm of Chaos had settled and all the swirling bits were happy to take their place in the pattern of Still Light. Through the creative process I had moved from the state of chaos into the state of stillness.

In Gabrielle Roth's model of the 5 Rhythms stillness is associated with death, with the completion of a cycle. It is the space between the out- and the in-breath, the moment we stop and embrace the mystery of ourselves in a song of silence. Here we find wisdom, compassion and inspiration. Inspiration that then moves us back into life, into the flow of a new movement, back into the process of creation.

Still Light embraces both, the stillness of death and the light of life. Marilyn has completed her cycle here on earth but the light of her spirit keeps shining. It shines through Still Light, a painting that opens a door for her to connect with the people who recognise her in the shapes and colours. I am honoured to have played a role in creating this doorway and humbled by the transpersonal gift of the creative process.

All the arts hold within them this transpersonal gift. It contains what is uniquely us and at the same time reaches

out to what is universal and connects us with others. This connection cannot be willed, it cannot be attained through skill but can only be received through

every human being and an ability to help people believe in themselves. The following passage written by Robin Tanner, a Quaker artist, therefore might speak to her as much as it speaks to me:

I believe in the powers of ordinary men and women; in their immense potentialities; in their capacity to rise higher than themselves; in their essential creativeness; in them as artists. I do not believe in the 'chosen few': I believe in us all.

I believe in work. I believe in play. On the whole I see no distinction. Let us not be afraid of work! Play-games-poetry-music-

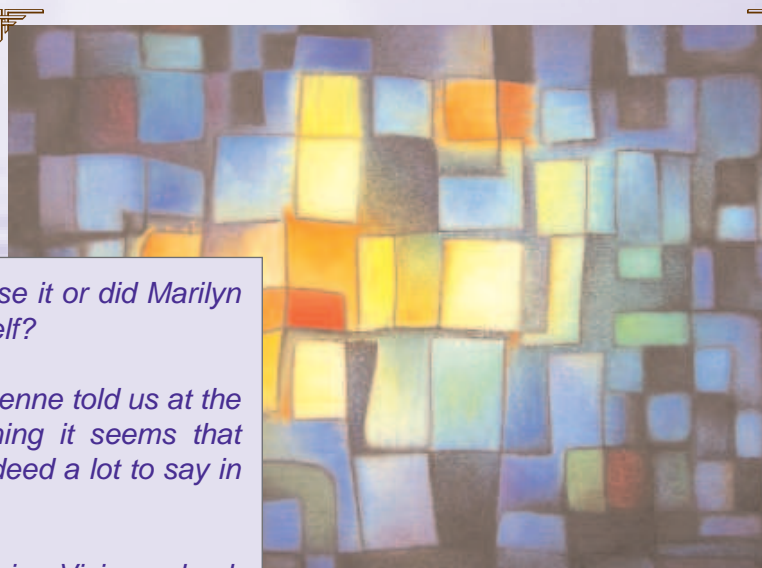
openness and trust. Only when I let go of my expectations and immerse myself in the process this gift can be given to me. Only when I

movement, all the Arts, are unnecessary yet absolutely essential. They make possible the impossible and reconcile the irreconcilable.

Thank you, Marilyn, for believing in my potential and for choosing my painting.

let myself play like a child with earnest ease the magic and mystery of life can be revealed and I can spread my wings and take off from the limited grounds of my personality.

Marilyn struck me as someone who had a heartfelt belief in the creative potential of



"Did they choose it or did Marilyn choose it herself?"

From what Vivienne told us at the memorial evening it seems that Marilyn had indeed a lot to say in this decision.

It was her nudging Vivienne back to the painting whenever she started wondering if another one might be better: "It's this one I want!" she seemed to say . . ."

P.E.T.'s Corner!

Courses and Advertising

MEDIATION AND CONFLICT RESOLUTION

Psychosynthesis really lends itself to working with conflict, whether in the field of groups or more globally - likely to be an enduring world-concern in the years to come. Our models and transpersonal perspectives have something very key to offer. *Our University Certificate programme will start in the spring of 2008.*

As a 'taster', **Keith Silvester and Jenny Engstrom** will be running an introductory weekend on working with conflict from a psychosynthesis perspective on **8 & 9 December 2007.**

No particular prior experience needed. SEE WEBSITE

Couples Work Training

We still have room on the **one-year PG Cert. in Couples Counselling and Psychotherapy**, which starts in the **spring of 2008.**

It will consist of **10 weekends** and would appeal to the growing number of practitioners who work with relationship issues.

A guiding ethos of this programme is the emphasis on the 'non-traditional' partnership - i.e. people who are not necessarily white, middle-class, heterosexual, or able-bodied - which many trainings tend not to address.

The programme will be run by Suzanne Dennis and John O'Reilly.

SEE OUR WEBSITE FOR MORE DETAILS

Articles for 'PET News'

We will be producing a **Spring 2008 Edition** of the newsletter and would love to include your articles, poems, book-reviews, news, letters, photographs . . . anything in fact that you wish to send us.

We will be happy to include it (at the Editor's discretion of course!), so please get it to us by **January 31st 2008.**

Advertising in the Newsletter

If you have something (a course, workshop, holiday home etc.) that you would like to advertise, then please send a hard copy to reach acaldon@petrust.org.uk, with a cheque for the appropriate amount, made payable to the Psychosynthesis & Education Trust, no later than 31st January 2008. Please include your contact information.

**Micro @ £35, Mini @ £45, ¼ Page @ £55, ½ Page @ £65
and Full Page @ £100**

Please note: Inclusion of advertising at Editor's discretion

P.E.T.'s Corner!

Letters to the Editor

Dear Auntie

I am worried about my wife's eating disorder. At every meal time she will only eat fat. I'm finding this very distressing as I can't stand fatty food. I think its affecting our relationship - what can I do?

Jack S.

Auntie says: My friend Mary P has the perfect magic solution: Soup or calorific fragile lipstick XP allergy dhosas. But that can be quite atrocious too at meal times.

We are hoping that in the next newsletter we can include some real letters from our readers, but to get us started we've included a couple of spoof ones in this issue. Strange, but I thought that Aunt Pet looked uncannily like Keith Silvester!!

Dear Auntie

My partner Oliver and I are very close, but he does tend to blame me whenever things go wrong – even quite small things – claiming that this is “another fine mess” I’ve got us into. This often makes me cry.

I don’t want to break up the partnership – what can I do?

“Stanley”

Auntie says: Clearly you will stay together through thick and thin. Tell him he should be more congruent and 'walkie his talkie'!

Diary Dates – 2007/2008

2007

Event	Trainer	Date	Cost
Open Evening		Wed 19 Sep 2007	Free
Graduate Certificate in Psychosynthesis Foundations		Fri 21 Sep 2007	£3,045.00
PG Certificate in Transpersonal and Integrative Supervision (SUP5)		Sat 22 Sep 2007	£1,650.00
Atrium Year in Psychosynthesis Psychotherapy (ATR7) (Non-UEL)		Fri 28 Sep 2007	£3,900.00
Workshop Series: Women and Self-Realisation (Graduate Studies/Public Programme)	<i>Cloud Taylor</i>	6.30pm – 9.30pm Thursdays: (2007) 4 Oct, 18 Oct, 1 Nov, 15 Nov, 29 Nov, 13 Dec (2008) 10 Jan, 24 Jan, 7 Feb, 21 Feb, 6 Mar, 20 Mar Plus All day Sat 15 Dec 2007 and 29 Mar 2008	£400.00
Lecture: Into the Labyrinth – Creativity, Ourselves and our work (Graduate Studies/Public Programme)	<i>Judith Edwards</i> <i>Annie Moorish</i>	Fri 5 Oct 2007	£20.00
Open Evening		Thu 18 Oct 2007	Free
Workshop: Kabbalah for Psychospiritual Psychotherapists and Counsellors (Graduate Studies/Public Programme)	<i>Will Parfitt</i>	Sat 3 Nov and Sun 4 Nov 2007	£150.00
Essentials Training Course: 1 5 Day Intensive	<i>Brian Graham</i> <i>Anita Courtman</i>	Thu 8 Nov – Mon 12 Nov 2007	£350.00
Open Evening		Tue 20 Nov 2007	Free
Workshop: Working with Conflict – A Psychosynthetic Approach (Graduate Studies/Public Programme)	<i>Keith Silvester</i> <i>Jenny Engstrom</i>	Sat 8 Dec and Sun 9 Dec 2007	£160.00
Open Evening		Wed 12 Dec 2007	Free

Early Booking for Essentials training course is £300.00.

Early Booking for Graduate/Public Studies programmes, please see booking form.

Last update Thursday 30th August 2007

Diary Dates – 2007/2008

2008

Event	Trainer	Date	Cost
Essentials Training Course: 2 <i>5 Day Intensive</i>	<i>Marilyn Kernoff</i>	Thu 17 Jan 2008 – Mon 21 Jan 2008	£350.00
Open Evening		Fri 18 Jan 2008	Free
Open Evening		Mon 18 Feb 2008	Free
Essentials Training Course: 3 <i>5 Day Intensive</i>	<i>Marlyn Donovan</i> <i>Anita Courtman</i>	Thu 6 Mar 2008 – Mon 10 Mar 2008	£350.00
Open Evening		Wed 16 Apr 2008	Free
Essentials Training Course: 4 <i>5 Day Intensive</i>	<i>Brian Graham</i> <i>Anita Courtman</i>	Thu 15 May 2008 – Mon 19 May 2008	£350.00
Open Evening		Thu 15 May 2008	Free
Open Evening		Fri 20 June 2008	Free
Essentials Training Course: 5 <i>5 Day Intensive</i>	<i>Brian Graham</i> <i>Marilyn Kernoff</i>	Thu 17 Jul 2008 – Mon 21 Jul 2008	£350.00
Open Evening		Mon 21 Jul 2008	Free
Essentials Training Course: 6 <i>Double Weekend Format</i>	<i>Marlyn Donovan</i> <i>Linda Simmons</i>	Fri 22 Aug 2008 – Sun 24 Aug 2008 And Fri 5 Sep 2008 – Sun 7 Sep 2008	£350.00
Postgraduate Certificate in Transpersonal and Integrative Couple Counselling and Psychotherapy		T.B.A. for Feb/Mar 2008	£1,650.00
University Certificate in Psychosynthesis Mediation and Conflict Resolution		T.B.A. for Feb/Mar 2008	£1,650.00

Last update Thursday 30th August 2007

Early Booking for Essentials training course is £300.00.

Early Booking for Graduate/Public Studies programmes, please see booking form.

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