

Psychosynthesis & Education Trust Newsletter

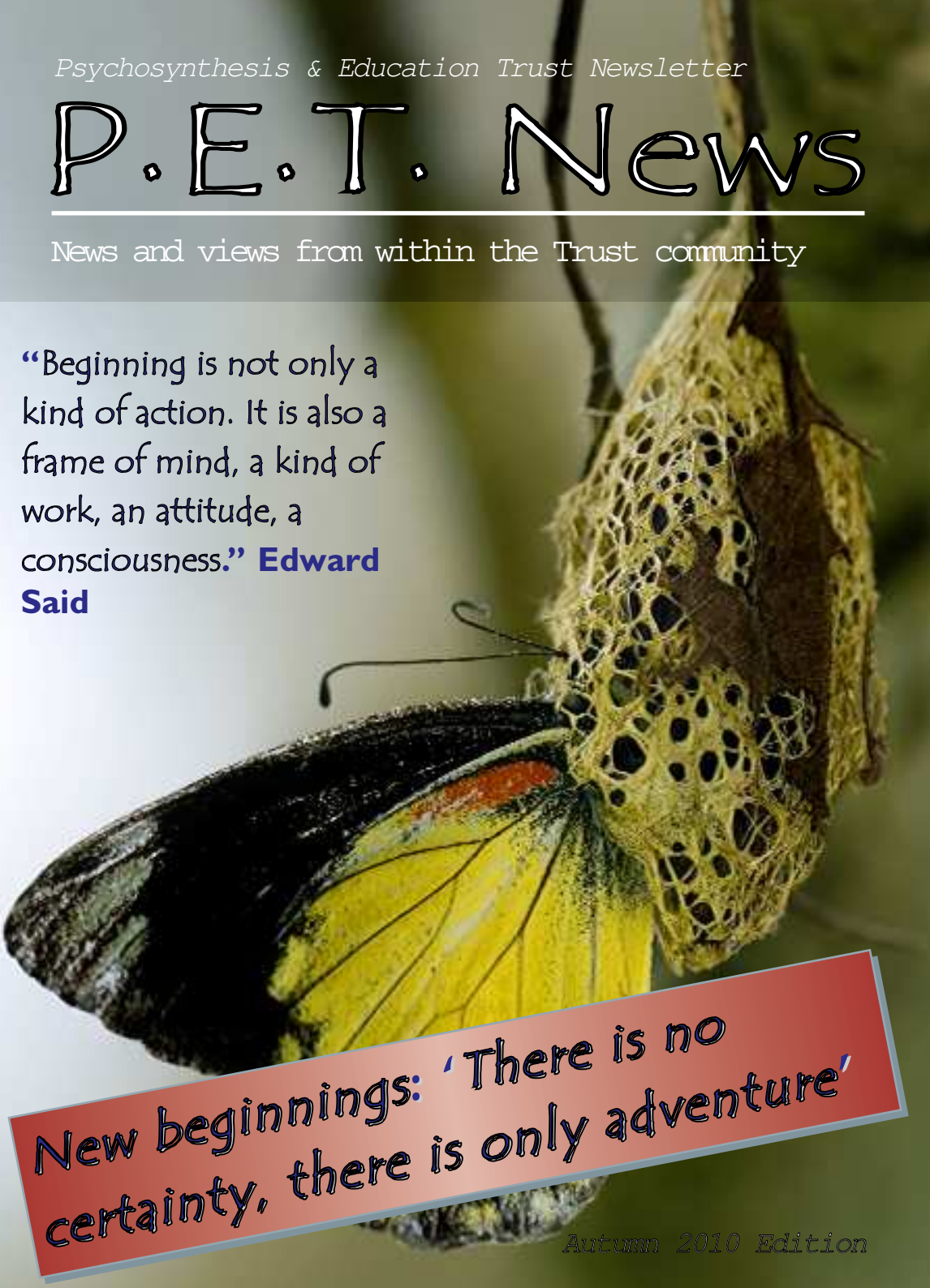
P.E.T. News

News and views from within the Trust community

“Beginning is not only a kind of action. It is also a frame of mind, a kind of work, an attitude, a consciousness.” **Edward Said**

New beginnings: ‘There is no certainty, there is only adventure’

Autumn 2010 Edition



TRUST STAFF TEAM

Director of Operations

Jim Wallman

Training Manager

Sharon Brittain

Marketing Manager

Annalisa Caldon

Counselling Services Manager

Felicita Mander

Office Manager

Sandra Pemberton

Finance Manager

Preet Vadher

Senior Administrative Officer

Meesha Patel

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Marcella Jenoure

Credit Control

Mary Perera

Graduate Services Officer

Caroline Duggan

Admin Assistant/Receptionist

Jo Szepel-Golek

Nicole Barton

Caretaker

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Helen Sieroda

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Barry Bartman

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

Editorial

Annalisa Caldon



Welcome to our latest edition of P.E.T. News.

This year has been a difficult one for the Trust community. With all the upheaval caused by the restructure I think many people are left exhausted and wondering what next?

In this issue, Jim Wallman has taken on the unenviable task of trying to explain what actually happened and what will be happening over the coming months in his article 'Continuity and Change at the Trust'.

The restructure does mean that we have a lot of staff changes and additions, so he has also written an update on all staff movements on page 17. And to assist with introducing our new staff, Jo Szepel-Golek has this month written an interview with our new Training Manager Sharon Brittain, who took over from Franca Le Guilly when she moved back to France. I think this will give you a bit of an insight into the woman behind the job!

On top of all the unrest within the Trust, we have also had the unrest from outside the Trust to deal with. The deep recession the country is currently struggling through of course has an impact on the running of the Trust. The most difficult part of this being, for me, the fact that people just don't seem to be

digging into their pockets to sign up for trainings or courses - however low-cost they may be!

During a marketing workshop I attended recently, I was much reassured to realise that we are doing mostly the right things as far as marketing is concerned. But these are very difficult times and most businesses are in the same position as us right now. Something that can feel very disheartening, when it is such an uphill struggle getting past the recession lethargy and inspiring people to attend workshops and trainings.

But on a brighter note, Helen Sieroda has written a progress report for the 'Ecopsychology in Action' project, the new programme that the Trust is putting together, and of which I have been a part of the team. This has been a labour of love for the group involved in getting it started and we are very passionate and excited about the programme that is being developed. And we already have some bookings for it!

There is, of course, much more but I will leave you to explore the rest of the newsletter yourselves. Enjoy!

If you wish to submit something for the Spring 2011 issue then please email it to acaldon@petrust.org.uk by 14th Jan 2011.

Please note: All items will be considered, but subject to the editor's discretion. For all enquiries call 020 7403 2100.

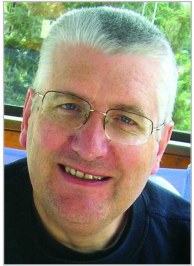
We are pleased to announce that this newsletter has been printed using recycled paper and printing materials wherever possible.

Continuity and Change at the Trust

An inside view by Jim Wallman

‘Plus ça change plus c’est la même chose.’

- Jean-Baptiste Alphonse Karr 1808-1890



The first part of 2010 has been a significant time for the Trust.

The impact of the recession on student numbers has been a major contribution to

falling income and deepening the already serious financial challenge that the Trust has been working with for the last four or five years. Inevitably this brought forward a root and branch review of the financial and organisational model of how we run our training and how we can go forward as a going concern.

WHAT HAS CHANGED

The Trustees have altered the Charity's senior management structure to move from two equal directors to a single director. In March this year the role of Director of Programmes was disestablished and Keith Silvester stepped down - although he continues to be active within the training as a freelance trainer and supervisor. This decision had significant financial and organisational impact and was an important aspect of the recovery plan.

The second significant change is in the

way the Charity employs trainers, in that we now have what we call 'staff trainers' who are permanent employees as distinct from a wholly freelance training staff. The training is now being delivered by a 'mixed economy' of permanent staff and freelancers - a model widely used in many similar training organisations. This change is an important part of allowing us to develop the training team and provide consistency and continuity.

The third significant change is that the trustees have strengthened their role in oversight of the academic programme by creating a Curriculum Committee, chaired by Helen Sieroda, which brings together experienced psychosynthesis professionals from the Trustee Board and the senior staff team, together with study tutors and trainers and occasionally experts from other organisations.

The terms of reference for this committee is to critically review our curriculum, to maintain a strategic oversight on how courses develop or mutate with time and to ensure that our standards and practice are being regularly reviewed and evaluated.

The fourth and most recent change has been in the relationship between the

Trust and the Psychosynthesis Professional Association (PPA). For a number of years now, the Trust has held a controlling interest in the Association, and it has now decided to relinquish that control to the membership, providing them with an opportunity to grow and develop as a truly independent professional association. The impact of this development and the shape of the new independent association will no doubt emerge over the coming months.

CONTINUITY

The individual staff trainers are not new to the Trust. The new team is made up of experienced psychosynthesis practitioners and trainers who have been part of the training programme and the Trust community for some time.

The staff trainers are working alongside freelance peripatetic trainers, who continue to deliver many of the thematic weekends on our courses (particularly in areas of specialisation) exactly as they have done before. And, of course, the arrangements for using freelancer supervisors continue unchanged.

From the student's perspective, not only is this substantially the same pool of trainers available, but they also have continuity in the shape of their study tutors who continue to be largely the same team of people as before.

Overall our aim is to ensure that the student's experience is constructive,

“It has been important to us all that the standard of training remains unaffected throughout the process of change. In some cases we are taking the opportunity of change to review and develop some of our thematic weekends that have not been reviewed in a while – using the opportunity change throws up in a creative and constructive way – which may, perhaps, lead to even better quality for the future.”

professional and consistent. One of the new areas of consistency, for example, is the introduction of Learning Support Agreements (LSA) - which ensure clarity for the student, trainers, supervisors and tutors. These LSA are also common practice in most academic settings. The training team has also been revising and simplifying the student handbook and other materials in response to feedback from students and others.

It has been important to us all that the standard of training remains unaffected throughout the process of change. In some cases we are taking the opportunity of change to review and

Continued on page 15

The Future in Your Hands Progress Report

An update on the 'Ecopsychology in Action' programme

by Helen Sieroda

It has been less than a year since PET decided to develop the 'Ecopsychology in Action' Programme. PET asked the working group to give an update on how this new venture is taking shape.

It's been really exciting to see how swiftly things have taken form and seeing something come together that we feel has a deep importance. We've been overwhelmed by the enthusiasm and interest of others. Helen's 'wish list' of guest presenters all got behind the project from the start – their support and generosity has been amazing. These are all leaders in their fields; their encouragement and belief in the project gave us the confidence to 'go for it'.

Being part of a small and committed working group has also been a real gift. Annalisa reflected on the enjoyment of working within a team that gels and works well together – how organic this can feel as each person naturally takes responsibility for the parts of the process where they have their strengths.

This sense of being a part of a supportive, forward looking team has

been inspiring, especially during the period of uncertainty and turmoil within PET. It has given us all a sense of the vision, energy and potential just waiting to be tapped within the organisation - despite everything it is going through!

On the down side Annalisa commented on the despair we all felt at working so hard to pull the one

"This sense of being a part of a supportive, forward looking team has been inspiring, especially during the period of uncertainty and turmoil within PET. It has given us all a sense of the vision, energy and potential just waiting to be tapped within the organisation - despite everything it is going through!"

day conference together and not getting the level of response hoped for the first time round when we had to cancel in July – and not knowing how to address the inertia of others.

All in all, with both the success and the failures, it has been a huge learning curve.

Associates outside of PET really 'get' the importance of a psychosynthesis response to questions of responsibility and sustainability that integrates personal reflection with a focus on effective and compassionate action in the world.

The next challenge, in this tough economic climate is going to be converting interest into a commitment to participate on the programme. We have already taken the first bookings and are hopeful that it will be a great success both for the participants and for PET.

If you would like further information on this course, please visit our website at www.ecopsychosynthesis.org.



the psychosynthesis
& education trust

'The Future in Your Hands'

*A one year course starting
February 2011*

Do you enjoy a challenge? Are you ready to grow personally and professionally? Do you care about environmental and social justice?

This programme is intended for people from a variety of areas including business, education & health professions who wish to explore new perspectives in a personal and practical journey focused towards effective and compassionate action in the world.

The course will encourage you to find your own ways of responding to the question of how to meet challenges, live, work and lead in more responsible and sustainable ways.

Grounded in psychosynthesis and with guest presenters from other disciplines bringing diverse perspectives, the course will create space for fresh ways of thinking and open possibilities for a rich new synthesis of ideas.

Please note: this pilot programme is being offered at cost price

**For further information
www.ecopsychosynthesis.org**

For information on any of our trainings and courses go to www.psychosynthesis.edu
92-94 Tooley Street, London Bridge, London SE1 2HT
enquiries@petrust.org.uk tel: 020 7403 2100

Meet the Newby!

Jo Szepel-Golek talks to staff behind the scenes, this issue with one of our newest staff members Sharon Brittain



Sharon joined us in July 2010 taking over the position of Training Manager from Frania Le Guilly, and is responsible for managing the Trust's Psychosynthesis training curriculum as well as continuing to develop

an inspirational learning programme. I have been intrigued to find out more about this newcomer, interviewing her barely a month into her new job, and I find her a pleasure to interview; she is very candid and honest, detailing her experiences and memories with sincerity. Here is what I found out . . .

Sharon has always worked in the voluntary sector and felt that it was time to step away from front line work, and although she has always used the Psychosynthesis model wherever she has gone she was drawn to the opportunity to work with Psychosynthesis in a more direct way. She believes that Assagioli put together the Psychosynthesis model not only for counselling and psychotherapy but as an approach that can be applied to anything; education, health, industry . . . you name it! That taking the principles into other fields can make such a difference and the model we are already teaching can be applied to practically anything, because whoever comes in, whatever they are working in, can be viewed as the client. She explains that when people get an understanding of Psychosynthesis they feel incredibly empowered, and for me it is clear to see how passionately she feels about Psychosynthesis and keeping it limitless in its possibilities.

Originally trained as an addiction counsellor, Sharon started working in an organisation called RAPT (Rehabilitation of Addicted

Prisoners Trust), subcontracted by the prisons to run a psycho-spiritual therapeutic community for the inmates. After this she

“Sharon believes that Assagioli put together the Psychosynthesis model not only for counselling and psychotherapy but as an approach that can be applied to anything; education, health, industry . . . you name it!”

worked for an organisation called Brighton Housing Trust, managing the addiction and residential services for homeless, crack and heroin addicts. She then came back up to London to work in an alcohol rehabilitation and mental health project, where she was given a lot of creative freedom to treat each client with a personally tailored programme. Returning to RAPT, this time as Training Manager, she was responsible for training 250 staff, counsellors, managers and also running team development training and 1-day specialist trainings. But what Sharon was really interested in during this time was self care training, because so many people in that environment needed help in becoming conscious about their relationship with themselves.

So when did Psychosynthesis come into her life? Whilst working at the Brighton Housing Trust she felt ill-equipped to deal with the complexity of the job and realised she needed further training. Two students, who were studying at the Institute, introduced her to Psychosynthesis and she says it was like the

penny dropped and suddenly everything felt aligned. Psychosynthesis could give her the framework she needed, both personally and professionally, and she trained at the Institute, and has had a private practice since 2005. She reflects on the difference Psychosynthesis has made to her life, her whole world view, how everything makes sense and is put into a context, and how in many ways the lowlights were in fact the highlights.

I ask what has been the biggest obstacle she has overcome. She begins by talking about the beliefs she once had about herself, of having such poor self-esteem and being so narrow in her vision and sense of herself. But then for a second she seems in conflict. She explains that thinking back she has overcome some huge things. But at the time they were so liberating that the sense of being held by something so much bigger and the experience of being absolutely connected was so deep, that the

resulting feeling was of great potential and possibility.

Sharon is very inspired by nature and is moved by moments of connectedness with the earth and the natural influence. In

fact she loves the outdoors so much she is currently busy organising her camping wedding! She shares with me that the happiest time in her life was when she worked in a very basic turtle project for 6 months in the wilderness of northern Cyprus. She recounts

just how extraordinary it was and that this also marks her most cherished moment. This happened during one night, whilst with her two children, waiting by a marked nest on the beach so as to monitor the eggs, so that when they hatched they weren't picked off by other animals on their walk out to sea. Suddenly a meteorite shower spread across the sky with extraordinarily beautiful hues of green and blue, which they all watched with wonder. Eventually they all dozed off, only to awake to baby turtles crawling all around them, whilst one of her children was yawning and the other, a toddler, was crawling along with them!

Sharon feels very fed and nourished by her client work and is touched by the capacity of the human spirit to endure against all odds. Growing up in a very scientific household she harboured a secret belief that there was magic and now what makes her heart sing, what triggers her passion, is the mystery of alchemy, psychosynthesis and the transpersonal; 'You can't prove it but I know its there!'

Although she doesn't regret and wouldn't change things in her life, she would have liked to have more time with her children when they were little. I ask what advice she would give to her childhood self, and her response is 'You are so much more than you ever imagined'. So her greatest achievement . . . ? Yep, it's her kids! One son and one daughter of whom she is immensely proud.

I have been moved by Sharon's openness, her forthcoming reflections in colourful detail, and nearing the end of our interview ask her if she could live by one motto what would it be? "Dance like nobody's watching, sing like nobody's listening and love like you've never been hurt before", and I leave inspired at all the possibilities life can hold.

Saving the World

Barbara Hill responds to Helen Sieroda's article 'Roots and Wings' featured in the last issue of P.E.T. News.

Last spring P.E.T News sent out a wake-up call about Ecopsychosynthesis, linking it with Ecopsychology. An article by Helen Sieroda asked us to recognise our interconnectedness with all living systems because this is the way to develop and deepen an awareness of our 'more than human world'.

My awareness of interconnection and interdependence is the way I now see the world, recognising how embedded I am in this larger living 'Whole'. This view doesn't require any leap of faith but sometimes, to my secular surprise, I get a spiritual sense of love and care for everything. It is a feeling that comes from within but also seems to surround me. Naturally such feelings ebb and flow but they seem to create a potential beyond ego. I can't define what this means but for brief moments something can seem to dissolve as though everything is love without separation or barriers (of course, professionals may have some psychological explanation for this experience that I don't yet know!)

Generally, however, many of us seem to live with disconnected feelings of separation and alienation from each other, and see ourselves detached from the rest of the living earth. I think this may be due to an anxious fear that we are on our own without the sense of security that sustained older generations. We know so much more,

and many have lost a simple trust in God. There is a real need to feel in control, giving us the illusion of being powerful in a destructive culture of winners and losers. We often seem to generate feelings of self-hatred as we try to have control over our bodies and nature. Our bodies are often thought of as machines and this mechanistic view is still prevalent even amongst environmentalists searching for ways to save us from climate change. In the 1980s Earth was imagined as a spaceship on which we were all trapped and trying to escape. It is a frightening world and many people turn back to their Father God, who they believe, is in charge and can therefore do anything. Like children who believe that because 'Daddy' can make everything all right they don't need to have any personal responsibility.

Many of our ancestors believed that patriarchal Father Gods gave mankind dominion over the earth. The power of these patriarchal religions produced hierarchical authority structures that required a father to be dominant within the family to instil a general fear and respect for the wider social controls of law and order. But the old structures and certainties are fragmenting. Modern technology and communications have expanded our horizons, altering our lives forever. Now we have to grow up, for there is no chance of a return to that previous

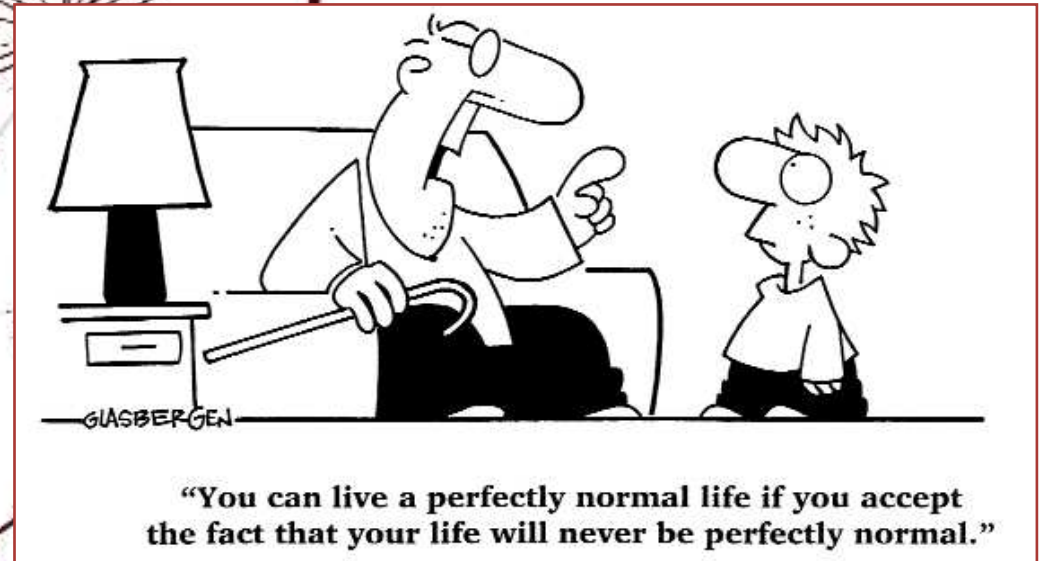
mind-set, no matter how much those in authority might wish to put the clock back!

In his poem, *The Second Coming*, W.B. Yeats visualised how "Things fall apart; the centre cannot hold;" I think this feeling of inner fragmentation has become a more frequent experience for many people. It was certainly part of my journey. My struggle for some sense of psychological integrity and 'wholeness' in response to 'shattering' changes in my life drove me on. Now I am surprised to sense myself as 'process' in a larger 'Whole', rather than a 'self'. Each time is huge and its mystery and complexity beyond comprehension, but I often like to imagine the Big Bang as an orgasmic explosion, with Earth conceived and going through embryonic and foetal development until humanity emerges in order to give birth to a larger evolving consciousness. Heaven knows how scientists would react to such crazy

conjecture!

Ecopsychology seeks relationships between the personal and the planetary. A precise definition of what this means is complex and confusing but I have tried to describe my experience of this interconnection. Ecopsychology is also concerned about our present destruction of the planet. A metaphor for generalised human behaviour might be that of an individual who self-harms. It is sometimes said that the Earth is hurting, but it could be we who are hurting if we are the mind of the Earth. Perhaps we need to share each other's perceptions and insights about how we can begin to save the world and ourselves.

Barbara Hill is a retired Lecturer in Further Education. She studied Transpersonal Psychology with Ian Gordon Brown in the 1980s and completed the Essentials course at Tooley Street in spring 2009.






WYSE International, Dr Andrew J McDowell, Director

A report on an international project applying psychosynthesis to inspire young people ...

Imagine 35 young people from 26 different countries gathering to explore their leadership potential

Every summer for the last 20 years, WYSE International, a UN registered charity, has been making this happen in various parts of Europe, Asia, the Americas and Australia.

The Leadership Programme is offered through practical and experiential exercises. Topics covered include: self-development, diplomacy and successful relationships, economy and the environment.



WYSE has worked with 18-32 year-olds from over 110 different countries, accomplishing huge developmental transformation within individuals and the groups. It empowers potential leaders, releasing their creative will and developing their skills – thus also positively influencing the wider circles of family and community.

Barriers of all kinds dissolve under the facilitation team's expert guidance – and these

highly trained, experienced, professional facilitators believe so passionately in these programmes, that they donate their time to the charity! A coaching support programme continues after the training, to help participants realise their goals and stay focused.

Imagine the impact they have as they create this worldwide network of friends with shared values and objectives ... here are a few examples:

A young Indian woman was inspired to raise money to help her village. With the physical help of fellow WYSE participants during the Christmas holidays, they built a school and rice-mill for her village.

A black South African shares his story: from life on the streets, to support younger siblings; through beatings in jail to survival and wilderness training. At WYSE he discovers he is not alone – and now works with disadvantaged youth.

Young men and women from the Middle-East, Africa and Europe commit to changing attitudes around racial discrimination; violence against women; and awareness around sexual health.

Young business executives from Europe and North America seek to improve working communications from within their large corporations, and influence their companies on environmental issues.

Just a small sample of so many who have been inspired to make a difference. Young people like these are seen, acknowledged and empowered to go forward and change our world for the better.

Participants' comments:

"Where do I begin? I am overwhelmed with emotion... Thank you for a life-changing flourishing experience." **Sara (Kuwait)**

"It's been inspirational – not just motivational... much deeper and more meaningful than that. I've discovered myself. It might well be the greatest discovery of my life."

Pranav (Nepal)

"I carry with me a full basket of inspiration from the teachers here, from the light in their eyes and their heart. The teaching was amazingly professional."

Elyakim (Israel)

"Writing this letter and reconnecting with all the experiences, feelings and encounters brings tears to my eyes... an incredible, life-changing and so down-to-earth experience that has powerful, transformational potential." **Stephan (Germany)**

"It is a programme for people that care, whether you've got it all figured out or not." **Mabel (Dominican Republic)**

"My mind has been opened leaving me with a much stronger curiosity and excitement about the world, its problems and how I can make a difference." **Caroline (UK)**

"I have learned that leadership also includes the ability to sit comfortably with huge discomfort and contradiction." **Nele (Netherlands)**

"I feel I'm ready to start to make a big change (slowly) in my personal life and in my community. It is the best experience I've ever had." **Fabio (Brazil)**

If you know someone who would benefit from this experience please write to:
info@wyse-ngo.org or, WYSE International, 6 Cotleigh Rd, London NW6 2NP.

For more information also visit the website : www.wyse-ngo.org
(World Youth Service and Enterprise, UN affiliated registered charity)

Benefits of Meditation

Sundial House Centre for Group Creative Meditation - an article by Niki Adamson.



Within the vast world of the soul there are the glorious peaks of spiritual contemplation where all sense of effort melts away and where man abandons himself completely to the influence of the Spirit, but in order to reach these heights he must first tread a long, weary path - to achieve the state in which pure contemplation is possible requires a tough, methodical work of purification, self-discipline and ascent.

Roberto Assagioli's words, included in the compilation book, *Transpersonal Development*, indicate the difficulty we all face when learning to meditate, and we meditate in order to connect with our Soul, or Higher Self, and thence with the greater whole, the Universal Self, if you like. How do we get there? How do we achieve the 'peace that transcends all understanding'?

This is a question that must have been asked of him many times, and his response was that we need to withdraw our consciousness into the conscious 'I' - the centre of the area of consciousness at its normal level. And for this, we need silence - both outside and within. Then we reflect, by observing externally and visualizing inwardly, and then contemplate deeply, by which act we can merge subject (you) and object into a 'living unity'. Only then, in meditation deep, do we start to sense peace, harmony, joy - all the desired states that

traditionally fill the top third of the psychosynthesis egg.

Those of us who have glimpsed this sense of pure being-ness will appreciate how important - essential even - the regular practice of meditation is. Not only is it beneficial for us as individuals, but the outer effects of our inner work are very real, and important. By meditating with a group of people -

“Meditation is a means whereby we can become intermediaries; it develops the higher uses of the mind and the hidden capacities to work on more subjective planes, and training in it releases a new creativity and constructive power.”

physically in the same place or esoterically in the conscious field - we are spreading positive good will and serving mankind. Forty years ago, Nancy Magor and Michal Eastcott wrote: Meditation is a means whereby we can become intermediaries; it develops the higher uses of the mind and the hidden capacities to work on more subjective planes, and training in it releases a new creativity and constructive power.

Assagioli gave his valuable input to creating the Sundial House Centre for Creative Meditation, which was built by Michal and Nancy, and the Training Course in Group Meditation was born, a three year course in which participants undertake to meditate regularly on specific laws and principles, building a group energy field that benefits all. During the course, participants are encouraged to report to their individual mentor, via e.mail, on progress, difficulties, insights, and the mentors in turn respond with encouraging and supportive feedback. One participant wrote recently: I sense, and have always sensed, a profound depth of 'holding' in my work with Sundial House .

Many of us connected with Sundial House are psychosynthesis trained practitioners. For us, group creative meditation is a natural successor to the training; the collective aims and energy of the training course make sense and support us as we develop our own therapeutic practices, encouraging our clients towards the heights of balance and self-awareness.

For more information, do contact us at sundialcentre@talktalk.net, or take a look at our websites: www.creativegroupmeditation.org and www.goodwillmeditation.co.uk

Continuity and Change at the Trust

Continued from page 04 ...

develop some of our thematic weekends that have not been reviewed in a while - using the opportunity change throws up in a creative and constructive way - which may, perhaps, lead to even better quality for the future.

And, of course, we remain validated by the University of East London, who have been fully involved in the organisational developments at the Trust and have been very supportive of what we have put in place.

UPHEAVAL

Change is a dynamic and troublesome process. Not everyone involved in working at the Trust has agreed with the choices made by the Trustees, and some have chosen to express themselves trenchantly. A small minority have moved on to new challenges, feeling that they could not support the changes that have been put in place.

The Trustees and I respect those who have made their principled position

open, honest and clear and I would like to recognise here their contribution to the life of the Trust over the years and wish them well in their new path.

The future, as ever, remains unknowable - we have put in place new structures and ways of working that, in principle, place the Trust in a much stronger financial and organisational position to continue to promote psychosynthesis and deliver high quality training. It is early days in this transition and we will be closely monitoring how we are doing over the coming academic year.

It will be up to us all to work hard towards making the Trust more than merely viable - but to flourish and become a dynamic and energetic centre for psychosynthesis.

And that is our collective challenge for change in the coming years.

"Sometimes life pushes us, and there is usually wisdom in it that we only see later."

Psychosynthesis – New Perspectives and Creative Research The Best of The Synthesist Journal, edited by Will Parfitt.

Book review by Karen Baillie



It is always good to read a new psychosynthesis book and in this volume, Will Parfitt has brought together a variety of articles and poems that were originally published in the Synthesist Journal.

The authors cover a wide range of subjects and individual interests - from astrology, Gnosticism and alchemy to prison work, international co-operation, the therapeutic relationship and authenticity. Whilst some subjects are very specific and may not appeal to all, the variety means there should be something for everyone. I particularly enjoyed Keith Hackwood's two chapters on his thoughtful and heartfelt work within prisons, John Bunzl's inspiring piece on Forgiveness and Global justice and an anonymous contribution on the transforming power of love in therapy - it is always good to be reminded of that!

I also really loved the way the book was presented with poems interlaced between each longer article, this made it a very enjoyable read and the poems were absolutely delightful - they made me smile, they touched me and they reminded me that creative expression is at the very core of Psychosynthesis. On the basis of what I read here, I will certainly be adding some of the poetry books listed at the back to my own bookshelves.

I think this interweaving of thinking and ideas, with imagination, intuitions and felt and lived experiences is what the book does well. It creates a colourful and creative patchwork of personal and professional experiences, all held within the container of Psychosynthesis.

Something that I did find somewhat confusing was that some of the chapters read more like essay or dissertation research material rather than journal articles. I wondered whether the authors were students or if the articles had been adapted from essays. This is not really a problem in itself, but in terms of style and readability it meant I wasn't always sure why and for whom the author was writing and it did occasionally break the flow for me.

The title - 'New Perspectives and Creative Research' led me to hope (perhaps naively) that it might have examples of the creative and transpersonal research methods covered by Braud and Anderson and it was a bit of a personal disappointment that this wasn't the case. There is no doubt that all the authors are really committed and involved in their subject areas but this book does not cover research in the academic sense, transpersonal or otherwise and readers need to be aware of this. However, it is a creative and enjoyable book that offers up some unusual subject areas to the Psychosynthesis community, making it a welcome addition to Psychosynthesis literature.

References: Braud W., & Anderson R. (1998) Transpersonal Research Methods for the Social Sciences. Sage Publications.

Staff Changes

An update on staff changes within the Trust

LEAVERS

Keith Silvester has stepped down as Director of Programmes following the Trust's reorganisation at the end of March. He continues to work with the Trust as a freelance trainer and supervisor.

Frania Le Guilly stepped down as training manager because she has moved to France to live. She will, however, continue working with the Trust in her new role as a Staff Trainer.

NEW ARRIVALS

Sharon Brittain has taken up the key role of Training Manager - see the interview on page 7 for more on her background.

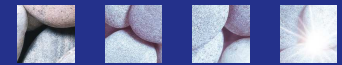
The first of the new staff trainer roles were appointed at the end of the summer. These are **Brian Graham**, known to many who have been through our training as one of our senior and experience trainers. He is joined by **Dragana Djukic** who originally trained at the trust, as well as spending eight years working in the Italian psychosynthesis institute.

Our study tutor team as been enhanced by the addition of **Duncan Lawrence** as MA study tutor and **Allan Frater** on the Postgraduate Diploma.

Duncan has a strong background in research and diversity issues and has been well known as one of our regular peripatetic trainers.

Allan is a practicing psychotherapist with a background in the charity sector and experience as a trainer at the Karuna Trust.

Photos from the top: Sharon Brittain, Brian Graham, Dragana Djukic, Duncan Lawrence and Allan Frater



the **psychosynthesis**
& education trust

M.A. in Psychosynthesis Psychotherapy and Professional Accreditation

"Psychosynthesis may also be considered as the individual expression of a wider principle, of a general law of inter-individual and cosmic synthesis; each and all are included in, and part of, the spiritual super-individual reality."

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The Trust is an accrediting member of the United Kingdom Council for Psychotherapy (UKCP) and a founding member of the Association for Accredited Psychospiritual Practitioners. Graduates are eligible to apply for registration, enabling them to be included on the UKCP's National Register of Psychotherapists. The Trust is also a founding member of the European Federation for Psychosynthesis Psychotherapy, a Europe-wide organisation and member of the European Association for Psychotherapy.

**M.A. Open Evening to be held at the Trust
on 26th Nov 7pm-9pm**

Starts February 2011 (Validated by UEL)

For further information on these and all our courses go to www.psychosynthesis.edu
92-94 Tooley Street, London Bridge, London SE1 2TH or email: enquiries@petrust.org.uk telephone: 020 7403 2100

Notice Board

Information from within the Trust community ...

Interested in receiving low cost supervision for £15.00 fortnightly?

I am looking for therapists to supervise during my M.A. in supervision at WPF. I have worked as a psychotherapist for 17 years, both for the NHS and running a private practice. I am UKCP registered.

I graduated from Chiron and also have trained in EMDR, Cognitive behavioural therapy and Family therapy. Areas I currently specialise in are personality disorders, eating disorders, post-traumatic stress disorder and general psychotherapy.

Contact Punam Sood on 020 7261 9886 or email: pusoo7@yahoo.com

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