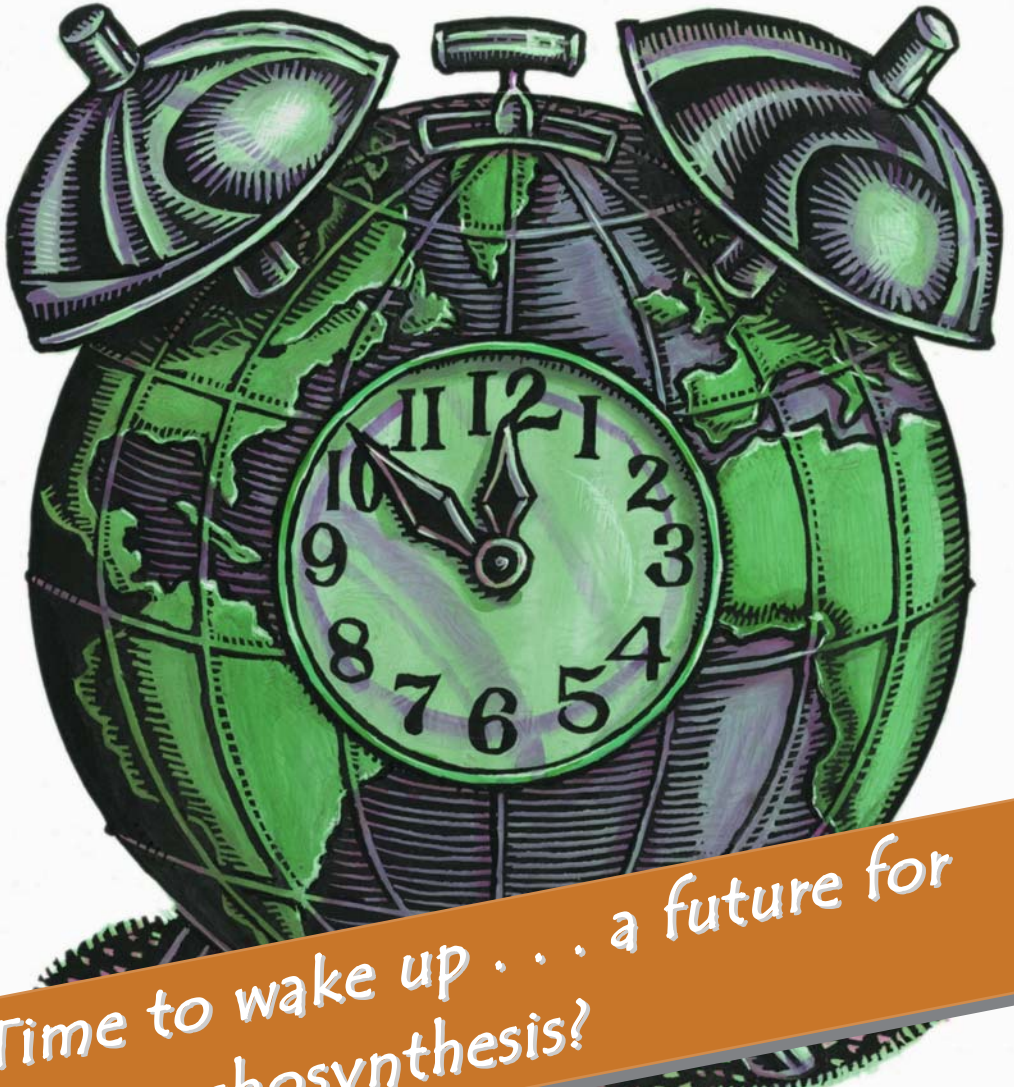


Psychosynthesis & Education Trust Newsletter

P.E.T. News

News and views from within the Trust community



**Time to wake up . . . a future for
Ecopsychosynthesis?**

Spring 2010 Edition

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For all enquiries call
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Spring 2010

Newsletter layout: Annalisa Caldon

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



We're delighted to bring you such an interesting and packed Spring 2010 edition of the newsletter. The theme of this edition is 'ecopsychology', which is featured in various articles throughout the newsletter, including the centrespread by Helen Sieroda giving a 'potted' definition of ecopsychology and a taste of what it is about this emerging field that captured her imagination. Alongside this we have a review of the 'Landscapes of the Mind' conference in Devon by myself, a review of Zita Cox' upcoming 2-day workshop on Environmental Constellations and also of Suzanne Dennis' workshop

'Ecopsychology in Action'.

Keith Silvester has written about PET's Annual Training & Research Conference and there are also reviews of Michael Soth's workshop on 'Embracing the Paradigm Clash between the Medical Model and Counselling and Psychotherapy' by Elisabeth Braun and the Devon Essentials by Ricky Lock . . . plus much more! Phew!

We hope you enjoy the newsletter and as always, if you are interested in submitting an article for publication in the next edition which will be coming out in the Autumn, then please see the deadline and submission details below.

Enjoy!



Staff Appointment

We are pleased to announce the appointment of Nicole Barton as our new part-time Reception and Administration Assistant working Friday, Saturday and Sunday.

Originally her background was in performance art as an actor, dancer and performer, but she came to London from Sydney, Australia in January 2006 and is currently doing an integrative counselling diploma course at the Mary Ward Centre, where she is with an agency and has started seeing clients.

She came to us from the Hilton across the road where she worked for about a year part-time to finance the course. Her new career is behind why she chose to apply for this job at the Trust.

If you wish to submit something for the Autumn 2010 issue then please email it to acaldon@petrust.org.uk by end July 2010.

Please note: All items will be considered, but subject to the editor's discretion.

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

PET Annual Training & Research Conference Review

Keith Silvester



This year's conference was a little later than usual and was held in a delightful training room in Southwark Cathedral.

Although we had hoped to get a slightly larger number of participants, there was a respectable turnout of people from both inside and outside of PET for what was a very stimulating set of presentations. The title 'Knowing Me? Knowing You', familiar to 70s pop fans, was intended to reflect the theme which was about how we know that what we do in psychosynthesis has validity. As the conference flyer indicated, we live in 'evidence-based' times, with a pressure on therapies to demonstrate they work. This is hard when so much of what passes between practitioner and client is not always visible to the naked eye, and usually has long term subtle effects.

In addition to my own introduction to the issues, there were four presenters, all different in style and emphasis. Duncan Lawrence, a refreshing face from Alaska who does quite a bit of work for us at PET, gave a spirited introduction to the world of research, demystifying some of its pretentiousness, and making the subject accessible in a down to earth way. Vivienne Fogel, then gave a very erudite talk on the uses of active imagination in the healing process, reminding us that Assagioli believed in the 'constructive beneficial application of thought'. Belief in the

processes of healing actually produces its own beneficial effects.

Peter Afford then gave a very visually entertaining grand tour of neuroscience and how this has supported much of what we know and do intuitively. John Shiers then introduced us to ideas about one of the various 'new' methods of working with trauma which are, arguably, supported by neuroscience. Lifespan Integration is gaining in reputation as a 'protocol-based' method of working, and is very compatible with the psychosynthesis notion of the self.

The afternoon workshops were varied, but all followed a theme of how we evaluate practice and new ideas – run by Martin Egan, Dragana Djukic, Jess Curtis and myself. Martin's was on the subject of communication and the handling of 'difficult conversations'; Dragana's was on the diagnostic process in psychosynthesis; Jess's was on the importance of sound in the therapy room (for which she needed a room to make noise!); and mine was on the observation of phenomena based on the Eames's book 'Powers of Ten'.

Next year's conference will be more autumnal in date – 4 November - and will look at the relationship between psychosynthesis and our impact on the wider world: 'Inner Spaces, Outer Worlds - psychosynthesis and social change'. Please do think about making an active contribution to the event.

WYSE and Leadership

Dr Andrew McDowell, WYSE International

WYSE's International Leadership Programme involves bringing together 30 promising young leaders from different parts of the world for an intensive 12 day leadership programme that is based on the principles of Psychosynthesis.

During the programmes we focus on helping participants develop as leaders by using a transpersonal approach in a transcultural context. Our approach to leadership is that we fundamentally believe that all people have the potential for leadership - and our graduates tell us

that the main thing they learn during WYSE is the importance of, and how to, lead themselves so they can apply leadership to serve their communities.

Participants come from all walks of life and from many different places. To date, we have worked with participants from over 100 different countries and we have conducted programmes in 5 different continents. People come from all kinds of religious backgrounds and cultural groups, including representatives of many different indigenous communities. There are people from the most disadvantaged socio-economic groups from some of the poorest places in the world - and also young people with inspiring ideas from more advantaged backgrounds who want to improve the way we live and work here in countries like the UK.

What appears to be common about all these people from so many different backgrounds - is that they care about what is happening in the world. And sometimes that can be a bit hard to hold ...

The sort of young people that seem to find their way to WYSE are the kind of people that keep asking why are things the way they are? How can they be better? And they are motivated to do something to try and address the imbalance or create ways of doing things differently. They also tell us that what is really important is the learning that they are not alone in wanting to do something positive.

There is a lot of bad press that we hear about young people nowadays - and also about the state of the world and our collective future. If you were a young person today, take yourself back a few years maybe a few more years to when you were 20 or 25 ... and think about the kind of potential future you might be facing ...

- * *A global financial crisis and uncertain employment market*
- * *Changing family and social systems*
- * *A global media that report on every little detail, of every little problem in previously unheard of parts of the world*

- * *A world with seemingly impossible environmental problems to solve and address.*
- * *And within that – political and business leaders who, while probably they're doing their best, give every indication suggests to the younger generations that they could not be trusted.*

We think one way to approach all this is to inspire a culture of leadership based on values and respect for the systems that we live in.

Through our work with WYSE we are finding young people who are choosing to say, I want to make a positive contribution, I want to help my community flourish and thrive, I want people to have equal access to human rights and opportunities for livelihood. They understand that interconnection is a reality in our modern world. They know that what happens in one part of the world is inextricably linked to effects in another part of the world... and they want to make things

work more equitably.

So while some people say we are facing a crisis of leadership in the world.... We are seeing evidence that there are plenty of novel, innovative and inspiring ideas coming forward – and people who want to take up the leadership to serve their communities.

There are young people in the world who do have a sense of vision and purpose. Our work with WYSE aims to find these young people and help them develop their potential to manifest their wonderful ideas in the world - and provide an experience where they can understand this from a global perspective.

I hope that gives you a sense of the kind of work we do – and how we use Psychosynthesis in a very applied way. For more information about our programmes see: www.wyse-ngo.org

Applying Psychotherapeutic Principles

The experience of a psychotherapist turned coach by Andrew Machon

After twenty years of coaching in different international business settings, I have increasingly begun to reflect on what is the legacy of the work of the business coach. As I enter my fifties, what of my work and experience would I offer to the next generation of coaches who are entering, enriching and developing the field? Reflecting on this question of legacy has continually motivated the writing of my most recent book published this month (The Coaching Secret – how to be an exceptional coach). Maybe such questioning forms an important part of the creative ageing process? After all, the livelihood of the coach rests upon helping others to formulate and respond to their most important questions. It is equally important that the coach can turn their profession inward to formulate for themselves their essential questions and respond to develop and evolve the coaching profession.

I am a trained psychosynthesis psychotherapist turned coach, and wanted to share something of my experience of why I have chosen this profession and the importance of applying psychotherapeutic principles. I recall my decision to train as a psychotherapist. I was leading a team of internal consultants responsible for facilitating change in a research and development arm of a large multinational organisation. Millions of pounds were being spent on managing major changes and yet I knew in my heart of hearts that despite the money and the immense human effort these changes were not going to be sustained. In my mind again and again I repeated - there's a missing piece to the secret of how we can make and sustain change. My gravity was towards the psychosynthesis training, mainly because of its consciousness of the whole as well as the part. I was drawn to the clues it offers to how we might liberate potential. Assagioli was certainly passionate about the application of psychotherapeutic principles to topics such as education - why not organisational development?

Through the eyes of my coaching clients I am continually updated with perspectives of business life today. I am struck by a number of key

characteristics that are expressed again and again. The pace of work is getting significantly faster and more frenetic and pressured. Time seems to be limited and never enough to do the work you need to do. Organisations are increasingly pressured to adapt and it often feels like some sort of step-change is already in motion. In the past the organisational focus has been how to effectively manage change, now there is a more immediate demand to transform the business. The business language around transformation is now not uncommon. Whereas training in the past was the favoured approach to developing the new skills and capability to equip the organisation to change, the need is becoming more urgent and immediate. Whatever the solution, it needs to involve a direct interaction, in real time, with people who work at the 'coal face' of the organisation.

As hierarchical structures collapse with the surge of global business and its complexity, solutions of the past will no longer work in the future. How do we creatively meet with this urgency to change and adapt and provide an inspirational and insightful intervention that can harness the latent capacity of the individual and the collective of organisation, whilst providing a competitive advantage? How do we become conscious of and sustain the whole?

In the past organisations have focused on improving processes with a goal of increasing productivity and decreasing costs – the more for less strategy - now we are realising that the answer to the longevity of organisation rests upon the capacity of the human element to transform and be ready to continually and purposefully adapt. This for the organisation is a critical form of value creation. Rather than being driven and becoming exhausted and consumed by the

“As hierarchical structures collapse with the surge of global business and its complexity, solutions of the past will no longer work in the future. How do we creatively meet with this urgency to change and adapt and provide an inspirational and insightful intervention that can harness the latent capacity of the individual and the collective of organisation, whilst providing a competitive advantage? How do we become conscious of and sustain the whole?”

pressure of work, how can we develop a sustainable human capacity that can awaken, learn, relate and change? How we can reclaim and fully express our humanity within organisational life from my experience defines the essential work of the coach and is the organisational niche where coaching can satisfy an immediate and vital business need. When you coach you are a pioneer, an adventurer and someone who is willing, more so inspired, to surf 'the edge' of the organisational wave whatever the magnitude, in order to help free potential at the point of need.

And what is it about the work of the coach that can help realise this prospect for the individual and organisation? As a coach it is your business to understand as much as you can about how human beings are motivated to change, how we

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age ..."

limit and confine our own potential and the process by which we can awaken and reclaim our latent power and bring it to work. If you confine the context of coaching to the goal of improving performance only, you overlook one essential fact – that coaching is actually

all about relationship and how we learn to relate with ourselves – and all that can emerge from the prospect of the coaching relationship. Without doubt, one outcome or goal of coaching is to improve performance but the innate power and true prospect of coaching is in how we can learn to continually develop the quality relationships through which the worker can bring more of their energy, commitment, compassion and responsibility to business life. Coaching them mobilises untapped resources and teaches us the secret of quality relationships and is the key to how we can build a strong sense of a business community.

Organisations often form and constellate around the making of particular product or the offering of specific service. The importance of the coaching relationship reminds the organisation that it's not only 'what you do' that counts, today's competitive edge depends more precisely on – 'how we do it'. We might conceive the organisation – through the material and factual – from the outside looking in, but it's creative evolution and success hinges upon how we can access, align and deploy the inner source of

power of the human element– the collective energy of the work force.

If you were to study closely how coaching works, you would see how it turns our thinking inside out. Rather than being detached and driven to find answers outside of ourselves, we realise and are reminded through the work of the coach that there is potentially an unlimited resource within, waiting to be tapped, that we are guided to discover through the mystery of an honest, trusting and compassionate relationship. The resource is there and often desperately needed, yet each and every one of us initially requires a guide to help us remember how to find it.

You have to unlock people to unlock the business crisis and at the moment we are still looking outside ourselves to find the key without realising that it's actually already in your hands. In my experience and as I more fully explore in my book 'The coaching secret' there is much to mine. What we as coaches help mine is probably our most vital resource that which defines the success of both the individual and the organisation and the value and meaning of our work.

I feel it's timely to share my thoughts with you in this way since the applied psychosynthesis arm of the Trust is present and emerging. Here students are exploring for themselves how to apply psychotherapeutic principles to their project of choice. With this new stream of students, we as tutors and supervisors are being asked to keep a conscience of how we can apply psychosynthesis alongside the work with clients and to include this perspective as an important aspect of teaching.

Today our natural world is in crisis and we are seeking solutions. It is wise that we include and develop an applied space for thinking and reflection to consider how through our training as counsellors and psychotherapists we can contribute even make a difference. When I supervise on the Applied course, I am reminded that the project in hand is in many ways no different to how you might work with a client. Applied psychosynthesis and the work of the organisational guide or coach is in my experience a meaningful profession and needs to be nurtured and respected to realise its full potential and prospect.

Andrew Machon is a supervisor and tutor at the Trust and teaches psychosynthesis coaching workshops.

Landscapes of the Mind – September 2009

Confer conference exploring psychological health and our relationship with nature reviewed by Annalisa Caldon

The conference asked the question of whether our psychological health depends on our relationship with nature? It presented us with an impressive array of experienced speakers, including the popular and much loved Joanna Macey, and offered evidence to show how disconnection with nature leads to dysfunction on all levels of our selves and society and how this is happening on both a personal and a global scale.

The evening of our arrival and entire first day were devoted to elaborating these points and the speakers also included Laurie Slade, Martin Jordan and Mary-Jayne Rust. Though on one level I was deeply moved and interested in what was being shown to me and the points being made, I could also feel myself, and some others around me, becoming frustrated and wanting to move on to the other part of what the conference professed to be about . . . namely whether psychotherapists have the listening and vocabulary in place to really relate to fears about environmental degradation and how to develop this skill.

Ultimately, the second part of the last day was devoted to this part of the conference and I have to say done very beautifully and professionally particularly by Isabel Clarke and Dr Chris Johnstone, who both gave me

a sense of taking the subject matter forward towards the practicalities of how to start making an impact within our lives and our practices. I particularly was moved by Isabel's personal account of how she stumbled into eco-psychology when her local Twyford Down got threatened and she decided to take a stand.

“the conference was about an area of discussion that is inspiring and exciting, whilst at the same time tremendously full of grief and anger, all of which felt as though they were embedded in the group dynamic going on around me”

Personally, I would have preferred slightly less time spent on the 1st part of the conference and the questions around our relationship with nature, because it felt like we all ‘got it’ and the point was being laboured a little.

There seemed to be a hunger to move things on to the ‘taking things forward’ part way before the conference actually did. I would also like to have seen more space at the end for debate and discussion, as there were many participants that I would have liked to hear more from and have a sense that it could have been very useful for the subject matter to be opened up to the wisdom of the group.

Overall, the conference was about an area of discussion that is inspiring and exciting, whilst at the same time tremendously full of grief and anger, all of which felt as though they were embedded in the group dynamic going on around me, as we all went through the roller-coaster of feelings that are brought up when faced with the destruction

wrecked by our race and the possible end of our world. I came away feeling the exhaustion of having been through an intense workout, but excited and inspired to

bring these issues further into both my life and my practice. To really take on board that as a race we have to evolve . . . and time is running out.

Review Essentials of Psychosynthesis in Devon

Ricky Lock

Looking back on my experience of training the Devon Essentials in Schumacher College (October 26th - 30th, 2009) leaves me with a warm feeling of nostalgia and achievement. Schumacher College is set deep in the heart of Devon on the Dartington Hall Estate, famous for its beautiful gardens. Upon arriving I was struck with a sense of history looking at this old medieval building facing me.

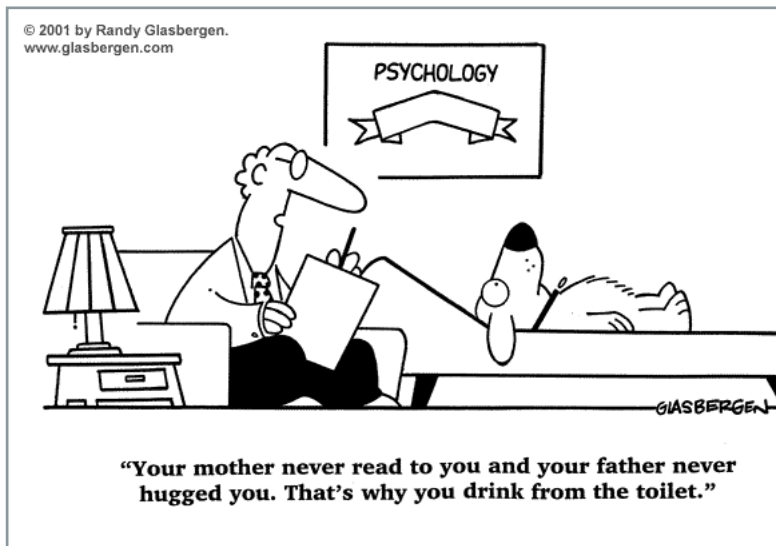
Our Essentials 5 day course seemed to fit into the ethos of the building very well and complemented the MSc Holistic Science courses that were being run there. We were given a wonderful room for teaching, with a peaceful energy and beautiful views of the gardens.

Being a residential course, there were set times when the college students (and lecturers) met up to perform general tasks around the college. This enabled us to meet and get to know students from other courses and to get a feel for the place in a different way, feeling part of the college as a collective force. The food was wonderful -

all organic and grown in the grounds tended by the students.

Taking the Essentials out-of-town had its challenges, working around the college timetables and being flexible and fluid with our modules. We sometimes had to split modules to fit in around unexpected timetables of the college, but it was worth the effort to see our students grow and take a rich experience with them.

I would also like to take this opportunity to mention our two assistants Rupert Hutchinson and Jess Curtis who were invaluable to us and for helping us to make the course run smoothly.



Roots and Wings: Ecopsychology and Psychology

Helen Sieroda



PET asked me to give a 'potted' definition of ecopsychology and a taste of what it is about this emerging field which captured my imagination over 20 years ago and continues

to motivate and inspire me today.

Ecopsychology cares about human flourishing *and* the flourishing of the 'more-than-human' world, attempting to understand the psychological processes that connect or alienate us from that world. It proposes that human well being and sanity are intimately linked to the earth and argues that a dissociative relationship with nature rejects our roots, leaving us anxiety driven, with a fragile identity, vulnerable to meaninglessness and hubris leading to exploitative use of the natural world.

Although ecopsychology offers a therapeutic perspective that speaks to the loneliness and alienation we suffer as a result of this estrangement, its work extends beyond the therapy room into nature, encouraging us to remember our embeddedness in the world and think systemically about our place in the cosmos. Some ecopsychologists explore how being in nature bolsters resilience to everyday stresses and the deeper sorrows of life, investigating implications of deeper connectedness for mental health and personal growth. Others connect their work to environmental action and sustainable lifestyles critiquing the

dominant western paradigm – its culture and history as well as social, economic and political institutions.

"So hand in hand with roots we need wings; to celebrate our human distinctiveness, reflective consciousness and spirit."

Alongside these practices is a search for a metaphysics that can speak to the challenges we face in the 21st Century – a world very different to the *fin de siècle* inhabited by Freud, Jung or Assagioli.

It is this spectrum of perspectives including prosaic, imaginative, reformist and radical that I find so challenging and exhilarating. The depth and breadth fits well with the integrative vision of psychosynthesis. Psychosynthesis also has a vision of self that is permeable and interconnected; but even psychosynthesis can forget we are interdependent, biological beings who need nature as a core condition of human flourishing. Often the natural world seems invisible to our theories, at best viewed as a backdrop to Self realisation. The assumption that human Self is not implicated in more-than-human world, and can be realised independently of the world is enacted unconsciously in much of our practice. But can the Self realise itself independently of a world in which all

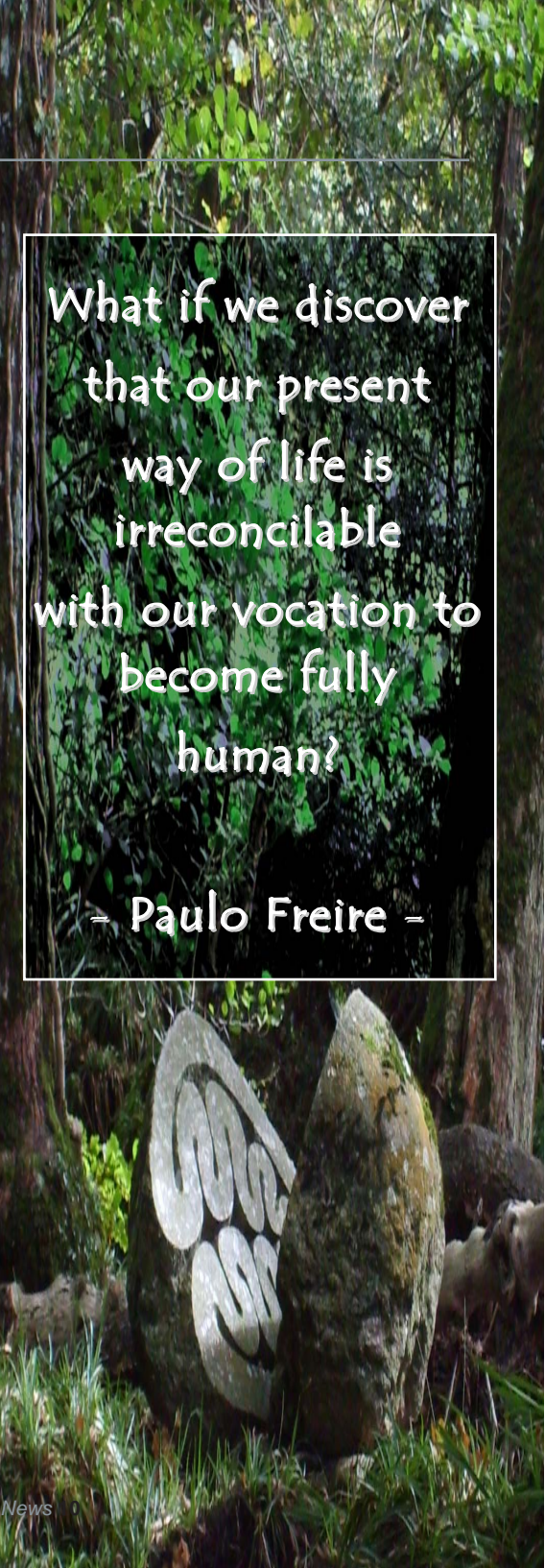
selves are connected? Can we truly heal or become whole while participating in the destruction of the world?

I see a paradox at the heart of the questions raised by ecopsychology. On the one hand we need to reclaim, honour and cherish our roots; recognise our fundamental connection with the natural world; learn to listen again to the voices of animate earth and remember the story of the universe and our place within it. *And* it is vital that we understand differentiation is not the problem, or we risk backward looking self-indulgent, nostalgia for an illusory lost golden age - a regress to submerged, pre-personal consciousness.

So hand in hand with roots we need wings; to celebrate our human distinctiveness, reflective consciousness and spirit. Perhaps within the contradiction and tension of these two imperatives lies the creative possibility for developing a vision and practice of a future participatory consciousness.

Years ago when I was searching for a way to 'make a difference,' I found PET; 25 years later I'm passionate about framing action *as* psychospiritual practice and bringing this perspective to people seeking to participate in building a flourishing, just, resilient world.

If you are interested I invite you to join me on '*Ecopsychology in Action*' a course I'll run through PET in 2010/2011.



What if we discover
that our present
way of life is
irreconcilable
with our vocation to
become fully
human?

= Paulo Freire =

Interview with Helen Sieroda

Jo Szepel-Golek talks to staff behind the scenes, our 'unsung heroes', this issue with one of the trustees . . .



Helen Sieroda is one of seven Trustees working behind the scenes voluntarily for The Psychosynthesis & Education Trust. She trained in Psychosynthesis at PET in the mid 80's but then went her own way, primarily to Sweden where she helped set up PsA (Psychosynthesis

Academy) in around 1991 and where she has been working since. The Trust always had a special place in Helen's heart though, the training she received was so powerful, that when someone suggested - after a position for a Trustee was advertised - that she should really do it, she felt it the right time to give something back. And so since 2003 Helen has been using her main area of expertise in Psychosynthesis, Programmes and Development, and her sensitivity for Ethics (she is ethical ombudsman for Gaia House retreat centre) to help maintain quality in the running of PET.

She brings with her the experience of doing things differently in Sweden, which is are structurally similar to PET but their core vision differs; the 'flavor' there is not just therapy based. She feels the most critical problems faced by Trustees in this field is the, rather

paradoxically, conservative and change averse attitude in the profession, there being a tendency for holding and containing, creating safety, which can make it hard to change, develop and bring in something new. When asked how she has seen PET change she replies that not as much as she would like; though quality has improved across the board, not much has happened in terms of outreach or new developments.

"She feels the most critical problems faced by Trustees in this field is the, rather paradoxically, conservative and change averse attitude in the profession, there being a tendency for holding and containing, creating safety, which can make it hard to change, develop and bring in something new."

She would like to see PET more dynamic and outward looking, stating that Psychosynthesis is a powerful model that the world needs. We should keep on doing what we are doing, she says, but more, exemplifying 'WYSE' and 'COU' who outreach to Youth and have a more social outlook.

I ask Helen to epitomize herself in my imaginary PET Super Hero comic, and it is her eleven year old son that creates her character; someone with the power of telepathy who makes people feel better . . . Phoenix Force of XMen, perhaps? Though with super powers or not, she would not pass any law at the Trust as it goes against her nature, she loves pushing boundaries!

This becomes evident as I find out more about Helen; she has worked in management, has a first degree in Comparative Religion, is a BACP/UKCP qualified therapist and leadership coach, has just completed an MSc in

Responsibility in Business Practice which included Action Research, systemic thinking and developing leadership for sustainability. She has been working with ecopsychology since the 80s.

It was actually ecopsychology that brought her to Psychosynthesis, with its links in 'Global Psychosynthesis' and

'justice', and is a theme that has been a part of Helen's life since she was six years old; she recalls her engagement with nature and the feeling of something bigger embedded in the world. She first trained in ecopsychology in the 80s when it was in its 'toddler' stage with Joanna Macy, a very influential woman in this field, and has subsequently worked with her and continued working, learning and experimenting in this

emerging field. She has continued to develop her practice in this area in Sweden, and has been invited to run an 'Ecopsychology in Action' programme late next year at the Trust.

So what is ecopsychology? Helen is writing about this elsewhere in the newsletter if you want to find out!

It's a topic that is very relevant now with the current discussions of climate change and sustainability dominating our news broadcasts and infiltrating all industries and politics, affecting most areas of our lives. And like Eco-therapy (literally doing therapy amongst nature), ecopsychology raises our awareness of the natural world challenging our ideas of identity, and giving us an alternative to materialism and consumerism.

In the future Helen hopes to be doing more with her interest in Leadership Development and Sustainability (maybe even gain a PhD), as well as more writing, for books as well as articles, but her favorite pastime and role that she values the most is being a mother, hanging out with her son and being at home, where she is often digging in her allotment and walking around the beautiful scenery that is Dartmoor (as we converse she describes her view through her window of the sheep on the hill!).

So we have two sides to Helen, her very practical and active side whom when focused and inspired can really go for it, but she also has a quiet side, revealing that those closest to her would probably best describe her as easy going and patient, even lazy! This is echoed (which she

exclaims is typical for her!) when she informs me that she would not live by one moral but two - "Do what you can with what you have where you are (Roosevelt)" and "Live life like a river flows".

I want to know what the best thing her parents taught her, and am touched when she discloses that it was plain and simply their trust in her; it demonstrated to her that she was a good person, even when she was being 'an obnoxious adolescent'(!) and that the consistent trust she received made it possible to trust herself.

From talking with Helen and learning about her enthusiasm for development and

ecopsychology it is easy to see why being a mother is so significant for her; she has her eye on and cares

very much for the future generations, and its through her son she feels the link to her awareness of ecopsychology, and says its 'like having her own piece of future, feeling a connection and commitment to creating a flourishing world for all children'. It is little wonder that for Helen the most important thing in life is raising her son and creating a flourishing tomorrow. With a vision and drive like Helens the world could have a very promising future indeed.



UKCP Elections

Keith Silvester

These have been exciting times in the counselling and psychotherapy world. As you know, statutory regulation has been on the cards for some time, with a considerable amount of work being done by UKCP to cooperate with the Health Professions Council. Yet both BACP and UKCP had their reservations about how well this would work in practice. Then....into the equation the UKCP elections came along in October, which was the first time the voting for the

Chair position was open to all registrants, rather than just member organisations. Andrew Samuels, perhaps one of the most well-known public faces in the therapy world decided to stand on what was an anti-HPC platform, although he was not against some form of statutory regulation itself.

The voting, which was done mainly online, was quite a nail-biting affair and, to everyone's

amazement, Andrew achieved almost double the number of votes of the opposing candidate Carmen Ablack. With a 48% turnout, this was an impressive victory, and a clear indicative statement of what the rank and file UKCP registrants wanted and did not want. Unfortunately, the politics of the situation - both public and private - were not of the most edifying standard, and the campaign got acrimonious, with the new Chief Executive of UKCP, David Pink, arranging an investigation into what went on in the campaign. Even post-victory, when one might think Andrew has a clear mandate, his task is not going to be made easy.

Andrew has started work on three critical areas: the definition of the difference between psychotherapy and counselling, the question of a separate register for child psychotherapists, and the Fitness to Practice (i.e. ethics and discipline) system of the HPC. There will also be a

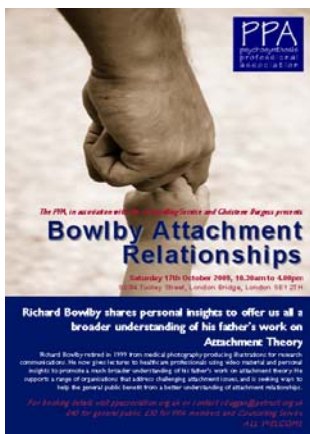
conference on the whole question of state regulation on Saturday 23 January, organised by Confer.

Probably a fundamental question remains: does the field of counselling and psychotherapy constitute the type of 'health profession' which can be understood and regulated in the same way as other health services? We work with difficult life problems, producing complex outcomes, and have to deal with negative projections and transference from our clients. Who can we trust to safeguard the good practice of the profession?

On the plus side, UKCP now has a new structure, which was formally inaugurated on 5 December. It promises to be a more participatory organisation which will have to learn how to handle its new more democratic frame.

Reflections on Richard Bowlby's Presentation

Dragana Djukic



Last October Richard Bowlby, the son of Dr. John Bowlby, gave a presentation at the Trust on his father's heritage – the attachment theory, which I found captivating and inspiring.

Richard Bowlby became interested in the field of developmental psychology after

thirty years working as a scientific photographer in some of the UK's leading medical research centers. He has spent many years studying the work of his father and dedicated the past 10 years of his life talking about his father's work, giving lectures across the world.

Although he is not a psychologist, he is very knowledgeable on the topic. In his talk he

discussed the key concepts of attachment theory, the impact of early interactive relationship of the mother and the child, the significance of the father, what is involved in establishing a primary and a secondary attachment, and why from the attachment perspective the child may experience his parents' abuse less threatening than their neglect.

Richard Bowlby is a charismatic speaker, able to engage and hold his audience. I enjoyed his sense of humor and found his personal insights into the ideas of his father and how his father assembled his research information very interesting. He skillfully mixed family photographs, historic video clips and anecdotal evidence with the recent research in neuroscience to illustrate his father's work on children's early attachment needs.

I was positively surprised to see the Room-11 full of 'non-psychoanalysis' people who came to the Trust to hear Richard Bowlby's talk, and at the same time I felt somehow disappointed that among the audience I saw only few of ours.

Environmental Constellations

A 2-day workshop with Zita Cox; Part of the Joint Re.Vision and Psychosynthesis & Education Trust Joint Programme - Public Studies

Environmental Constellations are a powerful experience which give us empathic understanding and enable us to move beyond the limits of logical thinking. The process enables us to see our place in the world as systemic and interconnected, rather than as separate independent beings with a single vantage point.

Since 2002 Zita Cox has been using the Environmental Constellation method to explore the relationships between humankind, other species and the Earth itself. Constellations offer an amazingly versatile tool with which to think systemically about environmental issues thus creating ways to explore and change attitudes and to develop new philosophical, political and spiritual responses and strategies to current and future dilemmas.

One of the important tenets of the method is the belief that a system is by its nature inclusive, each person or element has their rightful place. If we attempt to exclude any aspect the system becomes unbalanced and from this problems emerge.

“Learning how to engage empathically with the Earth community as whole is essential if we are to act as responsive and responsible members of that community. My participation in environmental constellations guided by Zita Cox gave me an intriguing experience of what this might feel like. A fascinating technique for slipping past the self-imposed limits of “logical” thinking into the communion of participation.” **Cormac Cullinan**
author of *Wild Law*

Zita Cox; Msc (Supervision & Counselling); BA hons; Dip Counselling;

Psychotherapist Zita Cox is an experienced international facilitator of Environmental Constellations who has pioneered the application of the constellation technique to issues relating to the environment. Her work with individuals and organisations includes Ecopsychology, Family-systems constellations, EMDR and Mediation.

Following a two year intensive training in Systemic Constellations in the 1990s with Dr Albrecht Mahr (who worked for many years with Bert Hellinger in Germany), Zita has facilitated environmental constellations in Britain, California and New Zealand.

Zita has 21 years experience as an integrative counsellor, psychotherapist and supervisor in private practice and for the NHS. She has worked as a managerial coach and consultant in the corporate and voluntary sectors. With her first degree in Philosophy, Zita believes environmental constellations make a valuable contribution to the vital shift in our thinking, which the ecologist and Earth scholar Thomas Berry referred to as ‘the great turning’.

The PPA will be running an Environmental Constellations weekend with Zita Cox on 10th and 11th April 2010 – For full details and to book go to www.ppassociation.org.uk

Embracing the Paradigm Clash between the Medical Model and Counselling and Psychotherapy

A review by Elisabeth Braun of Michael Soth's thought-provoking workshop.

Michael Soth is an experienced workshop leader and supervisor and I found his workshop 'Embracing the Paradigm Clash between the Medical Model and Counselling and Psychotherapy' stimulating, thought provoking and it brought my ideas and thinking to a new edge. Michael's capacity to hold the group provided safety and we were able to bring real client situations to work with. He drew from a broad knowledge of the medical model, the traditions of analysis, and how they developed over the years as well as the humanistic psychology/ counselling tradition.

We worked with the pros and cons of the different traditions, examining where and how the power in the therapy room is distributed in both traditions, how different traditions work with client's symptoms and how boundaries and the relationship are handled, bringing new view points to light.

One of the main focal points on our workshop was the thinking about the 3rd position to create the possibility for transformation in our client's lives. We touched on meta-psychology, the overall philosophy of wholeness, what that means for us and in our client work and the implicit relational position.

Beside learning about the theory of the 3rd position (the medical model being the first position, humanistic psychology/counselling the 2nd), we used role play, real client examples and working with ourselves as experiential tools. We explored what the 3rd position means, what it might involve, what is asked of us practitioners and wondered about surplus and transformative pain in our clients.

Trying to digest my newly found thinking, certainly inspired me to develop myself and my work further into the 21st century and to reach for

the horizon beyond the anti -position.

The strong points of what I learned were how to challenge clients and to be with the unspeakable/unbearable, the shadow of the client

"Beside learning about the theory of the 3rd position (the medical model being the first position, humanistic psychology/counselling the 2nd) . . . we explored what the 3rd position means, what it might involve, what is asked of us practitioners and wondered about surplus and transformative pain in our clients."

in the therapy room. Michael certainly led me to my edge and stimulated and expanded my thinking. I feel better equipped to take more risks. I have now gone beyond my edge of what was possible for me to hold in the therapy room.

I came out of the workshop feeling new energy and enthusiasm, feeling well guided and held with new horizons in my work now possible again. I felt, inspired and I am using what I have learned with my clients.

I highly recommend his work and workshop.

Michael Soth will be running a workshop entitled 'Working with Sub-Personalities in and Through the Body' on 26/27 June 2010

For more information or to enrol visit the Trust website at www.psychosynthesis.edu

The Sunday Soiree; Community Building for Graduates and PPA Members

Integrating Psychosynthesis and Arts Psychotherapy into Private Practice and Community and Voluntary Setting

Andrea Lewis - 31 January 2010

Andrea has experience of running a creative arts group for adults with diverse presenting issues, incl. learning disabilities, severe mental illness, personality disorders, recovery from drug & alcohol abuse. A presentation with experiential participation. Andrea is an artist and a personal development coach. She completed her MA here at PET.

On Dreams

Liz Grant - 28 February 2010

Participants are invited to bring a dream Liz has studied Psychosynthesis (MA) and works in Private Practise also as a supervisor. She has a special interest in working with her own and other peoples' dreams and has recently completed a series of Jungian seminars on the subject. Liz will explore dreams of participants and will also look at how we are with our clients dreams.

Mindless Drawing

Philip Groom - 28 March 2010

Philip has completed his Psychosynthesis studies and is working in private practice. Tonight he invites us to open up to be spontaneous and intuitive, using movement, music, speed, complexity and our clumsiness freeing ourselves from measuring, ordering and calculating. Philip has run this workshop on other occasions.

Art and Psychosynthesis; The Creative Process

Angela Schütz - 25 April 2010

Angela Schütz, a practising artist, Quaker and psychosynthesis counsellor will talk about the creative process and its psychological and spiritual impact. Using examples from her own work and personal experience she will show how a creative approach and practice can help to make the step from neurotic projection towards healthy self-expression as well as opening the door to deeper joy in the mystery of life.

This evening is an invitation to everyone who is interested in working more closely with the creative flow, both for themselves and with others. There will be time to share experiences and enjoy the creative ride together (no artistic experience needed!).

Symbolism of Tarot; An Archetypal Journey of Self-Realisation

Dragana Djukic - 30 May 2010

Dragana works as a supervisor and tutor at PET and has a privat practice. She has lived and worked as a counsellor in Italy (Florence) and has experience in counselling via email. She was present at PET Annual Research Conferences.

Belly Dance (Women only)

Ruth Dormandy - 27 June 2010

Ruth has been a staff member at PET for many years and is an experienced belly dance teacher. Together with the group you will create a safe space where you can dance, enjoy and celebrate your bodies and your womanhood. Please wear loose clothing and bring a scarf.

Ecopsychology in Action

The Heart and Soul of Transition by Suzanne Dennis

Did you know that psychosynthesis practitioners have been using their psychosynthesis skills to contribute to encouraging the inner and outer changes we need to make to meet the unprecedented phenomena of climate chaos and peak oil? In the U.S.A. Molly Young-Brown has written a new book called "Growing Whole; Self realisation for the Great Turning". This book brings together personal and planetary change. It offers a psychosynthesis inspired guide to weave a path of personal and spiritual growth with that of creating a life sustaining future for our world." The great turning" is the deep level collective transition we need to make.

Molly Young- Brown was the co-author with Joanna Macy of the classic book "Coming back to life , Practices to Reconnect Our Lives, Our World". The experiential groupwork methods described in this book transform despair in the face of ecological and accompanying social crisis into creative empowered energy. These methods, titled "The work that reconnects" have been used in classrooms, churches, grassroots organisations and businesses.

Here in the UK, Sophy Banks, psychosynthesis therapist, has been active in the Transition Network (a worldwide movement to encourage living sustainably, and promote resilient communities that can adapt to the changes ahead).

She has used psychosynthesis and the "Work that Reconnects" in developing understanding of the psychological dimension of facing global warming and the depletion of fossil fuel ("peak oil") for individuals and communities.

Suzanne Dennis, another psychosynthesis trained psychotherapist and trainer, has also been working with the Transition Network,

helping develop a mentoring scheme for activists, and has trained in, and promotes "The Work that Reconnects", setting up workshops.

This "Heart and Soul" work of the Transition Network asks:

- * What got us into this position?
- * What goes on in individuals and society when we talk about planetary crisis?
- * What happens when people engage or not around change?
- * How do we balance being and doing, thinking and feeling?
- * How do we handle conflict and how do we facilitate connection with the natural world?
- * How can we constructively explore and express painful feelings associated with the ecological crisis—fear for the future, for our children, despair at the humanitarian crisis, pain at the loss of habitats, wild places, species?
- * How does this effect the collective unconscious?
- * What is the potential in the crisis, what is emerging?

Sophy and Suzanne will be running a PPA workshop at the Trust in February, "The Great Turning - Self Realisation for these Times." For more information and to book go to www.psychosynthesis.edu

If you want to read more these sites are useful:
- <http://www.GreatTurningtimes.org>
- <http://transitiontowns.org>

Notice Board

Information from within the Trust community . . .

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Lorraine Jury MA, UKCP

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Graduate Studies Programme

Spring 2010

A series of workshops and lectures with experienced practitioners and trainers. The Psychosynthesis & Education Trust's Graduate & Public Studies Programme is dedicated to providing continuous professional development opportunities for qualified counsellors and psychotherapists and anyone interested in personal development.

Summary of the programme

February 2010	The Great Turning - self-realisation for these times	Saturday 13th and Sunday 14th February	General public
March 2010	Building your Therapy Practice	Saturday 6th March	General public & graduates
March/April 2010	The Biology of Love	Saturday 13th March & Saturday 17th April	Graduates
March/April 2010	Energy Psychology and Emotional Freedom Technique Level 1 & 2	Saturday 20th March & Saturday 24th/Sunday 25th April	Graduates
June 2010	Energy Psychology and Emotional Freedom Technique Level 3	Saturday 19th/Sunday 20th June	Graduates

All workshops are held at:

*The Psychosynthesis & Education Trust,
92-94 Tooley Street, London Bridge,
London SE1 2TH*

**For further information telephone 020 7403 2100
or visit www.psychosynthesis.edu**

There are often limited spaces - so please book early.