

Graduate Studies Programme (CPD)

Winter 2008

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

September 2008	> A Therapy Group for Therapists	Starting 9 September 2008	Graduate Studies
	> The Critic and The Saboteur	20/21 September 2008	Graduate Studies
October 2008	> Women and Self Realisation	Starting 2 October 2008	Public Studies
	> The Divine Feminine and the Rythm of Life	10 October 2008	Public Studies
	> The Divine Feminine in Psychotherapy	11 October 2008	Public Studies
	> CBT with Heart?	7 weekly sessions, starting Tuesday 21 October 2008	Graduate Studies
	> Smoke and Mirrors	25 October 2008	Graduate Studies
November 2008	> Nature And Animal Symbolism In Dreams And Imagery	8 November 2008	Graduate Studies
January 2009	> Coaching from a Psychosynthesis Perspective	6 day course : Starting Friday 16 January 2009	Graduate Studies

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 book early.

Psychosynthesis & Education Trust Newsletter

P.E.T. News

*News and views from within
the Trust community*

*“There is no certainty; there
is only adventure.”*

R. Assagioli

Autumn 2008 Edition

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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.

Graphic design: Annalisa Caldon
Front page art: Katarzyna Pugowska/www.bodyminder.eu

Editorial

Annalisa Caldon



So this is now me, with my new Marketing Manager hat on (figuratively speaking that is!). I have to say that it has felt quite odd . . . same office, same days of work, same computer . . . not quite sure whether I have quite taken in the transition yet. But so far, I am thoroughly enjoying my new creative role. And Jim Wallman and I have lots of very exciting things planned within the marketing sphere over the coming year, the one I am most excited about being the repainting of the outside of the building due to take place during the Spring of next year, and the marketing potential this creates for us.

Ultimately, leaving my role as Counselling Services Manager was a lot more painful than I imagined it would be, and I want to acknowledge how lovely and supportive the members have been over the years I have been in the job. I appreciate so much my time there, but after having done the job for five and a half years it was time to move on . . . and time now to welcome Felicitas Mander, who was previously a member of the service, but has now become the Counselling Services Manager! I am sure she is going to do a fantastic job and I feel pleased to welcome her to the role.

This newsletter is packed with interesting stuff. Keith Silvester has written a report on the EFPP Summer School, held in Canterbury, which sounds like it was a great success. We have an interview by Jo Szepele-Golek, our receptionist here at the Trust, having decided that it would be nice for all of you to get to know better some of the Trust's unsung heroes. So this issue is about Geoff Foster, our caretaker, who has been working at the Trust in the background for 16 years now. We have various updates on what is happening within the Trust building from Jim Wallman, along with the results of the survey from our last issue and a review of the art exhibition of Katarzyna Pugowska's work (see front page) held in the Trust refectory earlier this year.

We are looking for articles, book reviews, poems etc. for our next issue, which is due out in the Spring of next year. Also, please note that we have a FREE noticeboard (see page 10), so we can let everybody know about things going on or available within the Trust community, so if you have anything to advertise on this page send it in! All articles or ads need to reach me by the end of **January 2009** at acaldon@petrust.org.uk.

So, enjoy the newsletter and please, let us have your feedback, so that we can make sure we are getting what you want to hear about to you!

Notice Board

Information from within the Trust community

Holiday home for rent in beautiful Marche, Italy.

Lovingly restored house in medieval mountain village

Sleeps up to 8, two bathrooms, sun terrace and garden.

Available all year round.

For details contact:
marcorestauro@yahoo.it

Lovely flint cottage in rural Kent

10mins from Dover, Deal and historic Sandwich and 20 mins from Canterbury.

The cottage has 2 double bedrooms and one single, a lounge with wood burning stove and large separate kitchen. It is beamed throughout and has a small lovely garden with parking for 2 cars.

Call Carol Scott on 07966 294212 for details.

Therapy Group

Evening and daytime group available. Sessions one hour and forty minutes, rolling group,

(Participants using the group in addition to ongoing therapy, please discuss with your therapist first).

Contact Tara on 07877 763001
(Maximum group sizes - £15 per session)

House to rent in Yvias, France

- ❖ Traditional Brittany house - 10 mins from coastal town Palmpol
- ❖ 3 bedrooms/one bathroom/2 WCs
- ❖ Situated on a peaceful country lane with beaches and beautiful coastal walks
- ❖ £250-300 per week or £45 per night

Contact Sue Davis 0207-281-3799

FREE Advertising!

Any small notices advertising
Psychosynthesis Trust
community information

Workshops Therapy groups
Exhibitions Book groups
Holiday Lets And much more . . . !

1/8 page (business card size) max.

Contact: acaldon@petrust.org.uk

Samantha Allen
Holistic Aromatherapy

Holistic aromatherapy uses essential oils to help maintain and improve our physical and emotional well being.

Qualified aromatherapist and massage therapist with the Institute of Traditional & Herbal Medicine & Aromatherapy

Samantha is available for aromatherapeutic massage sessions at the Trust -
£45 per hour

The first session includes a free 30min consultation

For further information or to book a session email samantha@samanthaallen.co.uk or call 07801 101787

PET Survey 2008

Jim Wallman

This is What You Want - What You Really, Really Want!



A huge thank you to all of you who were able to send in your survey questionnaires. We were very pleased to receive nearly 500 responses.

There was a lot of very constructive comment and many thoughtful suggestions received. The

staff and trustees are now going over these in some detail, and using the results to help inform management and planning.

For the Newsletter Team, some of the most important parts are the response to the digital survey. This told us that whilst the vast majority of our readers have email and use the internet, around half of you would prefer to receive a printed version of the newsletter (see Figure 1).

We've taken that on board, and will be trying a mixed distribution this time around - emailing a digital copy to those who prefer electronic copies, and mailing out paper copies to the rest.

Some other interesting results - we discovered that electronic social networks are very much a minority activity among respondents - about 6% embrace them - but

over two thirds felt no need for electronic networks.

And finally we have a winner of the prize draw, Thomas Hillas, he has chosen to take the prize in the form of John Lewis vouchers - congratulations!!

In addition the two runners up, Alison Reynolds and Colston Sanger, received their gift vouchers for £30.

Thanks once again to everyone who supported the survey exercise by returning their questionnaires.

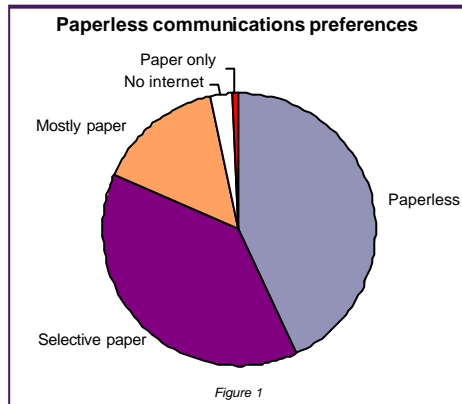


Figure 1

Winter Solstice!

There will be a **Winter Solstice Party** for all students, staff, alumni and friends of the trust on **Sunday 21st December 2008**.

Nothing grand, just an opportunity to socialise and relax and mark midwinter.

If anyone would like to volunteer to help setting it up, please contact Jim at jwallman@petrust.org.uk.

Collaboration

Paul D'Auria Cancer Support Centre
20-22 York Road, London SW11 3QA

This centre, near Clapham Junction, celebrates its 25th anniversary this year and offers a wide range of therapies, groups and classes to people affected by cancer.

It is changing its name from The Cancer Resource Centre since people confuse "resource" with "research". The Centre's counselling service has a commitment to psychospiritual work, and its Senior Counsellor, Heather Smith (who trained at the Trust, and has just died), had a strong influence on the Centre's therapeutic ethos.

An innovative developmental psycho-educational course called the Healing Journey Programme has been brought to the UK in 2008 by the Centre, following 25 years of research into its impact in Canada (see www.cancer-resource-centre.org.uk/healingjourney.html and www.healingjourney.ca).

As well as teaching relaxation, visualisation and meditation, this programme helps people

to make a spiritual connection, which improves quality of life and - more controversially - in some cases in the Canadian research, length of life.

The Centre is looking for leaders experienced in groupwork to help with the teaching of the Healing Journey, and particularly with the spiritual themes. The course is being adapted in order to ensure that the spiritual aspects are introduced in an inclusive way, and Assagioli and Ferruci's works are being used in order to convey the range of ways in which people develop a sense of the sacred.

The Director Petra Griffiths has met with Jim Wallman to discuss ways in which the Trust and the Centre can develop their collaboration.

If you are interested in supporting people affected by cancer, or helping them to find creative ways of dealing with the challenges that life threatening illness throws up, please take a look at the Centre's website www.cancer-resource-centre.org.uk or see the enclosed leaflet.

Appointment of new Counselling Services Manager



It is with pleasure that the Counselling Service and the Psychosynthesis Trust announce the appointment of **Felicitas Mander** as Counselling Services Manager. Felicitas has been a member of the service for a few years, and so comes to the role with a familiarity gained through experience!

She will be working 2 days a week and we would like to take this opportunity to welcome her into the role.

Annalisa Caldon will be staying on at the Trust as Marketing Manager.

Building Update

Jim Wallman

There are a few changes starting to appear in the building. In July and August we started the first stages of the redecoration programme commencing with repainting Room 11, followed by Room 12 and the hallway - and new carpet in Rooms 11 and 12.

In July we erected a very temporary fascia banner at the front of the building just to give the trust a bit more 'presence' in Tooley Street until the major facelift next spring.

The troublesome air extractor on the ground floor has been undergoing repairs during the summer - though due to its great age finding spare parts is taking the contractors some considerable time. We recently got a quotation for how much it would cost to provide full air conditioning for the

basement, ground and first floors - and it came to an impressive £48,000, so air conditioning might not appear soon.

The Counselling rooms furniture is being progressively replaced over the autumn - especially the chairs. All being well, we hope to be able to do a repaint of these rooms later in 2009. And we are considering ways of making the Refectory more comfortable - so watch out for changes there too.

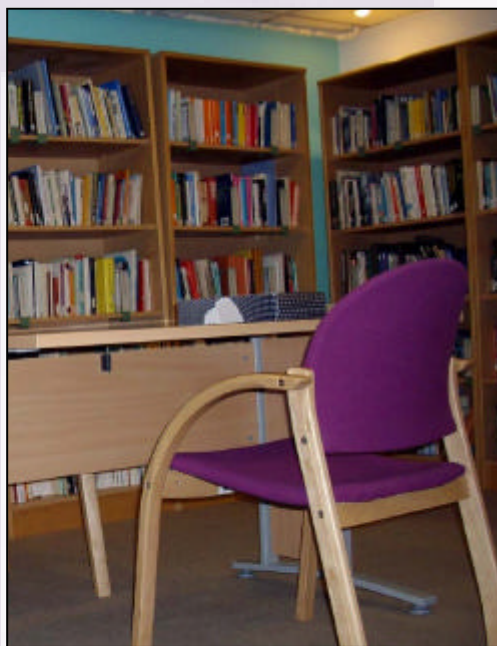
We are also looking for volunteers of an artistic inclination to come and paint a mural in the outside area by the kitchen in the basement refectory and the brick wall outside Room 12 on the first floor. We provide paint, you provide creativity. If you are interested, contact Jim.

New Library Location!

Visitors will have noticed that we have moved the Library from its old location locked away at the 'end of the Labyrinth' on the ground floor down into what was room B2 in the basement, freeing up room G1 to become a counselling / training room.

The aim is to make the library much more easily accessible to students for quiet study and reference, and to this end we hope in a few months time to be employing a part time library assistant who will be available to help students on Saturdays as well as during the week. We are also trying to put aside Friday afternoons as a space for quiet study in the new library.

We will be reviewing the book stock and we will be ensuring that there will be copies of all key recommended books available for reference. We also plan to review our journals policy and include reference copies of dissertations.



Teens & Toddlers News

Diana Whitmore

Children Our Ultimate Investment UK

COUI UK is a values driven organisation, passionate about making a difference in the lives of disaffected young people. We aim to teach adolescents how to create strong internal boundaries for themselves by enabling them to get in touch with their basic values and aspirations as to who they want to be in life, and to give them the experience that they can indeed be that person. They acquire both the awareness and the necessary skills for taking personal responsibility and demonstrating caring behaviours through the Teens and Toddlers programme.

Teens & Toddlers has gone from strength to strength and the universe continues to be kind and graceful to us. It has been an exciting six months with the entire COUI UK staff actively engaged in setting up Teens & Toddlers projects in fourteen Local Authorities (Southwark, Islington, Camden, Haringey, Sutton, Brent, NE Lincolnshire, Northampton, Tameside, Walsall, Redcar-Cleveland, Northumberland, Dartford and Maidstone) and finishing them in July (Awards Ceremonies), as well as setting up another fourteen new programmes for September 2008. The DSCF has just awarded us a strategic grant for a three year post of National Development Manager, whose job will be to further expand our reach nationally.

There are three major potentialities for development for Teens & Toddlers, the outcome of which, we will soon learn. The first is funding from the Impetus Trust, a development trust that supports small charities becoming medium size. This means moving out of our comfort zone and into new territory, which we welcome wholeheartedly.

The second potential new development is the Intensive Implementation pilot of Teens & Toddlers in an area of high deprivation, which the DSCF has approved funding of £200,000

to evaluate. Here we will work with 100 of the most marginalised young people in Haringey.

Thirdly, we formed a Teens & Toddlers Youth Panel and are in the second stages of a Big Lottery application for the next steps for Teens & Toddlers graduates. We are clear that young people going through Teens & Toddlers finish the project having made numerous positive steps forward. We are committed to creating opportunities for continued support and maintenance of those positive steps forward. For this new programme which is youth led, our graduates want to be trained as peer educators and run after school clubs on relationships - You and Me clubs.



Finally to summarise, we are training close to 150 local authority workers (who are earning an accredited Diploma in Youth Work, Level 3 with us) to become Teens & Toddlers facilitators throughout England.

Over 1,500 teens have now completed the Teens & Toddlers programme. Results from retrospective studies, report that:

- ❖ 97.5% of the young people participating in the programme do not go on to conceive a child before 20
- ❖ 84% were in education, employment or training
- ❖ 90% of respondents thought that Teens & Toddlers is the kind of programme young people need to help them make good choices and stay out of trouble
- ❖ 92% of respondents reported that Teens & Toddlers helped them understand the need for financial security and a stable relationship before having a child
- ❖ Currently 98% of students entered into National Award gain the Interpersonal Skill Level 1 NCFE



A Journey Through a Body Through Art

An exhibition of personal abstract art by Kat Pugowska, reviewed by Jim Wallman

“When I dance I breath, when I breathe I feel, and when I feel, images come . . .”



I first met Kat on Essentials late last year and was delighted when she agreed to allow us to put on an exhibition of her paintings in the trust.

This series of paintings represented what Kat describes as "...a healing process for myself" - and it was clear as the observer moves around the room that there are strong transitions from one picture to another. Kat helpfully provided brief descriptions of what was happening for her at each stage or the process - and the end result was a moving insight - one that we were all privileged to share.

What came across strongly was the spontaneity of the work - and this is strongly linked to Kat's practice through dance and movement - and of course reflected through her personal therapeutic journey, in her words "...not only through the pain of depression, broken dreams and hopes, but also a journey towards lightness and integration"

Thank you Kat, this was a truly excellent exhibition.

Art News

Following the successful presentation of ex-student Katarzyna Pugowska's exhibition of moving paintings during June, we are delighted to have another exhibition in December - this time by South London Artist and PET Alumni Angela Schütz.

Angela's exhibition will start at the beginning of December and run for three weeks.

An Interview with Geoff Foster

Jo Szepel-Golek talks to the Trust's caretaker . . .



Geoff Foster has been the caretaker at PET for 16 years since 1992, and came to Trust from Thames Water as a surveyor, working on big projects such as Surrey Quays.

Being one of the longest running employees still with the charity, he has an invaluable knowledge of the Trust and the running of it, that goes beyond his daily duties of cleaning, keeping order or locking up; for many he is the eyes and ears of the Trust, spotting pot-holes before others would foresee them and bridging the gap when the office is closed and yet the building still open.

“Should he be a character from a PET Super Hero Comic he would unquestionably be The Invisible Man’ . . . !”

Over the years he has seen many people come and go, staff and students alike, and says the biggest misconception about the Trust is that it started small; although only 5 core office staff (today we have 12) they used to have 35 students in every group - that's a lot of teaching!

As he is the only member of staff to be in the building in the evenings and weekends he gets to know the students well, talking to them on ground level and watching

them grow and develop, a side of his role that he values the most, and finds it interesting (if we're lucky!) when they come back to the Trust after many years to contribute to the Psychosynthesis circle of life.

Asked how he would like to be viewed by the PET community he answers "truthful, honest, and hopefully not too strong in my views!" Well I can't guarantee about the views, but for sure the qualities he brings to the trust are dependability, reliability and most certainly trustworthiness. His quest for order and tidiness is certainly missed whenever he takes his holiday, as without a doubt someone will always ask 'so, when is Geoff back?' Only then do we notice the little touches he does to try and make life easier for us. Should he be a character from a PET Super Hero Comic he would unquestionably be 'The Invisible Man' . . . !

So what does the Invisible Superhero working away behind the scenes do when he's not communicating to students what staff may have missed, or putting the building back together again after it has been pulled apart? His family mean the world to him, but talk to him about Chelsea's football team and you'll not be given a chance to test his dedication; he's supported the team for over 30 years!

If he had to live by one moral it would be: 'My word is my bond', that, coupled with his answer to the most important thing in life ("sense of humour"), and I couldn't sum Geoff up any better!

EFPP Summer School Review (August 4 - 8, 2008)

The Soul's Challenge, Between Hope and Anguish in a Time of Planetary Crisis - a report by Keith Silvester

This was the fourth gathering of professional psychosynthesis therapists in Europe. It was initiated by the EFPP in collaboration with the Psychosynthesis and Education Trust and Re-Vision.



It was our turn to host the 4th summer school of the European Federation for Psychosynthesis Psychotherapy, in Canterbury, from 4-8 August.

This is an event held every two years (the previous ones having been in

France, Italy and Sweden).

It took a great deal of joint planning between the Trust and Re-Vision, and we were lucky to have an excellent organiser, Steve Marshall, who brought the event together with an outstanding team of volunteer helpers.

Over a hundred people attended from many countries including: France, Italy, Germany, Sweden, the Netherlands, Belgium, Ireland, Slovenia and, of course, the UK. Unfortunately, we were lacking a presence from Switzerland, which is an EFPP-represented country.

The theme was a controversial one: 'The Soul's Challenge - between hope and anguish in a time of planetary crisis', focussing principally on the ecological challenges facing us and our responsibility towards this epoch as therapists.



Gerry Millar, Sue Adams and others

The various morning seminar series approached this issue in a variety of ways, with the afternoon workshops offering a wider

variety of themes. Some of the seminar titles will give you a feel for the main subject: 'Awakening Beauty in Times of Terror', 'Imaginal Wounding - an interface between personal and planetary', 'Exploring a Participatory Worldview - towards a sense of place'.

Afternoon workshops were more varied and included a pilgrimage in the woods around Canterbury and a constructed labyrinth.



Steve Marshall and the volunteers (Steve, Julie, Sandie, Phil, Khemanandi and Clare)

Speaking personally, there was indeed a mixture of both joy and despair throughout, highlighted by the centrepiece at the opening and closing ceremonies: a sculptural installation of smashed up computers, rubbish, angel's wings and flowers.

The venue itself, the University of Kent campus, perched high up over Canterbury, symbolised the curious world we live in. We arrived at the tail-end of the decennial Lambeth church conference, which was surrounded by a tight cordon of security. Late in the week, there was a large contingent of police, complete with heavy-duty vans, who were staying there for a reason which was not fully apparent.

Apart from the seminars and workshops, there were some very stimulating events. Tuesday evening speakers Nick Totton and Mary-Jayne Rust presented a view of our ecological crisis and our relationship to control and wildness - both in us and for the planet - which led into an exciting participatory exercise. Then, on Wednesday

evening an Italian psychiatrist, Alberto Alberti, who trained with Assagioli, gave us a particular view (in Italian and translated) of the famous egg diagram - commenting on our inspired logo image designed by Steve Simpson.

We had opened the summer school on Monday evening with a ritual of lighting a candle, done by Fredrik Lundh from Sweden (one of last time's hosts) along with a number of people reading poetry and stories related to our theme. We also were privileged to have received a letter of opening words from Molly Young Brown in the USA, who has worked closely with eco-philosopher Joanna Macy.

To quote Molly: *"With the chaotic effects of global climate change impacting life around the Earth, we know that radical change is upon us, along with the suffering that such change can bring. We may have to endure years and years of intermingled catastrophes, one after another, as our oil-dependent economy unravels and collapses, natural disasters and epidemics sweep through the land, and civil society struggles to survive. Many will react with fear and denial, as people all too often do. As our lives change radically, how can we best respond?"*

Referring to Joanna's list of 'gifts' coming to us in these times: uncertainty, intention and devotion, Molly stressed the importance of service and community and added: "At this pivotal time in human history, we walk into the unknown together, as into an initiation, a collective encounter with the human soul. We in the industrialized world have reached the end of our collective adolescence; it is time now to grow up, to move fully into true adulthood, with a broader, more encompassing sense of responsibility to the Earth, all its peoples, and all its life forms."

At our Friday closing ceremony Lesley Brown of Re-Vision led us in a moving circle dance.

As always, the summer school is a tremendous opportunity for international networking. The Thursday evening gala dinner and dance in the architecturally

'brutalist' Rutherford dining hall with a stunning view towards Canterbury Cathedral was hugely joyful, with the tuxedoed Simply Swing band getting everyone successfully on the dance floor, helped by each national contingent doing stand up songs.

We were also lucky to have an art exhibition by Sue Adams, a psychosynthesis therapist and artist.



Joan and Keith blow out the candle on the installation at the Closing Ceremony

This was installed in a building suitably called 'The Missing Link', adjacent to our main Darwin venue.

Also, our own student Laura Cooper mounted a photographic exhibition in the Darwin lobby on the theme of 'Transcendence'.

On the down side, the principal organisers (Joan Crawford of Re-Vision and myself), had really hoped that more people would come to the event from the UK. We know there are always issues of cost and timing. But it is not often that we have such a major psychosynthesis event in this country. We were pleased that, in addition to staff and students from the Trust and Re-Vision, there were some keen participants from the Institute too.

The EFPP is going through some changes, and the location of the next summer school (or conference) has not yet been decided. When it is, we sincerely hope you will put this in your diaries and make it a priority to participate and contribute. In addition to Joan and Steve, I would also like to thank Sheena Butterworth of the University of Kent for being so responsive to our requirements, and our own Preet and Jim for their help in facilitating the banking arrangements.