

*Psychosynthesis & Education Trust Newsletter*

# P.E.T. News

***News and views from within the Trust community***

*In this issue:*

*NEW!! A Taste of Psychosynthesis . . . details and dates; Bogota Essentials - a review of a very successful trial by our Chair of Trustees, Brenda Squires . . . plus interviews and much more!!!*

*Spring 2009 Edition*

## TRUST STAFF TEAM

### Director of Operations

Jim Wallman

### Director of Programmes

Keith Silvester

### Counselling Dip. Training Manager

Frانيا Le Guilly

### Marketing Manager

Annalisa Caldon

### Counselling Services Manager

Felicitas Mander

### Office Manager

Sandra Pemberton

### Senior Administrative Officer

Meesha Patel

### Finance Manager

Preet Vadher

### Credit Control

Warren Hamilton

### Finance Assistant

Mohamed Yusuf

### Graduate Services Officer

Caroline Duggan

### Admin Assistants/Receptionists

Jo Szepel-Golek

Emily Joof (Weekends)

### Caretaker

Geoff Foster

## TRUSTEES BOARD

**Brenda Squires (Chair)**

**Chris Burgess (Treasurer)**

Hugh Lee Askar

Peter Hein

Michael Shaw

Helen Sieroda

John Shiers

Diana Whitmore

For all enquiries call

020 7403 2100

## Contents

- 02 Editorial**
  - 03 Statutory Regulation - the latest!**  
Report by Keith Silvester
  - 04 Art Review**  
Review of the Art Exhibition featuring the art of Angela Schütz
  - 05 Interview with Brenda Squires**  
Our in-house reporter, Jo Szepel-Golek, interviews the Chair of Trustees
  - 07 Essencia of Psychosynthesis in Colombia**  
Brenda Squire's account of Essentials in Bogota, Colombia ...
  - 08 Essentials of Psychosynthesis at Findhorn**  
A review of the first Essentials group to be run at Findhorn for many years ...
  - 09 A Taste of Psychosynthesis ...**  
The Trust's brand new one-day workshop
  - 10 PPA News!**  
PET/PPA is pursuing an ongoing collaboration with re.vision, our sister Psychosynthesis training organisation in Queens Park.
  - 11 Book Review - The Transpersonal in Psychology, Psychotherapy and Counselling by Andrew Shorrock**  
Reviewed by Marion Winslow
  - 12 Book Review - Contemporary Body Psychotherapy: The Chiron Approach**  
Reviewed by Andrew Shorrock
  - 13 Mind Your Own Business ...**  
Carol Scott's tips for building up and running your practice
  - 14 Noticeboard**  
Adverts for services from within the Trust community
  - 15 Graduate Studies Programme**  
Upcoming workshops and lectures
- 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



**W**elcome to 2009! I hope the year will bring much joy and happiness (and financial security!). I'm acutely aware as we begin this new year (as I imagine we all must be) of the anxiety and panic there is everywhere concerning financial issues. I'm trying very hard to stay grounded myself and not

get caught up in the panic, but inevitably when I have clients becoming very anxious about their finances I start to really feel it within my own private practice.

And inevitably this will also have a knock on effect for the Psychosynthesis Trust as an organisation, as it is with all organisations everywhere. People are pulling in their belts and maybe holding off doing that training, or workshop or getting the therapy that they need. So it's a tough time for us all, not least for people who are self-employed as many counsellors and therapists are.

But for me it is also turning out to be a period of hope as the crash course that it has felt that our culture was on, slows and has to be redressed. There is a big part of me that welcomes this change and hopes that it comes

with a move away from the consumer culture that we have become. So we just need to sit tight and get through it one way or another!

On a different note, PET News is flourishing and this issue we have needed to increase its size to 16 pages in order to cope with all the input! We have a fantastic issue for you with great articles from Brenda Squires and Jim Wallman on Essentials in both Bogota, Colombia and Findhorn in Scotland. Also a very revealing interview of Brenda by Jo Szepel-Golek, our roving reporter (and receptionist of course!).

Keith has very kindly written an update on Statutory Regulation due to popular demand and Jim Wallman has written a review of Angela Schütz' art which was exhibited here at the Trust in December 2008. And we are also starting a series of articles by Carol Scott called 'Minding Your Own Business', giving tips and advice on how to run a successful private practice, which in the current climate should be very useful. Enjoy!

*If you wish to submit something for the Autumn issue then please email it to [acaldon@petrust.org.uk](mailto:acaldon@petrust.org.uk) by 31st August 2009. Please note: All items will be considered, but subject to the editor's discretion.*

## New Appointments

### Senior Administrative Officer

Meesha joins us having previously been operations manager at Prostate UK where she was responsible for all strategic service delivery for the charity. She has wide experience, including setting up her own charity - The Downlands Trust, working as operations manager for The Bat Conservation Trust and as a project officer at the Royal Botanical Gardens, Kew. A biologist by education, Meesha brings a wealth of charity and administrative experience to the new role of Senior Administrative Officer at the trust. She says she is really enjoying being back in an academic environment and is looking forward to the challenges ahead at the Trust.

### Weekend Receptionist/Administrator

Many of you who have been in the building at weekends will have already met Emily Joof, our new weekend receptionist/administrator who started in January. Emily is a graduate in Ancient History and Social Anthropology, and has had lots of previous administrative experience, including several years with the United Nations Development Programme (UNDP) in The Gambia, Voluntary Service Overseas and with the Charities Advisory Trust. Emily speaks fluent French and lives in New Cross Gate.

# Statutory Regulation – the latest!

Keith Silvester



**A**s you know, this has been a most complicated issue, which is still 'work in progress'. Just to recap on the basic issues: there are three 'arenas' of action.

**The first is the role of the Health Professions Council** who will be registering all current UKCP-registered psychotherapists. This is generally seen as relatively unproblematic, since the HPC has a good and fair track record of going about its business.

**The second arena is IAPT (Improving Access to Psychological Therapies)**, which is generally concerned with provision within the NHS. This is more problematic in that certain types of approaches, such as CBT, are clearly favoured because they have been subject to 'measurable' research methods - a feature which is controversial in itself.

**The third arena is Skills for Health**, which has been given the task of drawing up National Occupational Standards for the psychological (ie. talking) therapies. There are two broad worries for humanistic and integrative therapies, which includes us. The first is the likely influence of IAPT on the NOSs being drawn up by Sfh. The second is the much longer-term anxiety that, in time, the HPC will be influenced by IAPT too, and we will end up with a quite restrictive profession.

Within UKCP, the HIP Section is working extremely hard through its political and research committees to ensure that Sfh and

the HPC maintain the broadest view of psychotherapy, and that we are adequately represented.

The current mood within UKCP and BACP is still generally in favour of Statutory Regulation - but only if it is achievable without sacrificing our ethos and creativity. If the cost becomes too great, UKCP may well think again.

There has recently been formed an 'Alliance Against State Regulation' made up of some key figures in the counselling and psychotherapy profession who are challenging the philosophical principles of going down this route at all. It remains to be seen whether this ends up uniting or splitting our profession - but it is certainly too early to know what will happen.

*“There has recently been formed an 'Alliance Against State Regulation' made up of some key figures in the counselling and psychotherapy profession who are challenging the philosophical principles of going down this route at all. It remains to be seen whether this ends up uniting or splitting our profession - but it is certainly too early to know what will happen.”*

Whatever the outcome, one of the beneficial consequences of this whole process is that we in psychosynthesis will need to develop a strategy for evaluating our effectiveness.

This will be the theme of our next Research & Training conference in September.

## Summer Solstice Celebration

6pm – 10pm Sunday 21st June at the Trust

All Welcome . . . “a chance to celebrate midsummer with friends!”

# Art Exhibition Review

In December 2008, we were host to another art exhibition, titled 'Along The Way', by Angela Schütz, a former student at the Trust.

**"Creativity is being in the world soulfully, for the only thing we truly make, whether in the arts, in culture or at home is soul."**

**Thomas Moore**



Angela said of her work, "My artwork is about expressing intuitive images that come to me in meditation and in everyday life situations. These images aren't necessarily visual,

they can rise as feelings, sensations or insights that then find visual expression.

The starting point is inside me, in my personal experience. Once that experience starts taking shape on the canvas it becomes a dialogue between the inner and the outer. I often ask my paintings: 'What do you want to be?' and let them guide me through the flow of my imagination."

Angela lists her inspirations coming from artists such as Marc Chagall, Paul Klee and Cecil Collins.

Most paintings in the exhibition reflected turbulent experiences for Angela over the last year. Angela says "Within the confusion of the events and the variety of emotions I've been thrown into, the creative process of painting has repeatedly revealed to me the beauty within any of these states, often to my utter surprise."

Angela's professional career began in 1985 as a commercial artist in Germany where she was born. She tired of art as a commercial tool and a desire for a deeper understanding of human nature led her into psychology and religious studies. She left Germany for a voluntary year at a retreat centre in London where she met Quakers and became interested in their spiritual practice of 'listening within'.

From 2002 - 2006 she trained as a psychosynthesis counsellor at the Trust. The spiritual dimension of transpersonal training appealed to her as did its use of visualisation to help people to get in touch with their creative potential. The imagery it brought up inspired a lot of her paintings.

Today, her art is primarily informed by her spiritual and psychological practice. In her work as artist, counsellor and workshop facilitator she is particularly interested in taking people to the threshold where creativity and spirituality meet the personal self.

Visitors to the exhibition were very impressed by the power of the imagery, so much so that one of the popular paintings ('Tree of Knowledge') was purchased by a student at the trust.



*If you are interested in finding out more about Angela's work and philosophy, she is running a workshop soon called 'The Transformative Power of Art - insights into the creative process' on 28 March 2009, 9.45am - 4.30pm at the Wandsworth Quaker Meeting House, 59 Wandsworth High Street, London SW18. The cost is just £25 and for for*

*further information and booking contact: [schutzangela@talktalk.net](mailto:schutzangela@talktalk.net)*

# Interview with Brenda Squires

*Jo Szepel-Golek talks to staff behind the scenes, our unsung heroes, this issue with the Chair of Trustees . . .*



**B**renda Squires is a familiar figure around the Trust, not least because she has been a Trustee for 5 years and for the last 2 of those years she has been in a very visible position as Chair of the Board of Trustees. But she first became acquainted with Psychosynthesis many years ago in 1976, before the Trust was actually created, at the Institute of Psychosynthesis in Mill Hill. This was a time when Diana Whitmore (PET's founder) was working there. Brenda was one of the first people to undertake the training at the Trust in 1979, and she then went on to teach Counselling Skills here for over 10 years, during which time she also set up the Counselling Service and later co-ran it with Christopher Sullivan.

She was asked to take on the role of Chair of Trustees due to her vast experience and involvement with the Trust, and even though she didn't have an ambition to take on the role, finding herself with more time on her hands and being London based she gladly accepted. She sees the role of a Trustee as predominantly advisory and supportive, but also to assist in providing an overview; be that to the directors or Trust staff. She comments that there was a time when

“Brenda's enthusiasm to develop the Trust's diversity in a grounded and thoughtful way is contagious and it's not hard to feel excited by the web of possibilities in which Psychosynthesis could expand.”

the Trustees used to meet people downstairs in the refectory and invite staff to meetings, and expresses that she would like to do that again. She has her suspicions that the Trustees seem more remote than they would liked to be!

**“What does her particular role as Chair of Trustees entail . . . ?”**

There are 2 subcommittees with the Trustees - Development and Financial - and she sits on both. She contacts all Trustees to discuss up and coming matters, sounds people out, and generally is responsible for co-ordinating and keeping the Trustees informed. Part of her role is also guiding and supporting both directors. Asked what the best part of her role is she answers that she likes feeling that she is helping to make it a better organisation, hoping that balance and clarity are the qualities that she brings to this position.

In her time at the Trust she has seen organisational challenges, the lowlight being in 1999 when there was a financial crisis and several senior staff left. Her highlight has been seeing the Trust come together, especially in the last year or so, with the Directors galvanising in a constructive way and with a better sense of organisational function. The greatest changes Brenda has seen in the Trust



have been at a more professional level, with huge amounts of regulations now in place and an increase in quality and thoroughness of the courses.

**“What is it about the Trust that Brenda feels passionately**

**about and motivates her . . . ?”**

Simple- the ability to deliver Psychosynthesis; she speaks animatedly of Robert Assagioli's work and the potential of what he has to bring to people and the planet. She is enthusiastic about bringing

Psychosynthesis more effectively to different areas and she would really like to see the Trust growing in a more comprehensive way, as well as in the more specialised field of providing courses. To reach out to sectors not yet

touched within the current realm.

It therefore comes as no surprise that the part of the Trust that Brenda would most like to develop is PET's PR; informing society of the needs Psychosynthesis can meet, dialoguing with the community and being more open, converging in different divisions, such as those in The City. Brenda's enthusiasm to develop the Trust's diversity in a grounded and thoughtful way is contagious and it's not hard to feel excited by the web of possibilities in which Psychosynthesis could expand.

It is with this web in mind, that should a superhero comic book of PET be published, Brenda would surely have to be Spiderwoman, spinning opportunities for support and growth within the Trust, and with her superpowers, if she could pass any law at the Trust, it would be for people to have a bit more 'empathy', be that to those working in the office, Geoff our caretaker, our trainers or students.

Outside of PET Brenda is involved in a small amount of Psychosynthesis training, and for the last year or so has been involved in an exciting project taking 'Essentials' to Bogota in Colombia, South America. In addition she runs, with her husband, an Arts & Community Centre (after refurbishing a fire-damaged Victorian mansion in West Wales!). She writes novels (a mixture of fictional and historical), which, she tells me, is a life-long passion and when asked if she could choose, free from any limitations, what she would like to be doing 10 years from now she easily replies, "to be a best-selling novelist, travelling parts of the globe."

Other favourite pastimes include reading, good food, cinema and the theatre (although it has to be good!), and she also likes playing tennis, and sometimes running. Her musical tastes veer towards classical & folk, and she hosts concerts at the Arts Centre in Wales. She also has a surprising interest in studying foreign languages and she currently speaks German and French, and is learning Spanish; no doubt helped along by the project she is involved with in Colombia!

Brenda is clearly moved when she leaves me with a list to choose from for the best day in her life; the days her 2 children were born, the day her first novel was published, the day she met her husband, the day she first came across Psychosynthesis... she still has strong memories of the time she was living in London and the Californian massage/healing therapist she was seeing recommended and introduced her for the first time to the word of Psychosynthesis.

And her ongoing interest in Robert Assagioli's work leaves little room for another to fill the shoes of the person who has most influenced her, particularly his way of bringing together eastern Philosophy and the Psychology of the West. Shoes which also quite comfortably fit her husband, whose pragmatism and ease at closing the gap between having an idea and making it happen has greatly influenced her.

Brenda says that the best thing her parents taught her, which is rather apparent when speaking with her, is interpersonal integrity. Brenda's empathy for other people is very clear ('do as you would be done by'), and her compassion, accompanied by her chosen moral - 'Tomorrow is another day' - is a winning combination. With perseverance and a breath of perspective and encouragement ("nothing is that terrible"), coupled with her empathy, it's no wonder she has managed to achieve so much.

*"... should a superhero comic book of PET be published, Brenda would surely have to be Spiderwoman, spinning opportunities for support and growth within the Trust, and with her superpowers, if she could pass any law at the Trust, it would be for people to have a bit more 'empathy', be that to those working in the office, Geoff our caretaker, our trainers or students."*

**"What would she like to be best remembered for ... ?"**

Quite humbly she values being a friend above all. And the Trust is certainly very lucky to have a friend in Brenda.

# Essencia de Psicosisintesis en Colombia

*A review of the Psychosynthesis Essentials run in Bogota, Colombia.*

*Written by Brenda Squires*



**Y**esterday I returned from Bogota, Colombia. Today, jetlagged, I reflect on the experience. This was the second time I ran Essentials together with my old friend and colleague, Christopher Sullivan. When I think about it I am struck by two things; firstly by how energised and joyful I am feeling, and secondly by how worthwhile this venture is proving to be.

Colombia is a country riddled with corruption and civil strife and only now are these being tackled in earnest. Although things have improved, 20% of the countryside is dominated by FARQ guerrillas and there are still a thousand kidnappings a year in a country with a population of around forty



*Cerro de Monserrate, Bogota, Colombia*

million. There are huge differences between the haves and have-nots. The top five to ten percent are well educated, articulate and relatively affluent. The rest are struggling to eke out a living in a land where infrastructure in health, education and transport is just beginning. It is a young country, with most of its population under forty, and a place of great natural resources and breath-taking beauty.

During the five day course I was struck time and again by the generosity and warmth of the people. The participants were from the professional classes: doctors, dentists, psychologists, social project workers and lawyers. One person in the group was working with relatives of 'disappeared' people; another had lost her grandfather in one of the political

purges. Yet another was involved in a project to rehabilitate ex-FARQ members back into civil society.

*"Never before have I sensed such a potential for psychosynthesis to help heal and support. The group members took to it like ducks to water. Perhaps it is their background of Catholicism blended with native American pre-Colombian culture which results in the people being extremely open on a spiritual and emotional level."*

Never before have I sensed such a potential for psychosynthesis to help heal and support. The group members took to it like ducks to water. Perhaps it is their background of Catholicism blended with native American pre-Colombian culture which results in the people being extremely open on a spiritual and emotional level. This is balanced by a Latin love of philosophy and enquiry. There was no end of penetrating questions.

We had an excellent and sensitive translator in Ivan who fell in love with psychosynthesis and ended up doing many of the exercises! Evenings were rounded off by an optional extra: Christopher introduced the five rhythms dance and the Colombians, being great dancers, found it irresistible.

I came away feeling much humbled and gladdened. These people are hungry for what psychosynthesis has to offer. We have been invited to create a four stage programme for professionals. More than anything else I am left with a great sense of renewal and possibility. I felt like a pioneer, especially as the teaching could be done free of the restraints of university or UKCP requirements. It was as if psychosynthesis were being pared down to its essence. Interestingly, they mis-translated Essentials into Essencia, which in Spanish means the Essence (of Psychosynthesis)!

# Essentials of Psychosynthesis at Findhorn

February saw the Trust's first Essentials group to be run at the Findhorn College for many years. Review written by Jim Wallman



Findhorn College, an offshoot of the internationally-renowned Findhorn Foundation is based in a former Victorian Hotel located on a beautiful wooded hillside in Forres - a town in the Highlands of Scotland, not far from Inverness.

Findhorn has for many years been a centre for many initiatives, and its principles and ethos are very much in tune with the openness and holistic nature of psychosynthesis, and has long had a connection with the Trust through our Trustees and because many of our staff and students have visited or even lived there over the years.

The February Essentials of Psychosynthesis group was run by Brian Graham and Anita

such as helping with the washing up after some meals.

And apart from the intensive work of the Essentials course, there was time in the programme for students to tour the Findhorn Foundation itself, and spend time experiencing the lovely grounds of the college



- particularly beautiful on this occasion with the remaining snow and frost on the trees and fields.

Another important difference is the atmosphere. The College is a very quiet and reflective place to be with none of the bustle and distraction of a city-centre venue like the Tooley Street one. This gives the experience of the course a quite different energy.

We were very pleased that despite travel problems in February caused by the heavy snows, all eighteen participants managed to reach the Highlands safely. As is often the case with Essentials groups, the attendees as a diverse group, coming from all over the UK and not only locally (Bristol, Manchester, and Edinburgh for example) but also abroad (for example Portugal) .

The course has been so successful that we will definitely be running it again next February, so if you know of anyone interested in a very special experience in the Highlands of Scotland, do let them know.

For more information on the Findhorn Foundation visit [www.findhorn.org](http://www.findhorn.org) and for more on Findhorn College visit [www.findhorncollege.org](http://www.findhorncollege.org)

*"The College is a very quiet and reflective place to be with none of the bustle and distraction of a city-centre venue like the Tooley Street one. This gives the experience of the course a quite different energy."*

Courtman, who were ably assisted by Ada Blair and Lucy Dixon, and supported by Findhorn's Nadasree Georgete Gadas who kept that important link between Findhorn and our course. This support and connection with Findhorn gave the course a particular character all its own.

The main, and in many ways important difference, of this Essentials was the fact that it is residential. This creates an additional intensity to the experience and gives participants time to reflect on their experience. And as part of the residential experience students on the course joined in with the way of life at the College, which includes community involvement elements,

# A Taste of Psychosynthesis

Keith Silvester

**A**s part of our drive to make psychosynthesis (and the Trust) as accessible as possible, we are adding a new string to our bow. The Taster Day. This is intended to be an extended addition or alternative to our existing Open Evenings, as it gives people a chance to experience some of our principles and techniques without committing to a full Essentials course.

A further idea behind this initiative is that it is a 'portable' way of introducing psychosynthesis to different parts of the country - and perhaps to different sorts of people - without the Trust incurring overheads such as overnight residential costs. All we would need is the publicity and a daytime venue. Because of its flexibility we feel we can run it at least once every two months. The PET website gives details of the dates for 2009. The first two will be in London and will be led by me. Subsequent events will, hopefully, be led by other trainers. There is a cost of £59, which we believe is reasonable for a day's workshop.

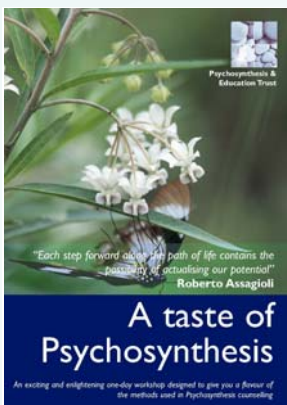
The Taster Day is definitely NOT a substitute for the Essentials itself and will not be duplicating the exercises used on that. It is, as the formal title A Taste of Psychosynthesis suggests, just an introduction, and anyone

coming on it would be encouraged to then undertake the Essentials course itself.

In designing the programme for the day it was important to 'cherry pick' some key themes which are central to what we are about. So, I identified the following four themes:

- **THE JOURNEY OF LIFE**  
Bifocal vision, the quest for meaning, the value of crisis, and soul development
- **THE ONE AND THE MANY**  
Subpersonalities, I-awareness, disidentification, complexity of the person.
- **TRANSFORMATION AND CHANGE**  
The will, transcendence-immanence, the nature of change.
- **THE SPIRIT OF RELATIONSHIP**  
Right relations, the field of the world, psychological and ethical maturity.

After we have run the first two, we will be reviewing the content and style of the Taster Day, based on feedback from participants. We would also be very interested in any thoughts you may have, so please email me with them: [ksilvester@petrust.org.uk](mailto:ksilvester@petrust.org.uk).



## New!! One-Day Taster . . .

**First workshop - 26th February 2009, 10am to 5pm**

**This exciting and enlightening one-day experiential workshop introduces some key aspects of Psychosynthesis . . . as with Essentials, no prior experience necessary!**

*If you know of anybody who you think might be interested or can think of somewhere where you can distribute some of our leaflets then please contact Jo on 020 7403 2100.*

**For more information and to apply please go to [www.psychosynthesis.edu](http://www.psychosynthesis.edu)**

## The Way We Live Now (working title)

*PET/PPA is pursuing an ongoing collaboration with re.vision, our sister Psychosynthesis training organisation in Queens Park. We are following up last years 'Visible and Invisible Programme' with a further joint programme*

***Our joint programme follows the themes dominating the last EFPP summer school. The theme of the summer school was between hope and anguish in a time of planetary crisis - focusing on the ecological crisis and our responsibility as therapists in this time of crisis - even though the summer school preceded the credit crunch!***

**A key view is that we are in planetary crisis because of greed and the assumption led by the western world from Enlightenment onwards, that the planet's resources are inexhaustible and that we have the god given right to the pursuit of wealth and happiness. Happiness, in this equation, is coupled with the pursuit of wealth. Planetary crisis seems the inevitable end product of this attachment to growth, through plundering the earth's resources without responsibility towards the whole.**

**The first few years of this decade witnessed an unprecedented growth in the economy, based on what has now been shown to be a bubble of nothing . . . a fiction . . . irresponsible lending. And our country and America are now in recession and bankrupt. Molly Young Brown wrote a letter to the summer school in which she commented, "we may be facing years of catastrophies as the oil dependent economy collapses . . . many will react with denial. How can we best respond . . . ?"**

- ✿ *How does the destruction of the planet mirror the way that we can destroy*

*and sabotage our personal lives?*

- ✿ *How do we respond to control or wildness in ourselves and in the planet?*
- ✿ *As therapists how do we respond to the social, economic and ecological challenges that form the backdrop in which we live?*

- ✿ *How do these issues effect our clients?*

- ✿ *How do they affect us as psychotherapists?*

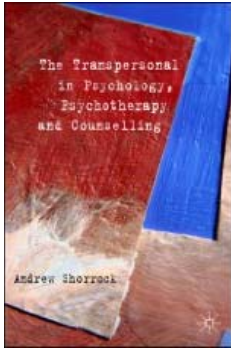
**Like all phenomena, psychotherapy itself is positioned in the matrix of society - how do the tectonic shifts effecting the planet and the economy inform our thinking, our practices, our relationship to our clients and the political landscape in which we operate? Has humanistic psychotherapy itself been implicated in offering inexhaustible freedom?**

**The programme is still in development but we hope to offer 2 workshops by Andrew Shorrock on our relationship with money, both as individuals and therapists, and how this is effected by the current world climate. We also will offer a workshop by Zita Cox, on planetary Constellations. This extends the work of Bert Hellinger in family constellations to embrace the whole of nature and the universe. Re.vision will offer a weekend with Mary Jane Rust and a day with Joan Crawford on topics related to ecology and psychotherapy.**

**Watch out for the full programme which will be published in March 2009 . . .**

# Book Review - Marion Winslow

## *The Transpersonal in Psychology, Psychotherapy and Counselling* By Andrew Shorrock



**A**ndrew Shorrock has attempted an ambitious task, i.e. to give us an overview of the whole field of transpersonal psychology as it stands at the present moment. To a large extent he has achieved this, although with material of this nature there will always be scope to argue about what has been included and excluded.

I found the book fundamentally well-structured - he divides the book into four main chapters: one focusing on definitions and the history of transpersonal psychology, the second on the philosophical underpinnings, the third on the most prominent 'versions' of transpersonal psychology and psychotherapy, and the last on clinical applications. The range of material covered is truly impressive. Shorrock is not presenting us for the most part with a specific argument of his own, however, which can make the material lack in 'flow'

He suggests that 'transpersonal psychology' has been identified as such since Maslow's use of the term in the 1960s. Maslow called the transpersonal the 'fourth force', and Shorrock uses the schemata of 'four forces' within psychology/psychotherapy - the psychoanalytic; the behaviourist and cognitive; the humanistic; and the transpersonal - to shape his exploration, particularly in the philosophical chapter.

This chapter is by far the longest chapter and I see it as the core of the book. In this and the previous chapter he looks at all these schools of psychology to try and illuminate their relationship or contribution to transpersonal thinking. He also looks at how the transpersonal is seen from within Buddhist, Sufi and Jewish mystical traditions, and from the standpoint of some of the strands of philosophy, science, and the philosophy of science.

Within the philosophical chapter, he seeks a

deeper unifying theory of how the transpersonal can be given some validity and made sense of in relation to prevailing Western world-views, especially the current scientific paradigm. He reports how neuroscience has looked at the question of 'mystical' or related experiences, but argues that an approach based on classical physics cannot elucidate the transpersonal; he evaluates other possible scientific versions of reality such as quantum mechanics, and the concept of a paradigm shift in the philosophy of science. He ends by appealing to aspects of philosophy that suggest consciousness as inherent in matter, and to phenomenology, as possible approaches that transcend the current scientific world view.

This range of perspectives gives the work a refreshing and fascinating breadth, while the downside is that it can be somewhat indigestible and that important arguments cannot be looked at in the depth which they deserve. In these sections Shorrock is at his most personally engaged and questioning. He does however leave me with an unclarity as to how he sees the relationship between these philosophical approaches and a possible emerging scientific worldview.

Moving on to specific transpersonal approaches, he argues that the most major differences at issue are around the idea of human spiritual evolution and whether a hierarchy of development can be discerned within it. A sub-theme to this is the issue that Wilbur addresses as the pre/trans fallacy - whether the experience of 'mystical union' is fundamentally the same as the experience of symbiotic union before birth (pre-), or whether the latter is a regression and the other a progression (transcendental), as Wilbur himself believes. Shorrock sees this question as directly relevant to clinical practice. His discussion is useful; I was however surprised how little space has been devoted to applying transpersonal theory to clinical practice, within other client issues. For example, at the Confer conference on Spirituality within Psychotherapy held earlier this year, one aspect explored was the contribution of spiritual metaphor and narrative to clinical practice.

This book brings out some key issues

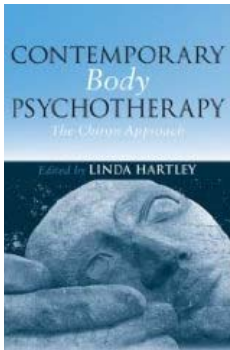
concerning our understanding of what the 'transpersonal' is and what its relevance might be. These kinds of philosophical issues are all too rarely directly addressed, including within the field of psychotherapy. It was therefore a great shame that I found in many places, particularly the introductory ones, the writing style laboured and convoluted. In many places I struggled with long sentences, double negatives and contradictory pointers, and, not infrequently, sentences that were grammatically incomplete.

Most of the time I could eventually work out the meaning of a paragraph, but it frequently took an unnecessary effort; many paragraphs could have been more pleasingly phrased and more readily comprehensible. This apparent lack of care is surprising as the bibliography and indexes seem to have been meticulously completed. Overall, it is a book well worth some study if you have a serious interest in this field and need some help placing different approaches in context.

## Book Review - Andrew Shorrock

---

### Contemporary Body Psychotherapy: The Chiron Approach Edited by Linda Hartley



**T**his is a bold book that, as the title suggests, offers insight and exploration regarding the inclusion and use of touch and the place of the body in psychotherapy.

Situated within a field that has a small literature base, this volume could make a useful contribution

towards filling this gap, particularly so, as it takes a transmodality stance with a clear orientation towards integration of many of the theories that inform praxis. Clinicians, both experienced and still in training, from any clinical approach could find this an informative addition to their library.

In part it is a homage/history to the quarter century work of the Chiron training organisation, and in part an exploration of the field.

Taking the first of these areas, Chiron's evolution as a well recognised training centre may not be of interest to those with no relationship with the organisation; whilst the theoretical evolution of the organisation is clearly given, I would have valued a discussion of the perceived strengths and weaknesses of the various progressions of thinking.

The second area, however, deals with some of

the possible advantages or challenges and pitfalls of the inclusion of the body and touch in the therapeutic endeavour, and would appeal to a wider audience. It was here that I found the book most informative. Like the field itself the praxis and insights from a classical bodywork perspective are included, as are contemporary approaches.

With such a disparate field to explore and take account of, I found occasionally that different contributors might have been using similar terms to their peers though intending differing meanings.

Some chapters I found more informative than others, though with plenty of case examples and differing perspectives offered there is plenty to get your teeth into, with all the contributors offering plenty of reference to other works in the field.

Whilst the inclusion of touch is considered taboo or inappropriate in many approaches, some of the controversies and dilemmas of touch both as symbolic and real are addressed from several vantage points. However, I would have valued more discussion on the perennial concern of "sexual transgression" that touch can engender.

Copies of this book are available at a special 20% discount (+P&P) to readers of 'PET News'.

Contact Bernd Eiden at The Chiron Centre for Body Psychotherapy on 020 8997 5219 to purchase your copy.

Please note: Your copy can be collected from the Psychosynthesis Trust **free of charge**

# Minding Your Own Business . . .

Each issue Carol Scott will be giving you useful tips on how to build up and market your practice. This issue is about networking . . .



**H**ello everyone! As an experienced therapist who has run a couple of businesses and built up a successful private practice I know only too well how tough it can be to get clients walking through the door.

**My mission is to let you know, over the coming newsletter issues, how you can have a successful practice. You owe it to yourself and you owe it to your future clients.**

## Tip No. 1: NETWORK, NETWORK, NETWORK!

I can't emphasise this enough. When I say network I don't mean sending out one letter to a doctor or giving a card to someone you meet . . .

*. . . networking is about building relationships and this means keeping in touch.*

### How do we do that as therapists?

**Well it can be a tricky area for us. We certainly don't want to be doing a hard sell or even a soft sell. The way I see it is it's about letting people know what you do.**

**People will give you referrals when they:**

1. **Know you**
2. **Trust you**
3. **Like you**
4. **Feel you have a solution to a problem**

**We have to be known to a lot of people and let a lot of people know who we are and what we do . . .**

- ✓ Offer talks to various groups in your community
- ✓ Speak to local professionals i.e. doctors, lawyers and other complementary health practitioners
- ✓ Join a networking group.

**It can feel daunting to do these things so you have to find your own comfort zone but look at it as helping your community and giving people a chance to find you.**

*In essence . . . “out of the consulting room. . . .  
into the world”*

# 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.**

## Clinical Hypnotherapy by Psychosynthesis Therapist

*Hypnotherapy is a safe, effective way of using hypnosis to enhance well-being, eliminate unwanted physical symptoms, behaviours and thoughts.*

*It is a natural every day state like a deep relaxation, you are not unconscious or asleep and remain in full control.*

### How can Hypnotherapy help you?

Hypnotherapy can help with many conditions such as:

- |                     |                     |
|---------------------|---------------------|
| Smoking Cessation * | Nail Biting *       |
| Panic attacks *     | Teeth Grinding *    |
| Insomnia *          | Stress/Anxiety *    |
| Weight Control *    | Phobias and Fears * |

If you would like to find out more or book an appointment please call me on:

**Carol Scott 07966 294 212**

## A magical hideaway in the Cevennes

*The delightful small house is near St. Jean du Gard in the Cevennes National Park. Overlooking the River Gardon. An exciting area to explore where Robert Louis Stevenson ended his famous trail.*

Reasonable rates. Suitable for 1-2 people. Good access to transport links.

**Contact: walkinfrance@googlemail.com or phone Sue Davis 0207 281 3799**

## A Peaceful Retreat in Brittany

- An attractively renovated Breton house and barn for 2 to 6 people
- Hidden away in an acre of field and woods.
- Ten minute drive from the famous North Brittany Coastal Path

Reasonable rental rates. Long lets negotiable

**Contact: walkinfrance@googlemail.com or phone Sue Davis 0207 281 3799**

**CHRIS GOTHARD**

## Emotional Health & Well-being Consultant/Counsellor

Building Stress Resilience, Life-Work Balance, Relaxation - workshops and 1:1 sessions available.

**Fully qualified & very experienced professional working with Local Authorities, schools.**

**CONTACT: chrisgothard1@aol.com**

## Working with Trauma and Dissociation:

Time and Continuity as Organisers of the Sense of Self

**Workshop for therapists working with complex post-traumatic conditions, the spectrum of dissociative and other difficulties arising from developmental and attachment-related deficits.**

**Saturday 25th April 2009, York  
Training day with Nel Walker - £80**

**Contact Barbara Webb 01904 413858**

**To advertise FREE in this space please email [acaldon@petrust.org.uk](mailto:acaldon@petrust.org.uk)**

# Graduate Studies Programme

---

## Spring 2009

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

<b>March 2009</b>	<b>CBT With Heart</b> <i>Adrian Hemmings</i>	<b>7 days</b> <b>(starting 17 March)</b>	<b>Graduate Studies</b>
	<b>What is Wrong with Psychosynthesis?</b> <i>Will Parfitt</i>	<b>21-22 March</b>	<b>Graduate Studies</b>
<b>May 2009</b>	<b>The Paradoxes of Transcendence and Incarnation</b> <i>Michael Soth</i>	<b>Tues 11th May</b>	<b>Graduate Studies</b>
<b>June 2009</b>	<b>Money, Fire and Dangerous Things</b> <i>Andrew Shorrock</i>	<b>2 days (June/July)</b> <b>Sun 7th June (Day 1)</b>	<b>Graduate Studies</b>
	<b>Embracing the Paradigm Clash Between the Medical Model and Counselling/ Psychotherapy</b> <i>Michael Soth</i>	<b>2 days June/July</b> <b>Tues 9th June (Day 1)</b>	<b>Graduate Studies</b>
<b>July 2009</b>	<b>Money, Fire and Dangerous Things</b> <i>Andrew Shorrock</i>	<b>2 days (June/July)</b> <b>Sun 5th July (Day 2)</b>	<b>Graduate Studies</b>
	<b>Embracing the Paradigm Clash Between the Medical Model and Counselling/ Psychotherapy</b> <i>Michael Soth</i>	<b>2 days June/July</b> <b>Tues 9th July (Day 2)</b>	<b>Graduate Studies</b>

### 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](http://www.psychosynthesis.edu)**

*There are often limited spaces - so please book early.*