

# A new CPD opportunity in Devon and the Southwest for 2016

## EMBODIED, RELATIONAL Approaches to PSYCHOTHERAPY

### A series of 4 CPD Weekend Workshops with Michael Soth & Nick Totton

#### About the CPD Training:

There are two introductory one-day workshops and we would like to offer you the opportunity to attend one or more of these tasters to form an impression of the group, the tutors and their way of working, and what kind of learning process you can expect.

The topics for each of the workshops are designed to provide a deepening progression over the course of the four weekends. To promote the necessary continuity and co-create a safe, reliable, cohesive group, we would encourage all participants to commit to the full course, as the intention is to build the learning from event to event over the year.

#### Details of the workshops:

5 Dec. 2015	non-res	Bristol	Michael Soth	Intro day: "Your current everyday practice: between 'talking therapy' and beyond"	£110
14 Feb. 2016	non-res	Bristol	Michael Soth	Intro day: "Enhancing your perceptions of the client's bodymind"	£110
7 & 8 May 2016	non-res	Offwell	Nick Totton	"The therapist's embodied presence in the field"	£220
25 & 26 June 2016	non-res	Offwell	Michael Soth	"The working alliance as paradoxical bodymind process"	£220
3 & 4 Sep. 2016	non-res	Offwell	Nick Totton	"Spontaneity, wildness and containment – following emergent bodymind process"	£220
10 & 11 Dec. 2016	resid.	East Down	Michael Soth	"The bodymind phenomenology of enactment and its transformation"	£220

#### About the venues:

The costs for food and accommodation are extra, depending on location and venue. A one night stay at Eastdown costs £30. There is a general charge to all participants of £15 to cover the cost of daytime food and snacks.

All the workshops will take place in Devon (Dunsford or Offwell), the two intro days in Bristol.

**East Down Centre, Dunsford, EXETER EX6 7AL: just off A30: [www.eastdown.org](http://www.eastdown.org)**

**Fulcrum House, Clifton/Redland, BRISTOL BS6 6UJ: [www.fulcrumhouse.co.uk](http://www.fulcrumhouse.co.uk)**

**Offwell nr. Honiton, Devon EX14 9SR, just off A35**



**These training weekends will appeal to counsellors and psychotherapists seeking to deepen their practice, by integrating embodied and relational ways of working, providing personal and professional development space for therapists from across all the therapeutic approaches and modalities.**

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## Towards an integrative embodied-relational therapy

For about 100 years after Freud first developed the ‘talking cure’, modern psychology, counselling and psychotherapy has remained focused on verbal communication and the cognitive, reflective mind (insight, understanding, rational choices, mental meaning-making). The talking therapies – for all their profound models and gifts accumulated over the decades – are limited in their perspective and effect, for example, in terms of relation to raw distress and deep feelings, developmental and engrained character patterns, psychosomatic issues and trauma as well as creative personal development.

## Beyond the talking therapies

For the last 20 years, however, we are beginning to understand that therapy is not mainly a left-brain activity: right-brain-to-right-brain attunement (A. Schore), ‘implicit relational knowing’, the ‘feeling of what happens’ (D. Stern), mirror neurons and non-verbal communication, and the non-dualistic re-visioning of the body-mind relationship (e.g. A. Damasio, D. Siegel) have put embodiment at the heart of the therapeutic endeavour. As implied in the title of Nick’s new book “Embodied Relating” (October 2015), embodiment is the ground of psychotherapy. The challenge now is how to (re-)integrate embodiment into the ‘talking therapies’, to the benefit of both traditions.

## Embodiment - the ground of psychotherapy

Attending to embodiment in the consulting room – the client’s and the therapist’s, and the embodied field created between them – has far-reaching implications for everything we experience, think, feel and do in everyday practice, allowing us to re-conceptualise transference and countertransference as embodied experiences. The whole spectrum of the bodymind (sensation-emotion-imagination-cognition-intuition) becomes available as communication channels, allowing creative and spontaneous ways of working that are experience-near, deeply felt and therefore more engaging and potentially transformative. However, with the body now ‘in fashion’, the undifferentiated inclusion of new ‘body techniques’ can also create new and deeper problems for therapists. Rather than grafting embodiment onto established practice as one more eclectic tool, Nick and Michael have been working towards a non-dualistic embodied way of being and relating in the therapeutic relationship for many years.

## Experiential process-oriented learning

These workshops are an opportunity to work with two of the most experienced trainers at the forefront of bringing embodiment into psychotherapy in the UK. The learning process in the groups will be based on the same embodied-relational principles, working experientially with emerging process individually and collectively, modelling the therapeutic approach itself.

This training is being initiated with a view to forming an ongoing group (beyond 2016), thus providing an ideal container for your continuing professional development, rooted in your own embodied process. The residential weekend format allows for a safer, more cohesive group experience than ordinary CPD workshops and is designed to facilitate deeper personal-professional learning.

## Nick Totton



and grow vegetables. For more details visit: [www.nicktotton.net](http://www.nicktotton.net).”

“I am a therapist and trainer with 30 years experience. Originally a Reichian body therapist, my approach has become broad based and open to the spontaneous and unexpected. I have an MA in Psychoanalytic Studies, and have worked with Process-Oriented Psychology and trained as a craniosacral therapist. I am currently involved with ecopsychology and addressing climate change. I have a grown up daughter. I have written several books, including *Body Psychotherapy: An Introduction*; *Psychotherapy and Politics*; *Press When Illuminated: New and Selected Poems*; and most recently, *Wild Therapy and Not A Tame Lion*, both published by PCCS Books. I live in Cornwall with my partner

## Michael Soth



Psychosynthesis, Family Constellations and others from the humanistic side; and relational, intersubjective and object relations perspectives as well as Jungian and archetypal psychology from the psychoanalytic end of the spectrum. For details of other CPD events, as well as my published writing, blogs and other resources, visit: [www.integra-cpd.co.uk](http://www.integra-cpd.co.uk). I am married and live and practice in Oxford where I grow vegetables, too.”

“I describe myself these days as an integral-relational Body Psychotherapist, trainer, supervisor and consultant. Over the last 29 years I have been teaching on a variety of counselling courses and worked as Training Director at the Chiron Centre for Body Psychotherapy. Inheriting concepts, values and ways of working from both psychoanalytic and humanistic traditions, I am interested in the therapeutic relationship as a bodymind process between two people who are both wounded and whole.

I draw on a wide range of psychotherapeutic approaches, including Gestalt, Process-Oriented Psychology, TA, Psychosynthesis, Family Constellations and others from the humanistic side; and relational, intersubjective and object relations perspectives as well as Jungian and archetypal psychology from the psychoanalytic end of the spectrum. For details of other CPD events, as well as my published writing, blogs and other resources, visit: [www.integra-cpd.co.uk](http://www.integra-cpd.co.uk). I am married and live and practice in Oxford where I grow vegetables, too.”

Nick and Michael have been colleagues and working together for many years, developing different and complementary perspectives and ideas, presenting diverse therapeutic styles, within the joint project of establishing a non-dualistic/holistic framework for embodied relating across the many approaches and modalities of counselling and psychotherapy.

## References

- Soth, M. (2010) *The Return of the Repressed Body – Not a Smooth Affair*. UKCP Journal ‘The Psychotherapist’, Autumn 2010
- Totton, N. (2014) *Embodied Relating*. International Body Psychotherapy Journal, 13(2)
- Totton, N. (Karnac, October 2015) *Embodied Relating: The Ground of Psychotherapy*