



**Welcome to our conference – a space for all of us to strengthen ourselves and our work in relation to the monumental challenge of climate change.**

**The Confer Team**

Conference, 25-27 September 2009 held at the Eden Project

Chairpersons: Professor David Peters, Chair of the British Holistic Medical Association AND Nick Totton, Psychotherapist and Ecopsychologist

We are honoured and excited by the wonderful symphony of speakers and participants that this conference has brought together. Not least, we are inspired by the setting, and delighted to be holding this event at the Eden Project.

Our hope is that together we will make a bold and wide-rippling impact on our culture and our communities that amplifies and deepens the message: our lives are essential elements in the delicate eco-system that we occupy. You, as the participants, will be both the messengers to take back out our explorations into your communities, and important contributors to the conversation.

The conference, although focused on environmental issues, has its emphasis on our mental health. In conceptualising the project we thought about the painful uncertainties regarding the future of our planet and our apparent incapacity to get to grips with the necessary adjustments in our ways of living. We put these uncertainties into the category of a profound and paralysing fear that impacts on us all each day.

In contrast, we think of taking actions that support the eco-system as expressions of hope, problem solving, energy and mental health. But this raises the central question: why do most of us find those actions extraordinarily hard to take. Why is giving up, or taking up, a mode of living so filled with conflict? Is it because it threatens our sense of selves, control, identity and values so deeply that we need to cling to the ways we have learnt to work, play and learn regardless of the consequences to others? These are both social and psychological issues, and our speakers have been chosen because of their capacity to lead the discussion over this ground-breaking conversation.

Wishing you a good conference,

Jane Ryan, Confer  
Organiser

## Speakers' Biographies

**Isabel Clarke** is a consultant clinical psychologist, working in acute mental health in the NHS. She publishes and talks on the psychology of spirituality, and has always had a deep interest in ecology. She has been active in Greenspirit for many years. Her recent book, *Madness, Mystery and the Survival of God* (O-Books) brings together these themes in an accessible form. See her website: [www.isabelclarke.org](http://www.isabelclarke.org) for more information on her publications and activities.

**Zita Cox**, with 20 years experience as a psychotherapist and supervisor, Zita trained in Systemic Constellations with Dr Albrecht Mahr. She has applied constellations to environmental issues in Britain, California and New Zealand. She sees her Eco-psychology work as “introducing empathy and love into the mix of fear and guilt”. Her article ‘A Different Kind of Field Trip’ (‘The Knowing Field’ January 2007) describes how empathy enables unexpected insights and shifts.

**Graham Game** is a coach, facilitator and ecotherapist and has been a professional environmentalist for almost 30 years, working on a wide range of campaigns and projects for organisations such as Greenpeace, Friends of the Earth, Green Network and The Wildlife Trusts. He has been an elected councillor, a prolific public speaker, facilitator and lecturer, has written countless articles for a wide variety of publications, and contributed to many broadcasts in the UK and USA. He is currently a member of the All Party Parliamentary Climate Change Group at Westminster, and a trustee of The Wilderness Foundation UK. Graham has been described in the press as “One of Britain’s most experienced environmentalists”. [www.grahamgame.com](http://www.grahamgame.com)

**Dr Chris Johnstone** is an addictions specialist, teacher of positive psychology and author of the self-help book *Find Your Power*. For over twenty years he has studied, taught and written about the application of psychological insights to global issues. He has worked closely with Joanna Macy in offering empowerment trainings for activists, and with the transition network, from applying insights from addictions treatment to promoting recovery from oil dependence. He produces the free email newsletter *The Great Turning Times* (see [www.GreatTurningTimes.org](http://www.GreatTurningTimes.org)) and has a website at [www.chrisjohnstone.info](http://www.chrisjohnstone.info)

**Martin Jordan** is a Senior Lecturer in Counselling and Psychotherapy at the University of Brighton, UKCP registered Psychotherapist and Chartered Counselling Psychologist. He has had a long interest in the relationship between nature and self, and the role of natural environments in emotional wellbeing. He is a keen mountain walker and horticulturalist. He has participated in a range of nature based therapeutic experiences and is currently researching the process of psychotherapy in the outdoors.

**Satish Kumar** is the guiding spirit behind a number of ecological, spiritual and educational ventures in Britain and is a teacher of reverential ecology, holistic education and voluntary simplicity. When he was nine years old, he renounced the world and joined the wandering brotherhood of Jain monks. As a young man he undertook an 8,000 mile peace pilgrimage, walking from India to America without money. He is Visiting Fellow at Schumacher College, a residential international centre for the study of ecological and spiritual values. He is the Editor of *Resurgence* magazine, and founder of the Small School in Hartland, a pioneering secondary school which brings into its curriculum ecological and spiritual values. He is author of *No Destination* (1978), *You Are, Therefore I Am – A Declaration of Dependence* (2002), and *The Buddha and the Terrorist* (2004).

**Joanna Macy** Ph.D., Eco-philosopher, is a scholar of Buddhism, general systems theory, and deep ecology. She is also a leading voice in movements for peace, justice, and a safe environment. Interweaving her scholarship and four decades of activism, she has created both a ground-breaking theoretical framework for a new paradigm of personal and social change, and a powerful workshop methodology for its application. Her wide-ranging work addresses psychological and spiritual issues of the nuclear age, the cultivation of ecological awareness, and the fruitful resonance between Buddhist thought and contemporary science. Her books included *Despair and Empowerment in the Nuclear Age* (New Society Publishers, 1983), *Dharma and Development* (Kumarian Press, 1985), *Thinking Like*

a Mountain (co-edited with John Seed, Pat Fleming, and Arne Naess; New Society Publishers, 1988), Mutual Causality in Buddhism and General Systems Theory (SUNY Press, 1991), Rilke's Book of Hours (with Anita Barrows, Riverhead, 1996), Coming Back to Life: Practices to Reconnect Our Lives, Our World (with Molly Young Brown, New Society Publishers, 1998); Widening Circles: A Memoir (New Society Publishers, 2000); and World as Lover, World as Self: Courage for Global Justice and Ecological Renewal (Parallax Press, 2007).

**Paul Maiteny** is an integrative and transpersonal psychotherapist, anthropologist and ecologist with 25 years working in ecological education, originally as a ranger. Since 1996, he has taught and written courses for the MSc Education for Sustainability, London South Bank University. He has held research posts at Oxford University, the Grubb Institute of Behavioural Studies, the Open University and the University College London. He has been researching psycho-emotional and cultural dimensions of ecological breakdown since 1996. Recent articles on this work are published in The Psychotherapist [Winter 2008/9], Handbook of Sustainability Literacy [Stibbe, Ed., in press], and UNESCO's Encyclopaedia of Life-Support Systems).

**Professor David Peters** trained as a medical doctor and homoeopath and later as a GP and osteopath. He directed the NHS-based complementary therapies development programme at Marylebone Health Centre, and helped found the School of Integrated Health, University of Westminster, where he is Clinical Director. He established and led the Delivery Advisory Group of the Prince's Foundation for Integrated Health until 2006 and has co-authored or edited five books about integrated healthcare. He chairs the British Holistic Medical Association, and edits its publication, The Journal of Holistic Healthcare. [www.bhma.org](http://www.bhma.org)

**Mary-Jayne Rust** is a Jungian analyst and an art therapist. Her many years experience in the field of eating problems has led her to explore the historical roots of consumerism, and our damaged relationship with the body of the earth. She lectures, writes and runs workshops in this field of ecopsychology. She also teaches ecopsychology at masters level, and co-facilitates courses in the wilds of Scotland. [www.mjrust.net](http://www.mjrust.net).

**Viola Sampson** is a craniosacral therapist with an ongoing commitment to social change. Her background is in fifteen years of environmental and human rights work - from rainforest activism to government lobbying - and for the past ten years she has been following her interests in ecopsychology. She is part of the Activist Trauma Support network, offering skill-shares on posttraumatic stress and burnout. Alongside her craniosacral practice, she is a campaigns communications strategist for Greenpeace in the UK.

**Laurie Slade** is a psychoanalytic psychotherapist in private practice in West London. He is a member of the Guild of Psychotherapists, the International Neuro-Psychoanalysis Society and the Confederation for Analytical Psychology. He has been involved in social dreaming since 2001, hosting sessions in a variety of settings, in the UK and internationally. At the IAGP Conference in Rome this summer, he will be giving a presentation on an experimental project at Rose Bruford Drama College which he has been involved with since 2005, using dreams to facilitate creativity for student theatre directors.

**Nick Totton** is a therapist and trainer with over twenty five years experience. Originally a Reichian body therapist, he has also trained in cranial-sacral therapy and taken an MA in Psychoanalytic Studies. He now practices and teaches Embodied-Relational Therapy. His primary 'way in' to ecopsychology is through our embodied connection with the rest of the universe and with nonhuman beings. He offers workshops and talks on ecopsychology and embodiment, most recently exploring the concept of 'Wild Mind', and sometimes takes therapy sessions out of doors. He has written several books, including Body Psychotherapy: An Introduction; Psychotherapy and Politics; and Press When Illuminated: New and Selected Poems. He has an extensive website: [www.earthworks.co.uk](http://www.earthworks.co.uk).

**Sandra White** is a Jungian counsellor, ecopsychologist and maker of ceremony, with an interest in exploring whether feeding our imaginations and our embodied experience strengthens our sense of inter-connectedness, giving rise to new visions and different energies.