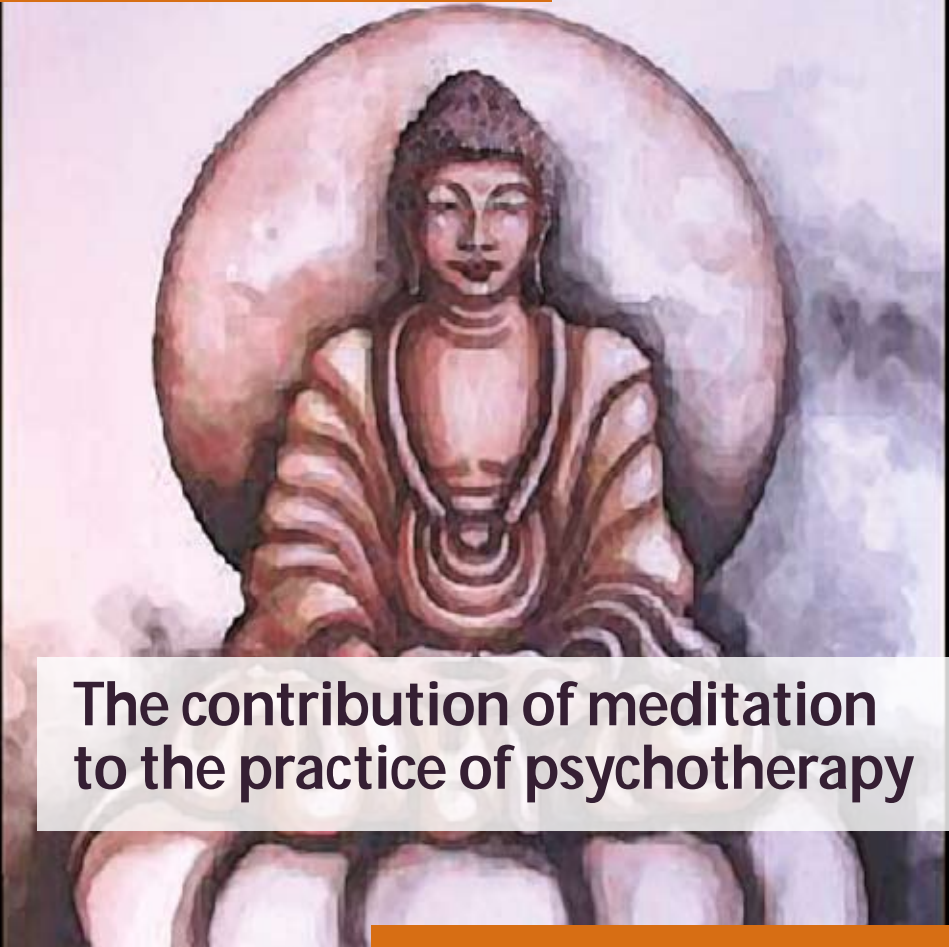


Spiritual Narratives in Psychological Therapies III



The contribution of meditation to the practice of psychotherapy

Conference and workshops

Saturday 16 and Sunday 17 October 2010

Introduction

This conference-workshop focuses on some of the very important contributions of Buddhist meditation to the Western practice of psychotherapy. In particular we will explore the concept of presence, and the capacity to be fully attendant to the moment with the client with 'clear seeing'. We will consider the embodied nature of that state of awareness, difficulties in our capacity to be present to another and the therapeutic value of mindful attunement when it is achieved.

Although Freud referred to free floating attention, and Winnicott and Fairbairn gave consideration to being and presence, the teaching of psychotherapy has not traditionally attended to this vital therapeutic capacity. It is only in the last 30 years – and especially the last decade – that the application of mindfulness meditation to psychotherapy has flourished within specific therapeutic modalities.

This conference includes but not does focus on mindfulness-based technique. Rather we want to explore how a practice in meditation can enrich therapeutic work in any modality via a deepened capacity for experiencing the intra-psychic and extra-psychic moment.

Within the Buddhist tradition being present and orienting to another holistically is considered to be a natural state of mind. However, if trauma has occurred and defences against others are needed for survival it may be a painful or unreachable state of consciousness. It is argued that if we are able to be in a state of presence or mindful awareness, we can facilitate a natural shift in the client's consciousness towards integration and relatedness. This conference will consider how this is possible for all practitioners.

Our speakers bring together an impressive depth of experience, as both Buddhists and psychotherapists, and will lead us through the landscape of meditation, psychotherapy, embodiment and the mind to ask: How we can deepen our connection and relatedness via the capacity for presence?

We are delighted to include a Social Dreaming Matrix led by Laurie Slade.

Speakers and Workshop Facilitators

Roz Carroll

Roz Carroll is a body psychotherapist, trainer and writer. She teaches at the Minster Centre, The Chiron Centre, the Centre for Attachment-based Psychoanalytic Psychotherapy and Terapia. She wrote and delivered the course Embodiment and Emotion for Confer. Her recent publications chapters include *New Dimensions in Body Psychotherapy* (Ed. Totton), and *About a Body: Working with the Embodied Mind in Psychotherapy* (Ed. Corrigan).

Elizabeth Wilde McCormick

Elizabeth Wilde McCormick has been in practice as a psychotherapist for over thirty years. Her background is in social psychiatry, transpersonal and humanistic psychology and cognitive analytic psychotherapy. She has always been interested in the interface between psychotherapy and spiritual practice, and in the practicalities of their meeting place. She is the author of a number of books including *Change For The Better, Living On The Edge* and *Your Heart and You*.

Franklyn Sills

Franklyn Sills was a Buddhist monk under the most venerable Taungpulu Kaba Aye Sayadaw of Northern Burma, and also studied in the Zen and Taoist traditions. His experience in the cranial field has convinced him that the body must be included in any form of therapy. His published books include *The Polarity Process, Craniosacral Biodynamics*, and most recently *Being and Becoming, Psychodynamics, Buddhism and the Origins of Selfhood*. Franklyn offers teachings internationally, including America, Germany and Switzerland. He has been teaching in this field for over 27 years and is a founder member of the Karuna Institute where he teaches Core Process Psychotherapy.

Laurie Slade

Laurie Slade is a UKCP registered analytical psychotherapist, in private practice in West London. He is a member of the Guild of Psychotherapists, the Confederation for Analytical Psychology, and the International Neuropsychoanalysis Association.

Spiritual Narratives in Psychotherapy

He has a long-standing interest in working with dreams, and has been actively involved in social dreaming since 2001, hosting sessions in a variety of settings, in the UK and internationally. His paper *Image to Gesture – Social dreaming with student theatre directors* was published in 2010 in *The Creativity of Social Dreaming* (edited by W Gordon Lawrence – Karnac).

Philippa Vick

Philippa Vick is a psychotherapist, EMDR practitioner and MBSR/MBCT teacher. She has been teaching an ongoing programme of the Eight Week Mindfulness Course and Deepening Mindfulness courses in Bath and Bristol for the last four years. Her particular contribution is her strong emphasis on the importance of compassion and unconditional friendliness, drawn from her own Buddhist background, and a psychotherapeutic perspective that rests in depth psychology.

Nigel Wellings

Nigel Wellings is a psychoanalytic psychotherapist who works within a contemplative perspective. Initially training with AGIP he later became a member of the Association of Independent Psychotherapies and has also served as a Director of Training at the Centre for Transpersonal Psychology. He has edited and written two books with Elizabeth Wilde McCormick: *Transpersonal Psychotherapy, Theory and Practice*, and *Nothing To Lose, Psychotherapy, Buddhism and Living Life*. He is a (poorly) practicing Buddhist and founding member of the Forum for Contemplative Studies.

Henry Whit eld

Henry Whit eld's research interests include the theoretical and practical integration of mindfulness with cognitive behavioural theories, Acceptance and Commitment Therapy processes and in case-formulated applications of mindfulness. After 4 years as a trauma specialist for Victim Support Lambeth, Henry is now conducting empirical research for City and Hackney MIND, investigating the process of values within different approaches to trauma counselling.

Saturday 16 October 2010

10.00

Franklyn Sills

An overview of presence and mindfulness in psychotherapy

In this presentation, Franklyn Sills will give an overview of the role of presence, or sati (mindfulness) in relationship to the nature of being, early experience and attachment issues, exploring the origins and generation of selfhood and the nature of healing the wounded self. He will also contextualise this in more traditional psychodynamic and analytical understandings of the importance of the therapist's presence and holding.

11.30 Break

12.00 Choice of workshops

Elizabeth Wilde McCormick - WORKSHOP 1

Learning from Spaces

This seminar will offer an opportunity to share experiences of 'work in progress' with patients who might benefit from presence-centred psychotherapy. We will start with mindfulness practice and then I will present an example of work with a severely depressed patient, who is learning to create and nourish a space which is not dominated by her depressive mental constructs. Please bring cases to discuss in the confidential mindful space of the seminar.

OR

Philippa Vick - WORKSHOP 2

Acquiring Mindfulness

Jon Kabat Zinn's Eight Week Mindfulness Course for anxiety, depression and physical pain has taken both the NHS and the private sector by storm over the last five years. NICE has recognised mindfulness based cognitive therapy as a treatment of choice for depression and one in three GP's in England now have access to the course. This workshop gives a taster of the course, emphasising its key skills, mindfulness, compassion and loving kindness, and how these may be taught to groups who, initially at least, have no explicit interest in Buddhism.

14.00 Lunch

15.00 Meditation practice

15.30

Henry Whitfeld

Sustaining a mindful presence in a one-to-one therapy

I will demonstrate a mindful approach to being present in the moment-to-moment interaction with the client. This method pays attention to the immediate moment via the concept of 'choiceless awareness'. We will explore the capacity for remaining comfortably present to the other human being, meditating on your client, and maintaining the ability to remain present during more challenging moments. I will introduce the concept of responding, not reacting to your client's behaviour, offering a pure, non-reactive communication. We will consider how to receive communications with an empathic yet neutral response, thus encouraging communication and, eventually, moving beyond the initial client-chosen focus.

17.00 End of day

Sunday 17 October 2010

8.45 **Social Dreaming Matrix led by Laurie Slade**

10.00

Nigel Wellings

When C.G. Jung met a Zen Master and Said Something Surprising

In 1958 C.G. Jung and one of the most important post war Zen masters, Shin'ichi Hisamatsu, met at Jung's home in Switzerland to discuss psychoanalysis and Buddhism. During their conversation they explored the nature of ultimate reality, suffering and the self - all topics still central to our Buddhist-Psychoanalytic dialogue. However, towards the end of their conversation Jung says something so un-Jungian that his guests can not quite believe their ears - can we, now just over half a century later, believe ours?

11.30 Break

12.00 Choice of workshops

Nigel Wellings - WORKSHOP 1

Finding the middle way.

Psychotherapy since its inception has tried different things to help us with our emotions - being more rational, weaving them with meaning or simply

expressing them unimpeded. Buddhism and the psychotherapeutic method of Focusing offer something different, simply being present with our embodied emotions mindfully. In this practical workshop we will explore focusing together and see how, as a mindfulness skill and with less intentionality, it may be used within a mindfulness based psychotherapy.

OR

Roz Carroll - WORKSHOP 2

Full-Spectrum Embodiment

Presence is centred, not static; it is fluid, rhythmical and elusive. A differentiated awareness of the body's structure (bone, muscle, skin, fluids, sense organs and vital organs) can help us develop presence. Each body system contributes its own qualities of spatial awareness, focus and intentionality, responsiveness, rhythmicity, and an antenna-like capacity to resonate with the client. In this workshop we will go on an experiential journey, paying attention to the dynamic resources in each body system, to develop a full-spectrum awareness.

14.00 Lunch

15.00 **Meditation practice**

15.30

Franklin Sills

The neurobiology of presence, traumatisation and mindfulness

In this presentation, Franklyn will look at some of the basic neurobiology of presence and trauma, and why a return to present-time awareness helps heal traumatisation and the cycling of the wounded self. He will look at how traditional Buddhist mindfulness practices help down-regulate the stress response, allows a present-time inquiry into the nature of suffering and a return to the possibility of present-time inquiry into meaning, context and the self-system. He will also explore the neurobiology of the mindfulness of sensation and feeling tone, and how it helps down-regulate traumatic cycling and states of anxiety and depression.

17.00 End of day

