

Trainers' biographies

Joan Crawford is a registered psychotherapist and a trainer and supervisor at Re-Vision. She co-organised the 2008 EPPP Summer School, "Between Hope and Anguish: the Soul's Challenge in a time of Planetary Crisis". She is a facilitator of Be The Change Symposium, addressing issues of environmental sustainability, social justice and spiritual fulfilment.

Chris Robertson went to India for nine months in 1969 and has been seeking to earth this experience ever since. He has been a psychotherapist and trainer since 1978, contributed the chapter "Dangerous Margins" to the ecopsychology anthology *Vital Signs* (Kamac, 2012) and a "Wilding Ecopsychology" article to the spring 2013 edition of PPI. He is a co-founder of Re-Vision where the ecopsychology course is in its third evolution.

Mary-Jayne Rust is an ecopsychologist informed by trainings in art therapy and Jungian analysis. She lectures and facilitates workshops on Ecopsychology in a wide range of settings. Details available on www.mjrust.net.

Application procedure

Please consider the following questions:

- Why do you want to do this training?
- How do you intend to use it?
- What are your relevant qualifications and experience?

Please send answers together with details of your name, occupation, contact address, telephone number and email address to Re-Vision with a non-returnable fee of £50. You may be asked to attend for interview.

This course features:

- Residential intensives including solo time to facilitate encounters with more-than-human
- Seminars that develop ideas through experience and 'inside-out' learning
- Tutorial groups to ground experiences and share responses to key texts
- Supervision groups in which the applications of ecopsyche sensitivities can be applied.

"I found this to be a rich, deep and essential training for the current and coming times. It helped me express and contain the anguish I feel about the human and planetary predicament and so to feel less isolated and more focussed. I was challenged to visit inner recesses I only dimly knew as well as more familiar territory.

And...take part in joyful community experiences set in a tranquil and beautiful setting, balanced by an exploration of the mundane city milieu. Dear reader...do it!"
– Penny Graham, counsellor

Re-Vision is an educational charity set up in 1988 for the purpose of offering an integrative and transpersonal approach to counselling, grounded in good practice. Re-Vision also offers the following courses: Post-Diploma Psychotherapy training over two years, UKCP accredited; Couple work, Group facilitation, and Supervision training, as well as personal and professional development programmes.

For further information, please contact:

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Re-Vision
Centre for Integrative
Psychosynthesis

Ecopsychology for counsellors & psychotherapists 2013-2014



Therapy as if the earth mattered

"The natural world is the larger sacred community to which we belong. To be alienated from this community is to become destitute in all that makes us human. To damage this community is to diminish our own existence"

– Thomas Berry

Therapy as if the earth mattered

This course aims to help counsellors, psychotherapists and those in the helping professions facing the awesome challenge of our planetary crisis, including both its inspiring and soul-destroying possibilities. We will explore questions such as:

- How do ecological issues come into our practice?
- What place do we give our wild animal nature?
- Does a therapeutic frame include other-than-human?
- What is the role of the therapist in the community?

We will start with confronting our ambivalent attitude to the Earth: our longing to reconnect and our fears of losing control. Recognising this ambivalence in ourselves is a first step to opening a new story and finding a sense of meaning and purpose within a wider community. We aim to develop the skills to respond to crisis such as:

- learning to manage anxiety and think through our hearts
- using play and imagination to develop kinship with the more-than-human-world
- developing resilience in relation to collective grief and despair
- developing an ecosystemic perspective on social and psychological problems

As a fertile learning community we hope to engender a vibrant trust in the hidden resources of the Earth that frees us, at least a little, from colluding with a dissociated culture that perpetuates estrangement.

“Psychology, so dedicated to awakening human consciousness, needs to wake itself up to one of the most ancient human truths: we cannot be studied or cured apart from the planet.”

– James Hillman



Psyche the size of earth

In focusing on human relationships and inner world dynamics, psychotherapy has neglected our relation to the Earth, on whom we depend. Personal mothers (and our separation anxieties) are so often the subjects of analytic sessions, but an individual's distress does not belong only to personal history.

The borderland vision of Jungian analyst, Jerome Bernstein, shows that a client's distress can arise from feelings and concerns for the outer world: the acceptance of which can profoundly affect the therapeutic field.

During this course, we look at the ways in which our normal psychological lenses have exacerbated problems through emphasising the personal. Psychotherapy also struggles with the cultural bias towards independence and autonomy. We will explore what a sustained experience of dependence evokes in us as a necessary precondition to interdependence.

Increased ecopsychological awareness will help us to recognise the pervasive symptoms of our consumer culture and how its spell binds us. Such recognition can support us to better work with others similarly bound and recognise the psyche that is earth sized not just human sized.

Course Structure 2013-2014

The course starts with three introductory Saturdays:

12 October: **Taking Heart in Dark Times: Ecopsychology and Stories of Change** with Mary-Jayne Rust

23 November: **Reciprocal Affinity** with Chris Robertson

22 February 2014: **Therapy in a Vacuum** with Joan Crawford

To be accepted into the full course, applicants will be expected to have participated in at least one of these three days.

The full course will start with a residential weekend 24-27 April 2014 (venue tbc) followed by three monthly Fridays 2-7.30pm/Saturdays 10am-5pm. Dates: 9/10 May; 6/7 June; 18/19 July (all at Re-Vision).

There will be a further residential 19-21 September followed by a final Friday/Saturday on 17/18 October.

Fee: £935 plus approx £300 residential costs

Themes for the seminars include:

Consuming the Earth: exploring the stories that underlie consumerism

Breaking the Mirror: release from our locked-in syndromes – our cultural narcissism, facing shadow and engaging collective rites of passage

Ecological Unconscious & Cultural Complex: reconnecting to soul in the city through creative imagination and ritual process.

There will be opportunities for working with our senses and ecological sensitivity as the group develops its own life and community.

The final Saturday, 18 October 2014, will involve presentations of ecopsychology projects related to therapy practice created during the course.

More details: www.re-vision.org.uk/ecopsychology