

## Re-Vision Centre for Integrative Psychosynthesis

This day conference is the public section of a weekend residential for Re-Vision students, graduates and guests, and delegates will be joining this group for the day.

### Event Schedule:

- 09.00–09.30 Registration
- 09.30–10.45 Social Dreaming Matrix
- 10.45–11.15 Coffee break
- 11.15–12.45 Morning presentation:  
The Good Life
- 13.00–14.15 Lunch
- 14.15–17.15 Choice of workshops  
(includes tea break)
- 17.30–18.15 Closing Plenary:  
Implications for our  
world and us

### Venue:

Wyboston Lakes, Great North Road,  
Wyboston, Bedfordshire MK44 3AL

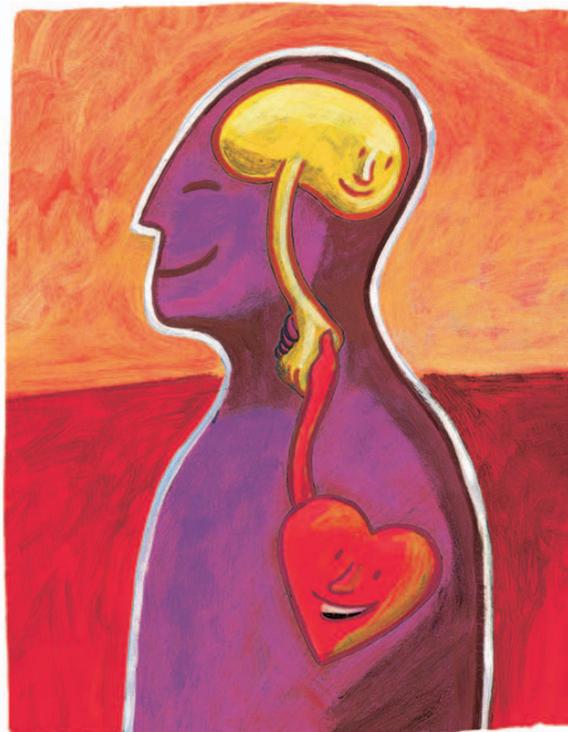
How to get there:

By car: The Training Centre, Wyboston Lakes, Bedfordshire MK44 3AL is just off the A1. See [www.wybostonlakes.co.uk](http://www.wybostonlakes.co.uk) for a map or call 0333 7007666.

By rail: The nearest rail station to Wyboston Lakes is St Neots on the First Capital Connect or Great Northern lines. It is 50 minutes from London King's Cross. St Neots and Sandy train stations are both 10 minutes' drive away.

Re-Vision Day Conference  
Saturday 23rd January 2016  
Bedfordshire MK44 3AL

# THE GOOD LIFE



WHAT impact does our materialistic and individualistic culture have on our capacity for kindness, generosity and trust? What are the roots of empathy, altruism and compassion? Why do people sometimes act selfishly and aggressively?

These and other vital moral questions facing 21st century Western society are explored by child, adolescent, adult and forensic psychotherapist Graham Music in his ground-breaking book, *The Good Life*, and are at the heart of this one-day conference.

Drawing on his extensive experience over two decades of working with maltreated children, Graham will draw on cutting-edge research and in-depth clinical experience to consider the important role therapy can play in developing an increased capacity

for compassion for self and others. Neuroscience and attachment theory show the crucial role of parenting and family life and the relative influence of our genes and environments in shaping how prosocial or antisocial we become. Stress, abuse and insecure attachment can cause the opposite traits to develop – selfishness, aggression, callousness and competitiveness.

Darwin's evolutionary theory explains why empathy and the ability to understand and care about others' mental states and emotions are crucial for social cohesion. But what impact will new technologies and our increasingly competitive, busy lives have on the future of human relationships?

Following the morning presentation, there will be a choice of workshops in the afternoon session.

You can find more information at [www.re-vision.org.uk](http://www.re-vision.org.uk)

## Morning presentation: The Good Life

### Graham Music

The presentation will outline the extraordinary potential we humans are born with to be kind, cooperative and altruistic, and look at what experiences are necessary developmentally for these traits to come 'online'. We will also consider what happens when the opposite traits develop. The presentation will be rooted in evolutionary thinking, suggesting that both selfishness and kindness can be adaptive and beneficial in certain environments. Links will be made to how we see such issues emerge in the therapy process and there will be an opportunity for brief sharing in small groups.

In the second half, the themes will be extended to consider the wider systems and contexts in which we live, including important current social issues, such as materialism, cultural difference and the effects of social change. Again research and its implications will be centre stage, but we will ponder our role as therapists and what part our unique perspectives might have in challenging and shifting current patterns.

**Graham Music PhD** is Consultant Child and Adolescent Psychotherapist at the Tavistock and Portman Clinics and an adult psychotherapist in private practice.

## Afternoon session: Workshops

### A. The Links between Adverse Experiences & Antisocial Behaviour, and Wellbeing & Being Prosocial with Graham Music

This workshop will expand on the themes from the morning presentation and think about how these ideas can be relevant to our

clinical work. It will look at the kinds of shifts commonly seen in therapy, such as the development of more compassion (for self and others).

Clinical examples will be given and there will be opportunities to develop a dialogue between the speaker and other participants.

*Suitable for all.*

## Social Dreaming Matrix

### Facilitated by Antonia Boll & Nuala Flynn

Social Dreaming is a way in which dreams can be understood on a social and collective as well as individual level. The dreams are not interpreted but simply shared, followed by a reflective dialogue. In Social Dreaming we form a matrix – a connected field – to share our dreams. We don't engage directly with each other, the dreams make the connections.

In the reflective dialogue that follows the matrix we may discover new metaphors and fresh thoughts related to the conference theme. Beginning the day in this way may reveal how we are dreaming the theme of the weekend and wider social themes.

**Nuala Flynn** is a Re-Vision psychotherapist with an MA in Imaginal Studies. She works in private practice offering individual therapy and individual and group dreamwork. She also offers individual supervision and reflective supervisory consultation for groups or teams. She has worked for 13 years with Irish survivors of institutional abuse.

**Antonia Boll** is a Member of the Association of Jungian Analysts and teaches on its training programme. She is a Re-Vision Elder, having worked on the teaching staff for 19 years.

His publications include *Nurturing Natures: Attachment and children's emotional, sociocultural and brain development* (2011), *Affect and Emotion* (2001), and *The Good Life: Wellbeing and the new science of altruism, selfishness and immorality* (2014). He has a particular interest in exploring the interface between developmental findings and clinical work. Formerly Associate Clinical

Director of the Tavistock's child and family department, he has managed a range of services concerned with the aftermath of child maltreatment and neglect, and organised many community based psychotherapy services. He has recently been working clinically with forensic cases at The Portman Clinic. He teaches, lectures and supervises on a range of trainings in Britain and abroad.

## B. The Shadow of the Happiness Industry

with **Chris Robertson**

*'The secret is that only that which can destroy itself is truly alive.'* – C G Jung

Humans have an extraordinary capacity for delusion. While our government is occupied with attempts to measure 'happiness indices', our planet is in crisis with what looks like human ecocide.

This workshop is an exploration of destructiveness: both how our disowned destructive emotions get projected outwards, and how the collective trauma of becoming separated and losing a natural connectedness as a species, leaves us alone and terrifyingly vulnerable. We will draw on work with apocalyptic dreams and what Kalsched has called 'demonic defences', to understand how the personal and collective interact. The short time we have for this workshop may mirror the short time we have as a species to take responsibility for our envy and destructiveness, and whether reparation is possible.

*Suitable for qualified therapists.*

**Chris Robertson** is UKCP registered and has been a therapist and trainer since 1978. He is the co-author of *Emotions and Needs* (OUP), a co-founder of Re-Vision, and co-creator of *Borderlands* and the *Wisdom of Uncertainty*, which in 1989 became the subject of a BBC documentary. He works in London and is involved with the Climate Psychology Alliance and in developing ecopsychology.

## C. Seeing with Heart: An exploration of compassion and empathy

with **Nicky Marshall**

So often we struggle to accept and respect the symptoms that

are expressions of soul, and feel pulled to eliminate them. One of our greatest companions in the work of attending to symptoms is the graceful art of compassion. Compassion can be defined as the capacity to 'suffer together', and as such is the basis of our ability to offer empathic contact.

We also need, perhaps first and foremost, to be able to experience compassion towards ourselves. This workshop will use a variety of imaginative exercises to awaken our hearts, the seat of our compassionate nature, so as to support a shift from 'cure' of our symptoms to a respectful observing of these 'voices of the soul'.

*'If I see my responsibility... as observing and respecting what the soul presents, I won't try to take things away in the name of health.'* – Thomas Moore

*Suitable for all.*

**Nicky Marshall** is a senior trainer at Re-Vision with 25 years' experience of working therapeutically with individuals, couples and groups. She has a particular interest in working with adult survivors of childhood abuse, and the range of symptoms with which they can present. She has taught and run workshops in numerous settings.

## D. Is it Possible to be Assertive with Compassion?

with **Jo Lucas**

Assertiveness is defined as standing up for our own rights without trampling on those of others. This workshop will be an opportunity to explore ways of communicating clearly and identifying and standing up for our rights, while giving consideration to those of the people we are dealing with.

The focus will be primarily on how we communicate with our clients or

others in our lives and how we can support them to be compassionate to themselves and others while taking their rights into consideration. I will be working from a relational understanding of psychotherapy and interpersonal communication.

We will look at styles and methods of communication, how we 'muddy the waters', and the impact of stating our wants, needs and responsibilities clearly. Participants will be encouraged to bring their own experiences, to try things out in small groups and role-plays, and to reflect on the impact of different styles of communication.

*Suitable for trainee and qualified therapists.*

**Jo Lucas** is a UKCP accredited psychotherapist with a private practice in Cambridge. She has been teaching and training in counselling, supervision and personal development as well as social work for the last 30 years and began contributing to the programme at Re-Vision in 2015. She runs assertiveness groups and has a particular interest in relational approaches and the impact of attachment.

## E. The Myth of Philoctetes: What happens when society lacks compassion for those who have been sexually abused?

with **Sarah Van Gogh & Mark Van Gogh**

The myth of the hero Philoctetes and his abandonment by his fellow warriors on the way to the Trojan war because of the stink of his infected foot, can be understood as a metaphor for what happens when compassion and empathy in the collective breaks down for those whose sexual wounding is too terrible for others to bear to stay in relationship with.

The story of his cruel abandonment on a remote island is well known; the less well-known part of the story is, however, equally important: his companions discover that they cannot win the war without him and must return to persuade him to join them after all.

This workshop will be an opportunity to explore the myth using drawing, music and movement, as well as sharing in small groups and the large group, in order to look at the consequences for our collective of the frequent failure to have compassion and empathy for those who have experienced sexual violation, and the hope for us all that lies in being able to connect to the parts in each of us that are sexually/erotically wounded, and offer these parts deep compassion.

*Suitable for all.*

**Mark Van Gogh** is a UKCP registered psychotherapist. He works in private practice and as a trainer and supervisor for Re-Vision and several other organisations, including City Lit, Kensington and Chelsea College and Diamond Light Tantra.

**Sarah Van Gogh** has worked as a BACP accredited counsellor in private practice for many years. As well as being a tutor on the counselling diploma at Re-Vision, she is also a counsellor for Survivors UK, a charity that provides support to men who have experienced sexual violation, and a supervisor for volunteer counsellors in a central London bereavement service.

### **F. Connection, Socialisation and Co-operation: An introduction to a new understanding of social psychobiology** *with Tom Warnecke*

This workshop explores key aspects of the conference theme through a psychobiological lens. Aristotle declared in the 4th century BC that soul, psyche and spirit are 'enmattered', while more recently the leading neuroscientist Damasio observed that 'we need a body to think and feel with'.

The workshop will introduce the emerging new understanding of a 'calm and connect' system that

facilitates connection, socialisation and cooperative responses and complements its better known sibling, the 'fight, flight, freeze' system. We will consider clinical implications and ways of utilising this new understanding of psychobiology in clinical practice, including: basic principles for working pro-actively with the autonomic nervous system (ANS); understanding autonomic arousal and its effects on mental and emotional cognition; experimenting with ways to talk to the ANS that can invite 'connection, socialisation, co-operation' responses into the therapeutic relationship.

*Suitable for all.*

**Tom Warnecke** is a psychotherapist, writer, artist and facilitator for small and large group events. He is the editor of *The Psyche in the Modern World: Psychotherapy and society* (UKCP/Karnac 2015) and has published a number of papers and book chapters. He is also a co-editor for the international journal *Body, Movement and Dance in Psychotherapy*, an Executive Committee member for the European Association of Psychotherapy (EAP) and a past Vice-chair of UKCP.

## Booking Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Training organisation from which you graduated (if you are a counsellor or psychotherapist): \_\_\_\_\_

Other profession or job title: \_\_\_\_\_

Please list preferred workshop choice (A, B, C, D, E or F):

1st:                      2nd:                      3rd:

Fee: £120 per person including lunch and refreshments.  
Note: We are offering an early bird discounted fee of £95 for bookings received and paid for before 1st December. Numbers are strictly limited; early application is recommended.

- I enclose a cheque (payable to Re-Vision) for £120 (£95 for early bird discount) or
- I have paid £120 (£95 for early bird discount) via bank transfer to Re-Vision Ltd, Co-operative Bank. Sort code: 08-92-99; account no: 65301472; ref: WR/your name.

Cancellation policy: one month prior to event – 75% refund; within one month – 50% refund; within a week – no refund. We reserve the right to change a speaker or presenter at one of our events without offering a refund. However, if a main presenter cancels we will offer a full refund OR transfer of your fee to another Re-Vision event.

Please contact Wyboston Lakes directly regarding hotel facilities if you would like to book accommodation at the venue before or after the conference. More details can be found at [www.wybostonlakes.co.uk](http://www.wybostonlakes.co.uk)