



# Re-Vision Day Conference

Saturday 25th January 2020

At Wyboston Lakes, Bedfordshire MK44 3AL

## Returning with Gold – the Redemptive Gift of the Painful Descent

*"You are responsible to the soul of the people you serve. You cannot be humble about what is gold. By being big you take on the role of inspirer and serve their psyche."*

*Thomas Moore Re-Vision lecture, London, 2011*

The gift of gold is the last reward and benefit of the archetypal descent journey, earned after the soul has fallen into the underworld through collective or personal trauma. Through these experiences we are drawn in to deep dark places, where we can no longer live by the light we knew. World mythology says we must descend, wait, transform, and eventually ascend, bearing a boon – a benefit—which comes from the depths experience. What is mined on this sojourn into the half-light, and the descents we make into ourselves, promises a resource, brought back to the everyday world to be shared with others. Gold has to be perceived, carried and then delivered - often to others who may not primarily “under-stand” or recognise its worth. It is our responsibility to have the courage to bring our gold back.

This day is a stand-alone part of a full weekend for the whole community. Students and other weekend participants will be joined for the day by a number of graduates and other guests who will book separately just for this day.

|               |   |
|---------------|---|
| 9.00 - 9.30   | <b>Registration</b>   |
| 9.30 -11.00   | <b>Social Dreaming Matrix</b> Social Dreaming is a way in which dreams can be understood on a social and collective level as well as the individual. Dreams are not interpreted but simply shared, followed by a reflective dialogue. <b>Antonia Boll</b> is a Jungian analyst, trainer and supervisor; <b>Nuala Flynn</b> is a Re-vision psychotherapist with an MA in Imaginal Studies.   |
| 11.00 -11.30  | <b>Break</b>  |
| 11.30 - 12.45 | <b>Keynote</b> with <b>Jelena Watkins</b> :<br><i>“Who gets the gold? Opportunities and pitfalls in the transformation of collective trauma”.</i><br>Jelena will speak of her experiences working with people involved in catastrophic events on a large scale, such as terror attacks, and natural or man-made disasters, which create wounds that are hard to heal. She writes: <i>“Those who are most directly affected by collective trauma have the potential to be catalysts for change by undertaking the Hero’s Journey, where the underworld journey through devastation has been undertaken and from which gifts are brought back to the community. But will the society accept the gifts?”</i> She will draw on her experience of being a trauma psychotherapist and an activist, following her own bereavement in 9/11. She will also talk about her current work with those affected by the Manchester Arena attack. |
| 12.45 - 14.00 | <b>Lunch</b>  |
| 14.00 - 16.30 | <b>Choice of workshops</b> —see full descriptions overleaf  |
| 16.30 - 17.30 | <b>Plenary</b>  |



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### Workshop A

#### WHO GETS THE GOLD—FOSTERING COLLECTIVE HEALING AFTER COLLECTIVE TRAUMA—open to all

Those who are most directly affected by collective trauma, such as a terror attack, have the potential to be catalysts for change by undertaking the Hero's Journey through devastation from which gifts can be brought back to the community. In this workshop we will explore ways in which the community can enable those 'Heroes' to come back home and complete their return journey for the benefit of the collective. We will also shed light on situations where such a journey is interrupted, or prolonged or altogether denied. Societal processes, such as commemorations, physical memorials, public inquiries will be used to discuss the communal reactions. Through the lens of collective evolution and collective denial we will work with examples of recent UK collective trauma events, such as the Manchester Arena attack, in which both presenters are currently involved.

**Jelena Watkins** is a psychosynthesis psychotherapist, providing specialist therapy for individuals affected by terrorism and currently she is the clinical lead for Manchester Attack Support Group Programme. **Suzanne Lyn-Cook** is a Psychosynthesis psychotherapeutic counsellor with extensive experience of group work and community building. She has worked with individuals affected by terrorism and is currently part of the Manchester Attack Support Group Programme.

### Workshop B:

#### COMING BACK FROM THE UNDERWORLD—open to all

A perilous journey to the depths in order to reconnect with a loved one, or find a vital answer to a question is a recurring story across times and cultures. The importance of a) *the descent* and b) *the return with precious knowledge or a reconnection to a beloved* can be seen as a powerful way of understanding suffering. Such stories speak to the inevitability of experiencing pain and anguish in life, but also how - if we are supported in integrating and making meaning of painful experiences - they deepen us, enabling us to be more mature, compassionate and resilient than we were before. The workshop will use group sharing, music, drawing, movement, poetry and a ritual to explore the stories of descent and return, both in the room, and generally.

**Mark Van Gogh and Sarah Van Gogh** are both experienced therapists, trainers and supervisors in private practice, and are part of the training team at Re-Vision.

### Workshop C

#### DEATH STARE—This workshop is for qualified therapists only

We will be exploring the Sumerian myth of Inanna's descent to the underworld to visit her sister Ereshkigal. This story of descent and return, both transpersonal and personal, will take participants through the rituals of this journey in order to 'reap the gold' upon return from the underworld.

**Claudine Maguire** is a Re-Vision psychotherapy graduate who has a private practice and also works for a London Local Authority to develop engagement and practice.

**Nicky Marshall** is training director of Re-Vision and a supervisor, trainer and psychotherapist.

### Workshop D

#### HAS PERSEPHONE ASCENDED? - Open to all

The myth of the abduction of Persephone extends an invitation to explore our natural rhythm of descend and ascend in everyday life, on the wider scale of society and in our connection with nature and the non-human. In this workshop we endeavour to explore both as a group as well as individually the different stages of descending-staying in the darkness – ascending; all these through guided visualisation, authentic movement, response to music and rhythm and a final collective (or not) ritual. Spiros and Sissy would like to share with you their connection to a song from their childhood in Greece that represents their view of the world and politics right now and their embodied connection to this myth.

**Participants are asked to bring an object of personal significance that represents individual renewal and/or (re)connection to the collective.**

**Sissy Lykou** is a UKCP registered psychotherapist, dance movement psychotherapist and supervisor. She is a Stage 2 supervisor at Re-Vision.

**Spiros Philippas** is a Re-Vision graduate, a counsellor in private practice and an astrologer.



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To book, please use the form below or call the office 0208 357 8881 or email tara@re-vision.org.uk with the following details

**PLEASE NOTE THIS FORM IS FOR THE DAY CONFERENCE ONLY. IF YOU ARE A GRADUATE OR GUEST ATTENDING FOR THE WHOLE WEEKEND, PLEASE USE THE GUEST AND GRADUATE BOOKING FORM**

Name: ..... Phone No: .....

Email Address: .....

Are you a Re-Vision graduate or former student? .....

If not, how did you hear of this event? .....

Any dietary requirements?.....

Please give your first, second and third choice of afternoon workshop (A, B, C, D as described on the attached sheet). We will try to allocate everyone to their first choice if we can. Please note that workshop C is only open to those who are working with clients as a therapist.

1st choice:.....

2nd choice:.....

3rd choice:.....

Payment in full of £125 will secure your place on the day conference.

Early bird discount of £110 if payment is received by 2 December 2019.

No graduate discount is available for this event.

**Bank transfer** via: Co-operative Bank, 08-92-99

Account name: Revision Ltd;

a/c no: 65301472;

Reference: WR20/your name.

or **Cheques** payable to

'Revision Ltd' to Re-Vision, 97 Brondesbury Road NW6 6RY

Cancellations Policy: Up to 1 month prior to event: 75% refund; within 1 month: 50% refund; within a week:

### How to get to Wyboston Lakes:

**By car:** The Training Centre, Wyboston Lakes, Bedfordshire MK44 3AL is just off the A1.

See [www.wybstonlakes.co.uk](http://www.wybstonlakes.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. **STOP PRESS— There are no trains to and from London at the weekend due to engineering works. The nearest working station will be Bedford, a 40 minute bus ride away or 25 minutes by taxi.**