

Redeeming the Spirit: Psychotherapy, Counselling & Spirituality Workshop by Mike Wilson

"Certainly there is within each of us a self that is...out of love with the ordinary; it is out of love with time. It has a hunger for eternity." Mary Oliver.

By attending to the spiritual dimension of experience, psychotherapy and counselling acknowledges an intrinsic aspect of a person's life, which is not always recognised or lived. The consequences of this can be far reaching. And it is often through paying particular attention to spirituality in therapy that a person's life is given greater significance, sometimes profoundly so.

For the practitioner, widening the therapeutic frame to give priority to spirituality can be challenging as well as enriching, and often demands a way of working which requires an ability to attune to the spiritual in the unique life of another, as well as to adopt a non-reductive therapeutic focus.

This weekend offers an opportunity to consider the spiritual side of therapeutic practice from both practical and theoretical perspectives, and will include a consideration of dreams, the imagination, and creative explorations which take body's wisdom into account.

Mike is an experienced psychotherapist, counsellor (UKAHP Acc. UKCP Reg.) and transpersonal psychology practitioner, with extensive experience in teaching and facilitating groups. His ongoing passion is the connection between psyche and nature, and in particular the expression of this through dreams and the imagination. Mike is a member of the Confederation for Analytical Psychology, and is an accredited educator with the UK Association for Humanistic Psychology Practitioners. He practises in Edinburgh and from his home in the Scottish Borders.

Saturday 28th & Sunday 29th March 2009

Venue: Wellspring, 10.00am to 5.00pm both days

Cost: £120 (£40 non-returnable deposit)

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BOOKING FORM

Please reserveplace(s) on ***Redeeming the Spirit: Psychotherapy, Counselling & Spirituality*** workshop by Mike Wilson.

Name:.....

Address:

..... Postcode

Tel No: Email

I enclose a cheque (made payable to Wellspring) Deposit (£40) Full Fee (£120)

Full fee is due by 1 February 2009