



re•vision

Centre for Integrative  
Psychosynthesis

*"...I can no longer  
be sure whether  
the psyche is in  
me or whether I'm  
in the psyche..."*

James Hillman,  
The Soul's Code

## Day Conference: Saturday 21st January 2012

# Boundaries and Boundlessness

with Nick Totton

### Plus

A choice of afternoon  
workshops  
with senior Re•vision  
trainers

Venue:  
Harben House,  
Newport Pagnell,  
Buckinghamshire  
MK16 9EY

*This conference is part of  
a residential weekend  
of events open to  
Re•vision students and  
graduates. It is also open  
to professionals with  
relevant experience.*

## Event Schedule

9.00-9.30	Registration
9.30-10.45	Social Dreaming Matrix
10.45-11.15	Coffee break
11.15-12.45	Morning Presentation
1.00-2.30	Lunch
2.30-5.30	Choice of Workshops including tea break
5.30-6.15	Closing Plenary

## Boundaries and Boundlessness

We have heard a great deal over the past 20 years about the importance of boundaries in psychotherapy and counselling; but a lot less about the equal importance of being able to relax boundaries when necessary. Therapy is as much about questioning boundaries as it is about asserting them; as much about supporting clients to break out of the rules as it is about teaching them to observe the rules.

Nick has developed the concept of boundlessness, rather than unboundariedness, as the opposite pole to being boundaried. To be boundless is to come from a place of abundance, spaciousness and care. A practitioner who cannot offer their clients boundaries is dangerous; but a practitioner who cannot offer their clients boundlessness is useless.

**Nick Totton** is a therapist and trainer with over 25 years experience. Originally, a Reichian body therapist, his approach has become broad based and open to the spontaneous and unexpected. He has an MA in Psychoanalytic Studies, and has

worked with Process Oriented Psychology; he is currently involved with ecopsychology and addressing climate change. He has written several books, including *Body Psychotherapy: An Introduction*; *Press When Illuminated: New and Selected Poems*; and most recently, *Wild Therapy*. He lives in Calderdale with his partner and grows vegetables.

## Social Dreaming Matrix

Social Dreaming is a way that dreams can be used for social or collective purpose rather than individual. The purpose is not interpretation but to allow new thoughts to reveal themselves through the shared experience. Beginning the conference like this may reveal how we are dreaming the theme of the weekend and other social themes.

**Antonia Boll** is a Re•vision Elder, having worked on staff for 19 years, and is a member of the Association of Jungian Analysts.

**Nuala Flynn** is a UKCP Psychotherapist having trained at Re•vision and has an MA in Imaginal Studies.

# Afternoon Workshops

*(You may choose your workshop on the day)*

## 1. Boundaries and Boundlessness with Nick Totton

Nick will be inviting you to engage with the conference theme in an experiential way.

## 2. Thresholds, Flux and Letting Come with Chris Robertson

Water flows easily round obstacles and through defenses to releases itself in the seemingly boundless ocean. Using this archetypal image in this workshop we will explore:

- pivotal thresholds at the edge between holding on and letting go
- the flux or catalyst that eases the release
- what holds us when we let go
- what we are letting come.

**Chris Robertson** has been a supervisor and trainer since 1978 bringing particular attention to Borderland phenomena. He is co-founder of Re•vision and co-author of Emotions and Needs (OUP).

## 3. Addiction and the longing for Intimate Immensity with Mary-Jayne Rust

When the western mindset is so focused on separation and independence, and we have lost our cultural rituals to enable a collective experience of oneness, it is no surprise that addictions of many kinds are rife within our culture. There is a fine line between the wiping out of the 'I' as a

destructive part of bingeing, and the search for an oceanic state of bliss and oneness. Where are the modern portals to what Gaston Bachelard so aptly names 'intimate immensity'?

**Mary-Jayne Rust** is an art therapist and Jungian analyst in private practice. Her experience and interest in eating problems expanded into an inquiry into our collective consuming of the earth, and the relationship between mind and body, soul and the land. She lectures, writes and facilitates workshops on Ecopsychology.

## 4. Reclaiming our Animal Bodies with Lesley Brown

The body is the ground from which all our knowing of the world begins. It is within our bodies, in our instinctual and sensory responses, that we discover the changing field of what is happening to us. Without a sense of the body, of sensation and feeling, we lose connection to what is around and within us, to the immediate and present moment of our lives. We shall explore this theme experientially.

**Lesley Brown** has diplomas in Art Therapy, Group Facilitation, Gestalt and Integrative Psychosynthesis and has been a therapist for nearly 25 years. Her background is in dance, movement and meditation.

# Booking Form

Name:

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Address:

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Postcode:

Tel:

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Email:

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Training Organisation from which you Graduated (if counsellor or psychotherapist):

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Other profession or job title:

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I would like to reserve \_\_\_\_\_ (number of) place/s at this day conference.

I would/would not like to book a seat on the arranged transport between MK Central and the venue (*delete as applicable*)

## **Fee: £99 per person including lunch and refreshments**

I enclose cheque (payable to Re•vision) for £ \_\_\_\_\_

You can also pay direct to the Re•vision bank account – please call the office on 0208 357 8881 for details.

Numbers are strictly limited; early application is recommended

*Cancellations Policy: 1 month prior to event: 75% refund Within 1 month: 50% refund Within a week – no refund.*



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