

embodying soul, ensouling body

re•vision one day conference

22 January 2011 at the Node Conference Centre, Herts



*My belief is in the blood and flesh as being wiser than the intellect. The body unconscious is where life bubbles up in us. It is how we know that we are alive, alive to the depths of our souls and in touch somewhere with the vivid reaches of the cosmos. **D.H. Lawrence***



Presentations

The dance of Psyche and Soma: through the body to the Self: indwelling and co-mingling

Marian Dunlea

Don't worry, it's only psyche-somatic!

A biographical sketch of Psyche and Soma

Ewa Robertson

www.re-vision.org.uk

This one day conference will be an exploration of the dance between **body** and **soul**. It will draw on dreams, dialogue, ritual and play. With morning presentations and afternoon workshops, it will bring a visceral reality to our conversations and a new perspective to psychotherapeutic work within our dissociated culture.

Schedule

9.00 am	Registration
9.30-10.45am	Dream matrix
10.45-11.15am	Coffee break
11.15am-12.45pm	Main presenters
1.00-2.30pm	Lunch
2.30-5.30pm	Workshops
5.30 – 6.15pm	Closing plenary

Social Dreaming Matrix **Nuala Flynn**

We will be exploring dreams to make links and connections between the dreams. We will not be concerned with individual dreams, but on what is shared among the participants' dreams. The dream, not the dreamer, is the focus of the work of Social Dreaming.

Afternoon Workshops

Exploring New Pathways: the Dance of Psyche and Soma **Marian Dunlea**

I believe in all that has never yet been spoken

*I want to free what waits within me
so that what no one has dared to wish for
may for once spring clear
without my contriving.*

~ Rainer Maria Rilke ~

We will explore the world of our images and dreams in an embodied way. Through movement, voice and artwork, we will open the body's energy lines, creating new neural pathways that enable us to move into the un-lived life.

Psychic Infection and the Therapist's Body **Ewa Robertson**

This workshop will explore how unconscious processes in the therapeutic encounter impact at a psychological and somatic level on both therapist and client. As therapists, how do we process clients' 'psychic infection'? Drawing on new developments in contemporary psychotherapy and neuroscience, we will look at how the therapist can access internal resources to strengthen a sense of embodiment and so be better equipped to respond to the impact of psyche and soma.

A Taste of Tantra **Mark Van Gogh**

A gentle introduction to the ancient art of tantra, with a sprinkling of bioenergetics and transpersonal psychology. We will use movement, breath, visualisation and sharing to explore ways of choreographing our erotic energy and reconnecting the sacral with the sacred. Wear comfortable loose fitting clothes.

Breathing out. Breathing in. Expiration. Inspiration **Lesley Brown**

All life moves. As we breathe and move physically, emotionally, mentally, we resonate with life. When we move with consciousness, with our bodies, hearts and minds connected, we nourish the soul and connect with the spirit of life. This movement workshop will draw upon 5 Rhythms, the foundation of Gabrielle Roth's body of work, to explore the universal rhythms – flowing, staccato, chaos, lyrical and stillness. A variety of music will allow you to discover the inner dancer and allow you to be the dance rather than do the dance.



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Trainers

Lesley Brown is a registered psychotherapist trained in Gestalt, Integrative Psychosynthesis and Group Therapy. She combines teaching at Re•Vision with a private practice working with individuals, couples, and groups. She includes 5 Rhythms, Sacred Circle Dance and Tai Chi as part of her spiritual practice.

Marian Dunlea is a Jungian Analyst working in private practice in Ireland and also facilitating groups at home and abroad. Her background includes a Masters in Psychoanalytic Psychotherapy; Dip. Psychosynthesis Psychotherapy (at Re•Vision), Somatic Experiencing Practitioner. She is a core faculty member of the Marion Woodman Foundation and facilitates workshops nationally and internationally. Marian's work reflects her training and experience in Jungian Psychology, BodySoul Rhythms, Trauma Therapy, Psychosynthesis, Authentic Movement, Voice Work and Embodied Dream Work.

Nuala Flynn is a Re•Vision psychotherapy graduate, has recently trained in Social Dreaming Matrix and is currently an MA candidate in Imaginal Studies at Chichester University. She works with dreams in individual and group settings, has been part of a peer dream group for 20 years and involved in Sufi meditation and dreamwork.

Ewa Robertson is a co-founder of Re•Vision and registered psychotherapist. She has taught psychosynthesis in the UK and Europe and is a member of the teaching staff at Re•Vision and at The John Bowlby Centre. Her work is influenced by recent developments in contemporary psychotherapy and neuroscience.

Mark Van Gogh is a registered psychotherapist having trained at Re•Vision and the London Institute of Psychosynthesis. He works in private practice and as a trainer and supervisor at Re•Vision and elsewhere. He is a facilitator with Diamond Light Tantra.

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

Please note that afternoon workshop choices will be made on the day.

Fee £115 including hot lunch and refreshments
Numbers are strictly limited; early application is recommended.

For online application: www.re-vision.org.uk

Or call the office on 020 83578881

Venue: the Node Conference and Training Centre

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