

HOLISTIC PSYCHOLOGY IN PRACTICE

Holistic Psychology Special Interest Group

A 2 day conference in Chesterfield, featuring workshops on applying holistic thinking to psychological practice

(Incorporating the A.G.M of the Holistic S.I.G.)

22nd and 23rd September 2005

Anna Mandeville, Clinical Psychologist: 'Ken Wilber - a bridge far enough?'

The scientist practitioner model remains very influential in the delivery of health care and psychological approaches generally. Wilber's Integral Psychology model illuminates how the incorporation of holistic approaches is not incompatible with empiricism. The marriage of eastern wisdom traditions and western depth psychology provides a cohesive developmental model of potential adult psychological development. This workshop will provide an overview of this work and consider how these models may be used to aid communication about an integral psychological approach. There will be an experiential component!

Anne Welsh, Director and Trainer, Institute of Psychosynthesis: 'Psychosynthesis - a psychology of hope'

In her workshop, Anne will present experientially some of the models of psychosynthesis and their relevance for working with clients. Psychosynthesis is a psycho-spiritual psychotherapy which emphasises the integration of conflicting parts of our psyche through the qualities of the higher Self. Its founder, Robert Assagioli, brought together Eastern wisdom and Western psychology in a model that has itself remained open to synthesis and growth.

Nigel Mills, Clinical Psychologist: 'Psychitherapy: bringing the chi into psychological therapy' A practical workshop that will explore the relevance to therapy of: energetic resonance; how to ground negative energy; and linking in with the 'chi' of the universe. In addition to his background as a Clinical Psychologist, Nigel is also a practitioner of Qi Gong and Craniosacral Therapy. The workshop will utilise methods from these therapies.

Peter Leakey, Clinical Psychologist: 'How to get started with E.F.T.' Emotional Freedom Technique (E.F.T.) is an energy psychology technique which can be used in the therapeutic intervention as well as being taught to the client for use as a self help tool.

Reinhard Kowalski, Clinical Psychologist 'Hanging on for dear life! The challenge of practising value based-health care' The dominant values in our culture are business and consumption based, and these values are increasingly dominating the delivery of health-care. However, health care is primarily about healing, caring and compassion. Reinhard will use the psycho-spiritual models of Yoga and of Psychosynthesis to experientially explore with participants the personal challenges that this entails for health care workers.

Helen Card, Occupational Psychologist 'Human Givens, a new approach to emotional health and clear thinking' The Human Givens Model, why this approach is necessary, nature and the Human Givens, new insights for treating emotional distress including PTSD.

Laura Hope Steckler, Body oriented Psychotherapist, Somatic Movement Therapist and Clinical Psychologist: 'Working with the Emotional/Spiritual Body' An experiential workshop on integrating the body into psychotherapeutic work. Participants will explore their own sense of 'embodiment' and learn practical skills that embrace the whole brain and the whole person.

Andrew Powell, Psychiatrist and Psychotherapist, founder chair of the Spirituality and Psychiatry Special Interest Group of the Royal College of Psychiatrists: 'Soul-centred therapy in the NHS - challenges and opportunities' We will start by looking at the implications of the quantum paradigm of consciousness and then go on to explore ways in which this can help us engage with the journey of the soul unbounded by Newtonian space-time. For introductory reading see 'Consciousness that transcends spacetime: its significance for the therapeutic process' by the author on www.rcpsych.ac.uk/college/sig/spirit/publications/index.htm

Cost including lunches:	Both days	One day
Holistic SIG Members:	2 Days £65	1 Day £40
Non-members	2 Days £80	1 Day £55

(See reverse for membership form - non-members can join now and attend at the members' rate)

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PLEASE ENCLOSE CHEQUE FOR THE FULL AMOUNT MADE OUT TO "DCP Holistic SIG"

Name _____

Address _____

Tel No _____ Email _____

Please return to Galen Ives, 84 Southgrove Road, Sheffield S10 2NQ as soon as possible
and in any case before Friday August 19th

Email galen.ives@priority-research.com Tel. 0114 270 1006

Holistic Psychology Special Interest Group

Under the auspices of the Division of Clinical Psychology of the British Psychological Society

MEMBERSHIP APPLICATION

PLEASE PRINT VERY CLEARLY

Name: Title (Dr/Mr/Mrs/Ms etc)dob:.....

Address:

Postcode:E-mail:

Telephone: Today's Date:

Are you a member of the BPS? Yes No BPS Membership Number:

MEMBERSHIP CATEGORIES:

Full Member = *You may vote*, Associate & Affiliate = *You may not vote*

(All members will take part in discussions, networking and receive correspondence and newsletters)

1. Are you a full member of the DCP? Yes No

If the answer is 'Yes' to the above question, you are eligible for Full Membership.

2. Are you a clinical psychology trainee or assistant? Yes No

If the answer is 'Yes' you are eligible for Affiliate Membership.

3. If you are not a member of the DCP or the BPS then you are eligible for Associate Membership.

PAYMENT: Membership of the SIG is by annual subscription, with renewal due on 1st January

Full and Associate members - £15.00 per year Affiliate members - £10.00 per year

Concessionary rate for members joining from June - December - £5.00

[a receipt will only be sent if you request it]

Please send this form with a cheque made payable to "Holistic Psychology SIG" to the Membership Secretary:

Reinhard Kowalski, 65 Eskdale Avenue, Chesham, Bucks HP5 3AY

E-mail: reinhard@talk21.com

MEMBERSHIP NETWORKING

In order to facilitate networking and sharing we should appreciate it if you could answer the following questions.

Please tick here if you do not want this information to be made available to other members

Which holistic/ complementary/ alternative therapy or growth methods have you been or are you experiencing/ receiving (please list in order of personal relevance)?

Which holistic/ complementary/ alternative therapy or growth methods have you been or are you training in (please list in order of personal relevance)?

Which holistic/ complementary/ alternative therapy or growth methods have you been or are you practicing (please list in order of personal relevance)?