

# 11th TRAINING IN EMBODIED-RELATIONAL THERAPY

Starting April 2015



Jayne Johnson  
Kamalamani  
Allison Priestman  
Stephen Tame  
Nick Totton

# WHAT IS ERT?

Embodied-Relational Therapy (ERT) has its roots in Reichian body work, process approaches, psychodynamic therapies and earth centred spirituality. It was initiated by Nick Totton and Em Edmondson in the late 1980s, ERT continues to grow and develop through the collaboration of its trainers and trainees. ERT is an holistic integrative approach focusing on two facts about human beings: we are *embodied* and *in relationship*. To be alive we need to be a body, to be alive we need to relate to others; our greatest challenges and our greatest joys follow from these twin facts.

As human beings, we are integrating bodymindspirit. On the whole, we find this condition hard to manage. Our nature seeks to *express* itself freely, while at the same time *protecting* itself in conditions sometimes of great difficulty. This double task of expression and protection makes us often subject to contradictory pulls, and offering double messages about what we feel, want and need. Through a relationship which is challenging but supportive and non-invasive, it is possible to disentangle our doubleness and allow our process to unfold. ERT draws a great deal from other therapies, but brings these ideas and techniques into a new synthesis with its own unique flavour and values, described in terms of seven metaskills: Awareness, Trust, Contactfulness, Spontaneity, Spaciousness, Relaxation and Wild Mind.

## Core Values

Embodied-Relational Therapy depends on heart to heart contact; achieving this is a large part of the work, and can take great courage on both sides.

ERT offers a profound trust that whatever is trying to happen in someone's life or in the wider world needs to happen. Whatever needs to happen is trying to happen. The ERT approach cultivates a playful and spontaneous response to whatever that may be. We see symptoms as useful pointers for change, rather than problems to be solved.

We aim to support connection and integration between estranged aspects of ourselves, and between ourselves and the wider world – the earth, the sky, the wider communities of human and other-than-human. We therefore see this work as necessarily having political and spiritual dimensions. ERT values the wisdom and gifts of individual and group process, and of the unspoken and unnamed.

# THE ERT TRAINING

This training is primarily experiential; theory arises out of practice, and no written work is required. Great attention is paid to group process, since we believe that the kind of learning we are looking for can only take place in a safe space, where concerns can be expressed and behaviour can be challenged.

We want participants to learn on an embodied level, which entails being open to deeply stirring experiences.

## What the Training Offers

The ERT training is a robust and established process of both professional and self development. It offers the opportunity to explore an innovative body psychotherapy modality. It is primarily a post qualification training, integrating into your current therapeutic approach. The experiential focus of the training lets you explore your own embodiment in a supportive group, combined with theoretical input which offers a framework to better understand body-mind functioning and the complexities of working relationally.

The full course is three years long, each year requiring you to have completed the previous year. The course structure is modular - each year stands on its own, and you can go on to undertake Years Two and Three at any point after Year One.

If you complete the 1<sup>st</sup> Year ERT Foundation Training to the satisfaction of the trainers and of your co-participants, you will receive a Diploma in Embodied-Relational Therapy.

On successful completion of the 2<sup>nd</sup> Year ERT Advanced Training you will receive an Advanced Diploma in Embodied-Relational Therapy and be entitled to call yourself an Embodied-Relational Therapist.

Successful completion of the 3<sup>rd</sup> Year ERT Wild Therapy Training will involve validation by the other-than-human as well as by trainers and peers. It will give you a Diploma in Wild Therapy.

The Embodied-Relational Therapy Group is open to anyone who has completed the Foundation and Advanced ERT training. The group meets once or twice a year to share therapeutic skills. It offers a forum for continuing professional development and opportunities to meet with other ERT graduates.

# FIRST YEAR TRAINING

The ERT First or Foundation Year consists of four five day residentials, exploring the four-phase model which is the framework on which ERT is built.

The first residential is focused on two themes. Contact: our ability to connect fully with ourselves, the world and other people - the fundamental skill and requirement of ERT. Information Gathering: all the ways in which we notice and identify what is happening in the therapeutic space - in our clients, in ourselves, in the field between us and around us.

On the second residential we study Amplifying: the many methods of supporting what is already trying to happen. In particular we will offer ways to amplify body experience, e.g. through movement, breath-work, body symptoms and internal body sensations, and also ways to amplify relationship.

The third residential explores Character: a systematic approach to different developmental styles of being in the world, which shape our lives and relationships. The Character model enables us to support the four phases of Contact, Information Gathering, Amplifying and Integration more deeply and gracefully.

The final residential is concerned with Integration: both in therapy and of the course itself.

A theme which runs through the whole year is relationality, and listening to our own feelings and responses as a key part of the work. We will study how we can be moved around and shaped by our clients, yet still be able to witness and reflect on the relationship. We explore embodied relating; how we can use our whole body-mind as a resource for our work. The residential nature of the course means that we will be living, working and socialising together for the five day blocks. This supports a greater depth of relating in a rich and at times challenging environment. We will be offering an optional skills practice residential in the summer of 2016 in order to further integrate your learning.

## Who is this Course for?

The course is primarily aimed at practitioners who have already completed a qualification in counselling, psychotherapy, or some form of relational bodywork. It is also available as a personal development experience for people with considerable experience of therapy. It is for those who are looking for an opportunity to safely experiment in their work, to extend and expand their current practice; for those looking for support, nourishment and growth in their professional and personal lives.

# COURSE CONTENT AND STRUCTURE

## ERT Foundation Training - Year One

Year 1  
Foundation  
Unstone Grange  
Allison Priestman  
Stephen Tame

The first year training should equip you to use ERT in your existing practice, working more deeply with your own and your clients' embodiment; especially if you have an ERT supervisor. People often find that the concept of character in particular helps unlock many therapeutic issues. On successful completion you will receive a Diploma in Embodied-Relational Therapy.

### Optional Online Theory Module - Nick Totton

This module offers a separate Certificate in ERT Theory. Shadowing and accompanying Year 1, participants will read the relevant papers and book extracts supplied, and submit a piece of writing on a topic of their own choice after each residential. There will be an online discussion group.

## ERT Advanced Training – Year Two

Year 2  
Advanced  
Unstone Grange  
Trainers drawn  
from the ERT  
training team

Year Two gives you the chance to explore your own embodiment more deeply and systematically, and to become comfortable with hands-on relational bodywork, including the use of breath. It also includes group supervision. The second year gives you the opportunity to embed the ERT approach into your work. Completion of this year makes you an Embodied-Relational Therapist and eligible for further CPD events. The advanced training consists of three five day residentials.

## ERT Wild Therapy Training - Year Three

Year 3  
Wild Therapy  
Venue t.b.c.  
Trainers drawn  
from the ERT  
training team  
(See back page for  
more details)

An exploration and celebration of therapy's wildness, its capacity to transcend the limitations we place on our own creativity and connectedness. Central to the year is encountering the other-than-human and more-than-human, and exploring their role in the therapeutic process. From this we can learn to transform fear-based defensive practice into contact-based adventurous practice.

There will be one 'indoor' residential, preparing for two residentials camping in a relatively wild environment, and a final weekend focused on bringing what we have learnt back into ordinary life.

# PRACTICALITIES

## Foundation Year

### Dates

The Foundation Year consists of four five night residentials, on the following dates: 2015: April 16-21, June 18-23, September 17-22 and 2016 January 14-19. Each residential will start on the Thursday evening, and end with lunch on the following Tuesday.

### Venue

The residentials for the foundation year and advanced year will be at Unstone Grange, North Derbyshire. Unstone Grange is a comfortably shabby residential centre with five acres of gardens and land, between Chesterfield and Sheffield and easily accessible by bus, train and car. Everyone will have their own room unless they want to share. We will be making our own meals from mainly organic vegetarian wholefood ingredients supplied. [www.unstonegrange.co.uk](http://www.unstonegrange.co.uk)

### Cost

The first year course costs £2900, inclusive of teaching, accommodation and food. We ask for an initial deposit of £600; the remainder can be paid either in equal shares at each residential, or by monthly standing order. Course fee concessions are available, dependent on trainee group size. Subsequent training years will be pro rata, ie the same daily rate as year one. The Theory Module will cost £550.

### Applying

The first step is to contact Stephen: 01364 653069, [stephentame@gmail.com](mailto:stephentame@gmail.com) or Allison: 01453 731226, [info@allisonpriestman.co.uk](mailto:info@allisonpriestman.co.uk)

We expect all applicants to have attended at least one workshop prior to entry onto the course. These two are especially relevant:

### *An Experience of Embodied-Relational Therapy.*

Allison and Nick: Nov 29/30 2014 London £205, £180(early bird)

Allison and Stephen: Jan 31/Feb 1 2015, Bristol, £165, £145(early bird)

There will be a separate skills practice residential in the summer of 2016, open to those who have completed the ERT Foundation Training.

### Theory Module, Advanced Training, Wild Therapy Training

For more information on these, contact Nick: [nick@3-c.coop](mailto:nick@3-c.coop) 07804 453237

# FEEDBACK

## Comments from some recent trainees

"I came to the Embodied-Relational training group with an open mind and an open heart as to what to expect, what the experience might be about for me and I was not disappointed on many levels. The training weekends gave me the opportunity to find a new therapeutic way of working that enhanced my practice and a chance to discover more about myself as a practitioner and as a person. The environmental setting for the training is calm and offers ample space for reflection while at the same time the living together and eating together offers a different dimension to embodiment work. I found the whole training experience to be challenging, enlightening and an experience I would not have missed." Linda

"Year one of ERT was very unexpected, in a good way! My personal journey has benefited greatly by the open, safe and permissive space skilfully engendered and held by the organisers. Their modelling of how to stay with deep and moving group and personal material, and subtle encouragement to trust the process has changed me, and the way that I am able to engage with clients. Having a safe space to experiment, and a framework for deep relational contact from an embodied perspective, has opened new vistas in my journey as a therapist." Rob

"The gentleness and intensity of the group dynamic, held by the facilitators, has provided a safety net, which has, in turn allowed for deep deep processing. I have visited places within myself which I didn't know existed. Although challenging, something profound is emerging, expanding and opening an awareness which is underpinning both my personal and professional development. I am excited about next year...." Sonja

"The training in Embodied Relational Therapy has given me the clinical tools - and perspective - to ground my daily practice in moment to moment somatic experiencing; both my own and my clients. Subsequently I have learnt to deeply trust the innate intelligence of the body and it's inherent, though often obscured, desire to come into relationship with other bodies. Learning to facilitate this movement towards relationship has been central to my development on the course, both through the courses content, the group setting in which it is delivered, and the expertise and modelling of the trainers who have held the process." Paul



# THE ERT TRAINING TEAM



**Jayne Johnson**

I live & work in Hebden Bridge, West Yorks bringing together my passion for Embodied Relational Therapy and Shamanism

[mail@jaynejohnson.co.uk](mailto:mail@jaynejohnson.co.uk)

[www.shamanismembodied.com](http://www.shamanismembodied.com)

**Kamalamani**

I am a Bristol-based Embodied-Relational Therapist, supervisor and writer, working at the interface of ERT, ecopsychology and Ecodharma.

[www.kamalamani.co.uk](http://www.kamalamani.co.uk)

[info@kamalamani.co.uk](mailto:info@kamalamani.co.uk)



**Allison Priestman**

I am an experienced Embodied-Relational Psychotherapist, Supervisor and Trainer; working in private practice in Stroud, Gloucestershire.

[www.allisonpriestman.co.uk](http://www.allisonpriestman.co.uk)

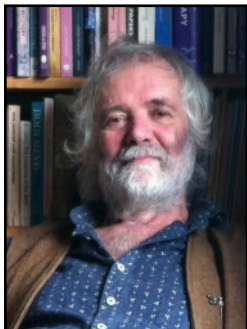
[info@allisonpriestman.co.uk](mailto:info@allisonpriestman.co.uk)

**Stephen Tame**

After many years of practise, I still love working as an ERT psychotherapist, with clients young and old, in Ashburton, Devon

[www.stephentame.co.uk](http://www.stephentame.co.uk)

[stephentame@gmail.com](mailto:stephentame@gmail.com)



**Nick Totton**

I am a therapist and trainer with nearly 30 years experience. Originally a Reichian body therapist, my approach has become broad based and open to the spontaneous and unexpected.

[www.earthworks.co.uk](http://www.earthworks.co.uk)

[www.nicktotton.net](http://www.nicktotton.net)