

Embodied-Relational Therapy & Wild Therapy Training beginning April 2016



with
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www.earthworks.co.uk
www.wildtherapy.org.uk

Welcome

This is an introduction to the two-year Embodied-Relational Therapy training: an innovative branch of therapy emerging from the body psychotherapy tradition. It is an experiential, post-qualification residential training based at Unstone Grange in Derbyshire. The course beginning in April 2016 will be the 11th training in Embodied-Relational Therapy.

What is Embodied-Relational Therapy (ERT)?

Embodied-Relational Therapy (or ERT, for short) 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, particularly those from the body psychotherapy tradition, and brings these ideas and techniques into a new synthesis with its own unique flavour and values. We describe this in terms of seven metaskills: Awareness, Trust, Contactfulness, Spontaneity, Spaciousness, Relaxation and Wild Mind.

The history of ERT

Embodied-Relational Therapy (ERT) has its roots in Reichian body work, process approaches, psychodynamic therapies and earth centred spirituality. 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, with the current training collective having been formed in 2013. There is a thriving community of ERT practitioners throughout the

UK, meeting once or twice a year for further training and a chance to meet, share, and deepen understanding and practice.

The approach of the ERT training

Unlike many other trainings, ERT focuses on the trainee's own work on their embodied relating with self and other, now and in the past, before encouraging them to apply this with their clients. The theme of relationality runs through the whole course; listening to our own feelings and responses as a key part of how we work both in the training and with clients, witnessing how we are moved around and impacted by our clients, yet remaining able to reflect on our working relationship. ERT in training and practice depends on deep contact; achieving this is a large part of the work, and takes great courage for both client and therapist. The training offers a held space to explore how deep contact impacts us.

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 already *trying* to happen, and the ERT approach in training and practice cultivates a playful and spontaneous response to whatever is trying to happen. We see symptoms not as problems to be solved but as valuable stimulus to change.

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 (this aspect

Reichian Growth Work

Second Edition



Nick Totton
and
Em Edmondson

Photo above: The second edition of 'Reichian Growth Work' by Nick and Em, published by PCCS Books, 2009.

comes out most explicitly on the optional third year, Wild Therapy). We therefore see this work as necessarily having political and spiritual dimensions. ERT values the wisdom and gifts of individual and group process, of the unspoken and unnamed, the peripheral and taboo.

ERT process

This is a robust and established training, which has appealed to practitioners from many different therapeutic backgrounds. It is primarily experiential; theory arises out of practice, and no written work is required, although handouts are provided, as well as online-access to papers and chapters. 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 profoundly stirring experiences. The residential nature of the course means that we will be living, working and socialising together for seven five-day long weekends plus the graduation weekend, creating a community. This supports a greater depth of relating in a rich and at times challenging environment. This community-building on the training feeds into the ongoing ERT community.



Photo above: ERT graduation celebrations!

Who is this course for?

This is primarily a post-qualifying course aimed at practitioners who have already gained a qualification in counselling, psychotherapy, or some form of relational bodywork. It is also sometimes used by people with considerable experience of therapy as a personal development experience. Exceptionally, we may accept

someone who intends to use it to build on a related training which is not in psychotherapy or counselling, after exploring the issues this raises with them. Overall, it is for people looking for support, nourishment and challenge in their professional and personal lives.

ERT qualification

The training is two years long, the second year requiring you to have completed the first. Each year stands on its own, and you can undertake Year Two at any point. If you complete the first year to the satisfaction of the trainers and your fellow trainees, you will receive a Diploma in Embodied-Relational Therapy; on successful completion of the second year you will receive an Advanced Diploma in Embodied-Relational Therapy and be entitled to call yourself an Embodied-Relational Therapist.

The Embodied-Relational Therapy Group is open to anyone who has successfully completed the two-year course, qualifying with an Advanced Diploma in Embodied-Relational Therapy. The group meets once or twice a year, further developing the tradition of Embodied-Relational Therapy.

Course Content and Structure

ERT Diploma Training – Year One

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. It consists of four five-day residentials, exploring the four-phase model which is the framework on which ERT is built, and allowing plenty of time for skills practice; followed by a final residential graduation weekend.

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, for example, 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. People often find that the concept of character in particular helps to unlock many therapeutic issues. The fourth residential is concerned with **Integration**, both in therapy and of the course itself, and with further practice of the skills you have learnt. The final graduation weekend is a space for mutual feedback and completion.

ERT Advanced Diploma Training – Year Two

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 work. It also includes group supervision. The advanced training consists of three five-day residencies, each of which are focused on two or three of the key focal areas of the body which Reich identified as the 'segments': eyes and head, mouth and jaw, neck and shoulders, chest, diaphragm, belly, pelvis, and legs. The second year gives you the opportunity to embed the ERT approach into your work. Successful completion of this year makes you an Embodied-Relational Therapist and eligible for further CPD events.

The optional Wild Therapy year

We see Wild Therapy as a direct extension of ERT: when we are in touch with our capacity for embodied relating, this flows into our relationship with the other-than-human, and also into a spontaneous approach to the therapeutic encounter in general. So the year is an exploration and

celebration of therapy's *wildness*, its capacity to transcend the limitations we place on our own creativity and connectedness. Through encountering the other-than-human and more-than-human, and exploring how they can play a role in the therapeutic process, we can learn to transform fear-based defensive practice into contact-based adventurous practice.



Photo above: Dawn at the Wild Therapy camp in Roeburndale, Lancashire.

Because of the integral connection with ERT, we have previously offered the Wild Therapy Year as a third year of the training; however in practice it seems to work better as a stand-alone year, which can be taken either after doing the ERT course (straight away or at a later date) or on its own. Hence in any given year there may be a mix of ERT graduates and others taking part.

The Wild Therapy training consists of three residentials and one non-residential weekend, moving gradually from a relatively domestic environment further out into the wild, then to a final weekend in an urban setting exploring how to bring what we have discovered back into consensus reality. Please see the separate Wild Therapy flyer for fuller details.

Practicalities

ERT Diploma Training – Year One **Jayne Johnson & Allison Priestman**

Dates: The Diploma Year consists of four five-night residentials, on the following dates. In 2016: **21-26 April, 2-7 June, 1-6 Sept.** In 2017: **12-17 January**, followed by a graduation weekend on **24-26 March 2017**. Each long residential will start on the Thursday evening, and end with lunch on the following Tuesday.

Venue: The residentials for the Diploma and Advanced Diploma years will be at Unstone Grange, North Derbyshire. Unstone Grange is a comfortably shabby residential centre with five acres of gardens and land, located between Chesterfield and Sheffield and easily accessible by bus, train and car. Everyone will have their own room unless they want to share. Depending on group size, some participants may sleep at a local holiday cottage. We will be making our own meals from mainly organic vegetarian wholefood ingredients supplied. For venue information please visit:

www.unstonegrange.co.uk



Photo above: Spring at Unstone.

Course Costs: The price without concessions for Year One is £2,900, inclusive of teaching, accommodation and food. We are keen to make the course available to suitable applicants, and are mindful that many practitioners do not have large incomes; our goal is therefore to offer substantial reductions to those who need them. This depends on people who can afford to paying the full amount, and on there being a good overall number. Please let us know if cost is an issue, and we will look at what level of reduction is needed and possible.

We ask for an initial deposit of £600; the remainder can be paid either in

Photo below: Unstone Grange, the venue for ERT



equal shares at each residential, or by monthly standing order. Year Two training will cost the same amount per training day as Year One, Wild Therapy will cost less.

For more information:

The first step if you are interested is to contact Allison or Jayne:

Allison 01453 731226 info@allisonpriestman.co.uk

Jayne 01422 847873 mail@jaynejohnson.co.uk

We expect all applicants to have attended at least one workshop prior to entry onto the course so that we can see you work and vice versa. These are especially relevant:

Wild Dharma Residential Weekend

Date: 18/19/20 September 2015. **Facilitator:** Kamalamani

Venue: Ragman's Lane Farm, Forest of Dean, Gloucestershire

Cost: £215/185 early bird. One place available at £90.

The Wild Nature of Embodiment & Trance and Transference

Date: 24/25 October 2015. **Facilitators:** Allison and Jayne

Venue: Bristol

Cost: £180/£155 early bird

An Experience of Embodied-Relational Therapy

Date: 7/8 November 2015. **Facilitators:** Jayne and Stephen

Venue: Scotland (to be confirmed)

Cost: £180/155 early bird

An Experience of Embodied-Relational Therapy

Date: 30/31 January 2016. **Facilitators:** Allison and Stephen

Venue: Bristol

Cost: £180/£155 early bird

For information about these and other workshops please see :

www.erthworks.co.uk or visit the websites of the relevant facilitators—details on the back cover.

ERT Testimonials

"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

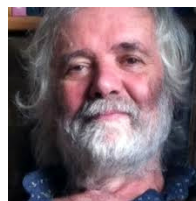
"The training in Embodied Relational Therapy has given me the clinical tools - and perspective - to ground my daily practice in moment to moment somatic experiencing; both my own and my clients. Subsequently I have learnt to deeply trust the innate intelligence of the body and it's inherent, though often 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/Wild Therapy Team



Jayne Johnson

I live and work in Hebden Bridge, West Yorkshire, bringing together my passion for Embodied-Relational Therapy, Shamanism, and Wild Therapy.
www.shamanismembodied.com



Nick Totton

I am a therapist and trainer with over 30 years experience, founder of ERT and author of many books, now living in Cornwall.
www.nicktotton.net



Allison Priestman

I am an experienced Embodied-Relational Psychotherapist, Supervisor, and Trainer working in private practice in Stroud, Gloucestershire.
www.allisonpriestman.co.uk



Kamalamani

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



Stephen Tame

After many years of practice, I still love working as an ERT psychotherapist, with clients young and old, in Bovey Tracy, Devon
www.stephentame.co.uk