

Nick Totton

I am a therapist and trainer with nearly 35 years experience. Originally a Reichian body therapist, I have explored widely in a number of therapy modalities, and now practice and teach Embodied-Relational Therapy and Wild Therapy. I have a grown up daughter. I have written several books, including *Body Psychotherapy: An Introduction*; *Wild Therapy*; *Not A Tame Lion*; and *Embodied Relating: The Ground of Psychotherapy*. I live in Cornwall with my partner and grow vegetables.



www.nicktotton.net.

Embodied-Relational Therapy

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*. 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.

For more information on ERT, including the two year training with an optional third year on Wild Therapy, go to www.erthworks.co.uk.

Course structure

The course consists of five non-residential weekend workshops at the Spiral Centre, 2 Shelburne Road, Islington N7 6DL, London.

Venue

The **Spiral Centre**, www.spiralcentre.org, is a holistic therapy centre in Islington, London, offering counselling, psychotherapy and complementary therapy. The workshop will be in a large ground floor room with a breakout space and garden access. Teas, coffee and biscuits will be provided.

Dates and times

The workshops will take place on **February 16th-17th, April 13th-14th, June 8th-9th, September 14th-15th and November 16th-17th**. They will start at 10 am each day and end at 5 to 5.30 pm each Saturday and 4.30 pm each Sunday.

Cost

The course will cost £1350. This is payable as a deposit of £450 to secure a place, then £180 on or near each weekend. Some bursaries may be available, please ask.

Participants

There will be between eight and ten group members. Most members will be practising therapists or counsellors, but I may make exceptions in particular circumstances; please contact me if you want to explore this.

Booking

To book or find out more please contact Nick, 01726 817620, nick@3-c.coop. If you haven't worked with me before, you will need to arrange to have a chat.

Embodied Relating The Ground of Psychotherapy



A one year course led by

Nick Totton

London

February to November 2019

Five weekend workshops

£1350

This course is based on Nick's book *Embodied Relating: The Ground of Psychotherapy*, and aims to give the ideas of the book a base in experience, and to apply them to clinical situations.

Truly integrating body psychotherapy with verbal work means recognising that our embodied perception is fundamental to *all* psychotherapy practice: it is the concrete experience from which we derive abstractions like 'transference', 'counter transference' and 'projection'.

Embodied relating is not an esoteric branch of neuroscience, nor an obscure psychotherapeutic theory, but something embedded in our everyday life: we can all 'do' embodied relating, though some do it better than others. Like many other important aspects of life, it generally happens of its own accord, but sometimes benefits from the sort of close examination which tends to happen in therapy. However, psychotherapy has a history of keeping embodiment out of its field of awareness, and preferring language-based relating to all other kinds - indeed, until quite recently, downplaying here-and-now relationship altogether. All these things are now changing; and this course is intended to be part of the change.

I believe that *all relationship is initially between bodies*: embodiment and andpsychotherapy. If we explore embodiment, we encounter relationship; if

relationship are inseparable, both in humans and in the practice of psychotherapy. If we explore embodiment, we encounter relationship; if we explore relationship, we encounter embodiment. Therapy is more powerful when the practitioner is able to recognise the constant interplay between these two aspects of being human, and to follow and support the shifts of charge from one to the other. This allows us to identify and process the many situations in which relational problems between therapist and client are best understood as issues of embodiment.

On the course I aim to bring participants back to the ground of embodiment, and to discover how we can work from our bodies without *necessarily* doing anything other than sitting in chairs and talking - although we certainly will be exploring other channels of relationship. This training is for body psychotherapists, verbal psychotherapists and counsellors, and other practitioners interested in developing an integrated approach to embodiment. It will include discussion, experiential work and supervision.

Structure of the course

Weekend 1

Starting out from the experience of **being a body** - directly studying the whole complex, tangled relationship between the aspects of our experience which we call 'mind', 'body', 'thoughts', 'feelings', 'sensations'. Moving from here into exploring **embodied relationship**: how our early subjectivity is

formed through the impact of the other, creating templates for later relationships (what I call 'embodied engrams').

Weekend two

The wider context: how our embodied relating develops within and is shaped by the **power relations** operating in family and in society, and also by connections to the other-than-human environment.

Weekend three

Tools for making sense of what our clients bring: thinking about **trauma**, both acute and chronic, and how it can trap people within limited patterns of embodied relating. **Character** theory both describes these patterns of limitation, and shows how they can transform creatively.

Weekend four

Exploring the embodied relational engrams that each of us lives within and works from as a therapist: our **habitual therapeutic position**. Exploring **working with erotic charge** in the therapeutic relationship.

Weekend five

Focusing on and celebrating the creative energy of embodied relating, and how this can be brought into therapy. Therapy as **play**, and as **wild**.

Integration and ending.