

Boundaries and Boundlessness

A day workshop in Sheffield with

Nick Totton

10am–5pm Saturday 4th October 2014; Cost: £80



Helene Fletcher

We have heard a great deal over the past twenty years about the importance of boundaries in psychotherapy and counselling; but a lot less about the equal importance of being able to *relax* boundaries when necessary. I believe that therapy is as much about questioning boundaries as it is about asserting them; as much about supporting clients to break out of the rules as it is about teaching them to observe the rules. I have developed the concept of **boundlessness**, rather than **unboundariedness**, as the opposite pole to being boundaried. To be boundless is to come from a place of abundance, spaciousness and care. A practitioner who cannot offer her clients boundaries is dangerous; but a practitioner who cannot offer her clients boundlessness is useless.

We will be spending the day exploring and testing two positions on the issue of boundaries: that it is crucial to be firm in holding them, and that it is crucial to be flexible in letting them bend. We will try to develop a sense of the circumstances under which each of these ideas might be helpful or unhelpful – the sorts of clients, and the sorts of therapeutic relationship, which require each of these styles. We will also explore the qualities and skills required of us in order to work from a position of boundlessness. We will use pairwork and group supervision and discussion.

Nick Totton I am a therapist, trainer and author with over thirty years' experience. Originally a Reichian body therapist, my approach has become broad based and open to the spontaneous and unexpected. I have an MA in Psychoanalytic Studies, and have worked with Process Oriented Psychology and trained as a craniosacral therapist; I am currently involved with ecopsychology and addressing climate change. For further information and details of publications, see www.nicktotton.net.

For more information and to book on the workshop, email Cecilie on cecilibrowne@yahoo.co.uk