

Exploring Erotic Charge



In the Therapeutic Relationship

A day workshop with

Nick Totton and Allison Priestman

October 22nd, 10 am-5pm

Re-Vision, 97 Brondesbury Road, London, NW6 6RY

£95 (concessions £80)

Strong feelings of love or attraction in the therapy room are often experienced as scary and disruptive. In training and supervision erotic feelings are sometimes not explored, or else the emphasis is on suppressing them. Yet they are a very frequent part of therapy, and, we suggest, an inevitable effect of the intimacy and intensity of the relationship and the encouragement it offers to surrender to spontaneity.

More than that, erotic charge can be a powerful tool for therapeutic change. This workshop will focus on learning to accept and explore erotic charge while still maintaining appropriate boundaries, and on making creative use of the experience and everything that it brings up. We will use client material and here-and-now exercises as well as group discussion.

Nick Totton I am a therapist and trainer with over 25 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. I have a 25 year old daughter. I have written several books, including *Body Psychotherapy: An Introduction*; *Psychotherapy and Politics*; *Press When Illuminated: New and Selected Poems*; and most recently, *Wild Therapy*, published by PCCS Books. See www.earthworks.co.uk. I live in Calderdale with my partner and grow vegetables.

Allison Priestman I am an experienced Embodied-Relational Psychotherapist, Supervisor and Trainer, working in private practise in Stroud, Gloucestershire. In 2006 I initiated the Gloucestershire Networking group for Counsellors and Psychotherapists, a county wide professional resource for practitioners. My aim is to create safe, stimulating and stretching training and supervisory learning environments. See my website www.allisonpriestman.co.uk. I enjoy gardening, nature and dance.

Booking and further information Nick Totton, 31 Nest Estate, Hebden Bridge, HX7 5BH; nick@earthworks.co.uk; 01422 886525. A deposit of £40 secures a place (cheques made out to me). Spaces are limited, so I recommend booking early. Feel free to contact me to talk about the workshop.