

Wild Therapy

A residential weekend workshop
with

Nick Totton

June 20th (evening) - 22nd (afternoon)

Paddington Farm, Glastonbury

Cost: £195 or £180 if deposit received by March 31st



In wildness is the preservation of the world - Thoreau

Therapy has wild aspects, and rather tame ones; both can be of value at different times and for different people, but this workshop will be an exploration and celebration of therapy's wildness, its capacity to transcend the limitations we place on our own creativity and connectedness. For example:

- Identifying the role of the other-than-human and more-than-human – animals, plants, trees, hills, rivers, winds, dreams, ghosts, spirits – in the therapeutic process
- Recognising the interdependence of all beings
- Supporting the spontaneous and the unknown, trusting what arises of its own accord
- Celebrating embodiment as a central aspect of our existence
- Transforming fear-based defensive practice into contact-based adventurous practice

The weekend will be mainly experiential work, in pairs, on one's own and in the whole group; we will spend part of the time working out of doors. The venue (<http://www.paddingtonfarm.co.uk/>) is an organic farm, with both indoor and camping accommodation. There are a limited number of single rooms, which will go to the first people booking to ask for them.

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 24 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.

To book or for information: Kamalamani, info@kamalamani.co.uk, 07905 147968. Deposit £50 (cheques made out to Nick Totton). Feel free to contact me to discuss the workshop: nick@3-c.coop, 01422 886525.