

Booking Form

Please reserve a place for me on the CPD weekend 17th and 18th May 2014.

I enclose a cheque for £180.
(if booking form received before 31 Jan. 2014)

I enclose a cheque for £200.

I enclose a cheque for £
and would like to apply for a bursary.

Please make cheques payable to: Michael Soth.

Name

Address

..... Postcode

phone (w)

phone (h)

email

Professional background / training:

My practice (years/setting/approach, etc):

Please send the booking form to: Michael Soth
14 Hawthorn Close, Oxford OX2 9DY
For all booking enquiries: michael@soth.co.uk



For further details, contact:

Michael: michael@soth.co.uk
Tel.: 01865 725 205

Please contact Michael for any queries related to booking, practical details or special needs you want to let us know about.

Nick: nick@erthworks.co.uk

Format of the Weekend:

We will meet 10am - 5pm on Saturday, 9.30am - 4.30pm on Sunday, with a couple of tea breaks during the morning and afternoon session, and one hour for lunch.

Booking & Bursaries:

To qualify for the early booking fee of £175, we need to receive your completed booking form and cheque by 31 Jan. 14. After that date, the full fee of £200 will be payable. These payments are non-refundable unless the workshop is cancelled.

At any stage we will reserve 10% of the enrolments we receive for our bursary fund. To apply for a bursary, please send a deposit of at least £100 and a concise statement of your situation and the relevant reasons for the bursary application.

We will send out confirmation of bookings, details of the venue and directions in April 14.

Working at the Edge of Chaos Dancing between risk and stability in psychotherapy

A CPD weekend in Oxford for
counsellors and psychotherapists

with Nick Totton and Michael Soth

**Open to practising counsellors and
psychotherapists from all approaches
and theoretical orientations**

Dates: Sat./Sun. 17 & 18 May 2014

Cost: £200 - Venue: Oxford, UK

(£180 if booked by 31 January 2014 - bursaries available)

www.erthworks.co.uk

or

INTEGRA CPD

Complexity and the Edge of Chaos

According to many complexity theorists, creativity and growth occur at the edge of chaos : in the border zone between the known and the unknown, where small changes can lead to big effects.



A bit like the intertidal zone of the seashore, where large amounts of energy are available, more than can be found either on the beach or in the ocean.

What does this suggest for therapy?

Many clients - and therapists - believe that therapy is all about change. On the other hand, many clients feel victimised by change, and long to maintain the status quo, or return to a previous experience.

The polarity of risk and stability touches upon and overlaps with other polarities: stillness and movement, being and doing, non-attachment and passion, state and process.

So is therapy really about risk and change, or stability and safety?

The paradoxical theory of change - change happens when we (and our therapist) accept what is - conveys an attitude that is neither attached to the status quo nor invested in forcing change.

This workshop invites you to push the paradox further. The more we include our spontaneous embodied, emotional, imaginal and mental processes in our awareness, the more paradoxical the tensions between risk and stability become: co-creating each other, deconstructing each other, until each subtly turns into the other.

Embodiment and bodymind process

Following the therapeutic process at this level of paradox requires attention to bodymind and systemic micro-detail and a therapeutic presence that is anchored and stable as well as nimble and mercurial. The weekend is an opportunity to dance at your own growing edge as a person and a therapist, to deepen your own idiosyncratic therapeutic style and find your own way to inhabit the paradox of risk and stability.

Nick Totton

I am a therapist and trainer with 30 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 grown up 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* and *Not A Tame Lion*, both published by PCCS Books. See www.nicktotton.net. I live in Cornwall with my partner and grow vegetables.



Michael Soth

I describe myself these days as an integral-relational Body Psychotherapist, trainer, supervisor and consultant. Over the last 28 years I have been teaching on a variety of counselling courses and worked as Training Director at the Chiron Centre for Body Psychotherapy. Inheriting concepts, values and ways of working from both psychoanalytic and humanistic traditions, I am interested in the therapeutic relationship as a bodymind process between two people who are both wounded and whole.



I draw on a wide range of psychotherapeutic approaches, including Gestalt, Process-Oriented Psychology, TA, Psychosynthesis, Family Constellations and others from the humanistic side; and relational, intersubjective and object relations perspectives as well as Jungian and archetypal psychology from the psychoanalytic end of the spectrum. For details of other CPD events, as well as my published writing, blogs and other resources, visit:

www.counsellingpsychologycpd.co.uk

I am married and live and practice in Oxford where I grow vegetables, too.