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**AIT BASICS: Trauma Skills Workshop**



A three-day seminar with Reinhard Kowalski

July 19 - 21, 2014, 10 - 5pm.

The AIT Basics Seminar is a three day experiential and practical training for therapists, counselling professionals and advanced students, providing skills for working with all kinds of trauma including developmental and situational trauma, with your clients and yourself.

For further information including course specifics and fees, please see the Institute website <http://www.psychosynthesis.org/html/proseries.htm>

## An emerging psychospiritual community

Welcome to issue two of Ethos. The response to our first issue was very positive and in order to accommodate more of your input, we have decided to expand the newsletter to a full four pages!

In this, our summer issue, the emphasis is on emergence. The article below introduces Sue Harris in her new role in support of the APP community. Sue sees APP facilitating in the building of a psychospiritual community through the development of a website, generation of managed events, CPD and networking opportunities. Inside we also have a short interview with Sue where we learn a little more about her life and vision for APP.

The end of Mod 3 heralds a new generation of therapists emerging into the world. Lewis Nelson waxes poetical as he reflects on his journey through the Institute.

Steve Simpson returns with another as-



*A new day emerges at Tapapakanga Park in New Zealand (photo: Shannon Merchant).*

tute cartoon, Peter Whelan resists the urge to have his cake and eat it, and we welcome Diane Keel with the first of a regular column on symbols.

As emergence is concerned with new beginnings, what better time to introduce the most recent arrivals to our community as babies are born to Jena and Sam.

In issue three we will explore the winter characteristics of latency and incubation.



*Students from Mod 3 make a song and dance about the end of their formal training.*

A call for connection and community was made at September's 40th celebration. Joan heard the call and responded by commissioning Sue Harris to survey students and graduates in order to clarify the needs and interests of members in an evolving psychospiritual community.

The results confirmed an enthusiastic and strong desire for connection and

## APP heeds the call

reconnection through APP.

Currently, APP is the Institute's student and graduate association, maintaining standards via accreditation with UKCP. APP aims to maintain this current function and also broaden it dynamically and creatively, by offering managed events, professional development and networking opportunities. First steps include the development of an APP website, exploration of current procedures to enable on-going coherence, and improving systems in support of future expansion and growth.

Through these initiatives, the Ethos newsletter, and a growing roster of events, APP members will be encouraged to take psychospiritual psychology's healing perspective into the world and support the evolution of our planet towards greater wholeness and wellbeing.

## Community matters: an interview with Sue Harris

Ethos readers may be familiar with Sue Harris's name from the survey she conducted in February regarding the kind of association APP members wished to see. However we were curious to discover more about the person behind the name and recently caught up with Sue at home.

### Where's home?

I live in Suffolk in an old primary school which sits in two acres of land and is perched between farms and about ten miles from the coast. I walk on Southwold beach every morning with my dog.

### What prompted you to move there?

I had worked in the City for 27 years and it was time for a change, a slowing down and a deeper connection to what's important to me.

### What do you love about it?

Space. The joy of working the land, connection to real country earthiness,

peace, tranquility.

### What kind of dog do you have and what's he called?

I have an eleven month old Cocker Spaniel named Guthrie. I am a Dylan fan and also a Woody Guthrie fan, hence his name.

### What's your connection with the Institute of Psychosynthesis?

I trained at the Institute between 1991-1996. I am also Sue Holland's partner.

### What do you do currently?

In addition to supporting APP, I work as a therapist in private practice and for Norfolk and Suffolk police; I design and develop websites for therapists and I am director of On Purpose Consulting Ltd, a training and consultancy organisation.

### What's the role of APP?

I see APP as an enabling body for Institute graduates to obtain and maintain UKCP



Sue Harris in her garden with Guthrie.

registration and as a conduit for CPD and community.

### Why did you get involved?

Respect; community; because my training mattered; because psychosynthesis really matters.

## An emerging therapist

### Colette Hartgill looks back

As my time in Module Three draws to a close, I have become very aware of the emergence of my 'therapist' self.

On entering my first year at the Institute, the idea of becoming a therapist, while desirable, seemed to exist somewhere in a distant and dreamlike future. Yet somehow I find myself building up my practice, notching up my client hours and preparing to graduate as a qualified counsellor.

I'm still not sure how this happened but somewhere along the line the dream became a reality. Perhaps it was a winning combination of love and will or the ancient art of creative manifestation? I don't really know. What I do know is that I am very proud of this achievement. And although this juncture marks an ending of sorts with its accompanying sadness and loss, it also heralds something new. What has truly emerged is more of my Self.

## Spiritual emergence

It is with sadness that we report the loss of psychospiritual visionary, Christina Grof, who has died aged 73 (June 14 2014). For Grof, 'spiritual emergence' referred to the natural capability of every human being to discover their spiritual self.

Yet emergence also has its shadow. Many face a 'dark night of the soul' along the path. Assagioli noted, "Instances of such confusion are not uncommon among people who become dazzled by contact with truths too great or energies too powerful for their mental capacities to grasp and their personality to assimilate".

While Assagioli was the first to link spiritual emergence with psychological problems, Christina and Stanislav Grof's pioneering work helped chart the full gamut of psychospiritual phenomena from affirmative peak experiences to full-blown spiritual crises requiring 24-hour care.

In 1980, Christina founded the Spiritual Emergence Network to assist people experiencing psychological difficulties associated with spiritual insight and connect them with therapists working from a more inclusive psychospiritual perspective.

## Symbols of spiritual emergence

Ethos extends a warm welcome to Diane Keel who will explore how our psychospiritual themes are symbolised both energetically and in the natural world. In this issue, Diane reflects on symbols of emergence:

**FLOWER** – Rhododendron, the national flower of Nepal. Related to the 'rose' family - its name means 'Rose Tree'. Highly toxic, its flower essence symbolises 'transformation' and is used herborally in incense in sacred Tibetan rituals and meditation.

**CHAKRA** – During spiritual emergence connection to our inner wisdom, represented by the Solar Plexus energy centre or 3rd Chakra, may be disturbed by extreme feelings and emotions. The 'inner child' is unsettled. However once harmonised, the solar plexus brings us into 'right relations' with 'Self' and 'Other'. It connects to meaning and purpose; our inner light. The 3rd chakra resonates with the colour 'yellow'.

### HERBS & ESSENCES

• Lemon – refreshing, relieves confusion, calms the mind and brings us into



conscious awareness.

- Ginger – warming, grounding herb that boosts confidence and evokes Will, vitality and enthusiasm for life.
- Sandalwood – an ancient essential oil and red powder for incense, eases fear, connecting us to spiritual purpose and the Divine, inviting us to be present and come home to Self.

### REFLECTIONS/AFFIRMATIONS

Assagioli's 'Rose' meditation encourages us to explore the unfolding Self.

## Magic Carpet A poem by Lewis Nelson

In this poem, Lewis reflects on his experience of the past three years.

One day a magic carpet arrived,  
All decorated with Florentine charms  
and mystic runes.  
(I'd been expecting it, it seemed).  
It hovered provocatively, daring me to board.

My first act of faith: "Would it bear my weight?"  
I hesitated, but then something, a gentle push from behind perhaps,  
Compelled me to take that first step.

Ah.... and how it bore my weight,  
And more,  
Much, much more.  
Transporting me,  
Not always directly and never actually arriving,  
To a new place.  
Half expecting Beatrice or Virgil to appear,  
Again I know not why,  
They did.  
A whole host of them.  
Some of them fellow travellers, each with their own magnificent carpet.

Others leading, from the front,  
(They had wings it seemed).

At first my new familiars appeared as shadows,  
Their forms and feelings undecipherable.  
But as we journeyed together they filled out and took shape and became beautiful technicolor creatures: dragons, griffins and gargoyles;  
Each with their own remarkable story.

Terrifyingly alone and yet compassionately together we travelled.  
Mysteries, symbols, stories and truths presented themselves to distract us, lest we might fear our destination.  
Time and space became meaningless as we grappled with and stroked the infinite.

Finally, or at least for now,  
We find ourselves here,  
Back at our starting place.  
Inevitably.  
Our magic carpets are now rolled up,  
Under our arms.  
Ready to go again.

## Two new additions to our community

Ethos is delighted to announce the arrival of two new members to our community. Sam Fairgrieve (Mod 2) has given birth to a baby girl, Evie, while tutor Jena Wrigley has a new baby boy named Luca.

Luca Ray Corrie was born on 18 April 2014, while Evie Wren Fairgrieve Hurley emerged on 9 May weighing 6lbs 12oz.

After a prolonged labour at home, Sam's baby was suddenly on her way resulting in a dramatic crosstown dash, "A poor unsuspecting taxi driver had to overtake the Friday rush hour traffic on the wrong side of the road beeping his horn to get us to the hospital in time. We got to the birth centre at 6pm and Evie was born in the pool at 6.51pm".

Though Sam wondered beforehand whether she'd experience the motherly love many people speak of, she needn't have been concerned. "All the things I thought I would find mundane I don't

because I am caring for her".

Indeed, Sam has found the experience of becoming a first time mum profoundly moving, "When Evie is lying on my chest asleep, squeaking slightly in that way she



Sam Fairgrieve's beautiful baby daughter, Evie takes a nap.

does and I hug her in closer, I feel a new and strange tingly love in every cell of my body".

Although adjusting to a new baby has

not been easy, Sam feels she has simply had to accept that she'll be short of sleep for a while. "The rest of the world is on hold for me. I am solely focussed on this little person which is exactly where I want to be".

Meanwhile for Jena and her family, the addition of a new member has been more challenging than expected. Jena's two year-old daughter, Lyla, in particular has struggled with Luca's arrival. "She is at last settling down and is trying a little less to kill her brother", Jena jokes.

According to Jena, the intensity of having two children is more than double that of having just one - despite Luca being a good sleeper! She is bemused that the role of mother seems to have taken over everything else in her life, "It has required another level of letting go and surrendering my own needs", she says with a smile, "...I'm getting there".



# Heads or tales?

## Peter Whelan lets them eat cake

In our first issue of Ethos we shared a dilemma about a client presenting us with cake in the session before the Christmas break. Should we decline or accept the gesture and run the risk of blurring the therapeutic boundaries? In this edition we feature three responses.



*Should a therapist dare to have her cake and eat it too?*

Jess Curtis writes "Preparing for oncoming holidays is a crucial part of a therapist/client relationship. The arrival of the cake as a surprise to the therapist points to a lack of preparation for oncoming absence. One hypothesis is that the client is indicating that she experiences oncoming emptiness and lacks trust in the therapist to provide the nourishment she needs. If the issue had come into the room in a previous session, there would have been an opportunity to work with it and the therapist would be able to offer a transitional object".

Lorna Redwood discerns hidden needs in her client's baking. She says "Being aware of my client's strong pleaser personality, the cake would come as no surprise. I would choose to work with the controlling aspect of this subpersonality and examine what real need the client was asking to be fulfilled. At the end of the session I'd accept some of the cake."

Sandra Ballester says, "My heart says 'Yay', while my

head says 'Hey...hang on a moment'. Nonetheless I've decided I would follow my heart and accept the cake, while mindfully holding a space to explore the symbolism of her gift. I cannot imagine any scenario where refusing the cake would feel right (except for reasons like allergies, etc). Something important is missing. That something is the quality of heart that is present when good clean work is being done."

What amazing responses! For Jess, the cake represents the nourishment of the therapeutic alliance, while Lorna points to her client's need to please and control, whereas Sandra places the emphasis on maintaining right relations. What would I have done? On reflection, I think we must be mindful of Freud's counter-message that sometimes a cigar is NOT just a cigar. If we take the situation at face value what is unconscious in our client may remain so. Remember they spent a whole day baking cake from an old family recipe!

As we end this tale, the next cycle begins with a different sort of dilemma which I hope will evoke as much interest and response as the last one.

*Our new client has spent three weeks talking about her partner's emotional issues and the impact they have on her own wellbeing. Together you explore her repeating patterns of relating. Then at the start of today's session she announces, "My partner has driven me to therapy today. Can I ask him to pop in for a chat?" I look forward to receiving your responses.*



Original cartoon by Steve Simpson

## CAMPAIGN 2014: 'Psycho- synthesis - A Psychology of Hope in the 21st Century'



One day event at the Institute of Psychosynthesis, Hendon NW4

Saturday October 11th 2014,  
10:00 - 16:45

CPD Certificate

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Registration form from Elliot  
Friedman: [elliottfriedman@psychosynthesis.org](mailto:elliottfriedman@psychosynthesis.org)

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Phone: +44 20 8202 4525

Editorial and design by Colette Hartgill  
and Peter Crowe.

Please send your contributions to:  
[admin@lightwithin.co.uk](mailto:admin@lightwithin.co.uk)

Other contributors: Steve Simpson,  
Sue Harris, Diane Keel, Lewis Nelson  
and Peter Whelan.