



GPTI
 GESTALT PSYCHOTHERAPY
 & TRAINING INSTITUTE

PO Box 2555, Bath, BA1 6XR

Tel/Fax: 01225 482135

Email: admin@gpti.org.uk

www.gpti.org.uk

GPTI Conference & Community Meeting

The Ecological Self

Saturday, 7th October, 2017, 9.30 am. - 4.30 p.m.

Venue: Friends Meeting House, Lancaster (next to station)

Meeting House Lane, Lancaster, LA1 1TX

7 CPD or Training Hours

Lunch is included

This one day Conference invites us to explore how we are creating ourself in dialogue with the natural world.

"I contemplate a tree. I can accept it as a picture : a rigid pillar in a flood of light, or splashes of green traversed by the gentleness of blue silver ground...I can assign it to a species ... with an eye to its construction and it's way of life... Throughout all this the tree remains my object...But it can also happen, if will and grace are joined then as I contemplate the tree I am drawn into a relation, and the tree ceases to be an It. " *Martin Buber* from 'I and Thou'.

We each have our own changing dynamic with the natural environment. On this one day conference we will have an opportunity to share and explore this more fully. As we increase our awareness of this relationship we may develop our capacity for connecting and/or responding at this significant time for our planet. Climate and biological evidence supports Gestalt's Field Theory view of systems of relationship on our interdependent planet. How do we live this reality and responsibility as Gestalt Therapists and human-beings?

"We are not in Nature we are Nature" *Deepak Chopra*

Special dietary requirements.....

Name(please PRINT)

Cheque (payable to 'GPTI') for £55 for the day.
 Or transfer to GPTI bank account and email booking form:
 GPTI Sort code 30-92-13 Account no: 00931111

We will begin the day with a whole group gathering around our theme of The Ecological Self. Workshops will follow after a tea/coffee break. The AGM, presentations and Community meeting will take place after lunch. A buffet lunch will include vegan and vegetarian options that can be tried by all as well as ethically sourced meat dishes. There will be an information sharing table with relevant leaflets from charities and campaigning organisations. There will also be information on workshops and training relevant to the theme. Please feel free to add to these.

Workshop 1: 'Being Outdoors' is an experiential workshop in the natural space surrounding the conference venue. We will move outside whatever the weather so please come prepared for all eventualities (warm clothing; waterproofs and if you are optimistic sun cream!). We will use the opportunities nature provides to explore some autumnal themes e.g. turning inward; falling away; letting go and consider how these resonate in our current life situation. Please bring a notebook.

Kathryn Morris-Roberts is a UKCP accredited Gestalt Psychotherapist and an Equine Assisted Psychotherapist (EAGALA). She works for the University of Nottingham with students and staff where she offers room-based individual and group psychotherapy as well as 'Being Outdoors' workshops. She is part of the team at 'Two Ash Stables' where she co-facilitates Equine Assisted Psychotherapy (www.twoashstables.co.uk) and CPD opportunities. She also works privately as both a Psychotherapist and an artist from her practice space at the bottom of her garden working at the intersection of in/outdoors. She is particularly interested in how nature and space/place can support our embodied presence and being-in-the-world. Before training as a Psychotherapist Kathryn gained a PhD in Feminist Geography.

Workshop 2: Beyond humans. In this workshop, we will explore our relationships with landscape, plants, animals, the seasons, elements, sky.... and consider the implications of these relationships for our work as Gestalt Therapists. As part of this, we may explore sensory, emotional, cognitive, childhood or spiritual experience. For example, what is it to feel we are part of an emergent process which is bigger than us? Or to feel disconnected from this? What is your attachment relationship like with the beyond-human world? Do you work with beyond-human relationships in your therapy practice? How? Could you expand or deepen further? What don't you do that you might love to do? We will explore these questions and more together, as time and interest allow. *'Forget not that the earth delights to feel your bare feet and the wind longs to play with your hair.'* Gibran. *'A dog can never tell you what she knows from the smells of the world, but you know, watching her, that you know almost nothing.'* Mary Oliver

Kirsteen Greenholm . I am a UKCP-accredited Gestalt Psychotherapist and a GPTI supervisor and trainer. I have been a member of the Edinburgh Gestalt Institute team for around ten years. I am now moving on from EGI to find a way to work more closely with my interests and passions in psychotherapy. This includes integrating my love of liminal places like the edge of the sea, big horizons, open skies and edgy mountains. I also want to make space for writing and playing my flute.

Workshop 3: Welcome to Planet Earth In this space we will explore our individual and collective feelings about our planet and the global environmental crisis and how connected or disconnected we feel towards to the Earth. When faced with the massive questions and urgent issues surrounding climate chaos and the future of the planet as a home for our human race, we can easily become frozen with fear and panic, shock and denial, anger and powerlessness. This workshop will offer space to explore: our relationship with the Earth, how much in contact we are with it, what sense of deep connection we feel and how we might move into a dialogue with the Earth. We will use some creative methods to work with our emotions and experiences, to further develop our awareness.

Danny Porter

I am a member of Manchester Gestalt Centre where I have worked for many years providing individual and group therapy, supervision and training. I am a UKCP registered therapist and supervisor and a GPTI registered supervisor. From time to time, I reflect on the state of our world and what's happening to it and like most people, I am very concerned about the path we humans are taking. Recently I was very fortunate to be able to take a year out from work and go travelling to far off lands and experience many new cultures and places. The memories I have of this are still very fresh in my body and mind.