

University of Hertfordshire

Residential

Exploring the Mind in the Body

Professor Helen Payne 3-7 December 2009



Authentic Movement (AM) will be the method used during this residential. Pioneered by Mary Starks Whitehouse in California, AM enables a direct connection to the depths of our unconscious, accessing the rich resources of our intuitive wisdom expressed through the embodied word, image, sensation and relationship as well as through natural, rejuvenating movement. As practised with Helen it has a safe, self directed, non-judgemental and empathic framework. Founded on Jung's concept of the active imagination and the collective unconscious, authentic movement also derives from dance movement therapy, play therapy, groupwork and spiritual practice where symbolic meaning is seen in physical expression. Participants learn to dwell more easily in their bodies, and to engage creatively with a direct experience of the self beyond words and concepts. It can assist in developing body awareness, body-mind-spirit connections and kinetic meditation where mindfulness is crucial to practice. The roles of witness and mover are explored in dyadic, triadic and group formations. The retreat will provide ritual, witnessing and movement experiences, silence, verbal and symbolic reflective processes, as well as small teaching seminars. Studio sessions will be interspersed with reflection time in silence, opportunities to experience nature and artwork periods. Seminars will address questions arising from your explorations in studio time as well as those relevant to your professional practice.

Who Can Apply?

This retreat is for practitioners trained and qualified in counselling/psychotherapy or the arts therapies with substantial personal therapy. If your background is outside these areas (such as dance artist or psychologist) please contact Helen to discuss the suitability of the course for you. No experience in dance is required. Others with suitable and relevant qualifications will be considered. You will need an aspiration to inhabit your body more fully and to re-discover your authentic nature through bridging psyche, soma and spirit. Some applicants participate regularly for on-going training, some for personal development, whilst some are new to the circle.

Times: Start 4pm, Thurs 3 December 2009; Ends 11.30 am Monday 7 December 2009

Equipment: Please bring cushion/backpack to sit on, notebook/journal and art materials.

Language: It is expected that all participants will have a working knowledge of English so you can fully understand and participate in the process. Unfortunately it will not be possible on this occasion to bring a translator as participants will come from a range of countries and linguistic backgrounds.

Location: We will gather in the beautiful Buckden Towers, a retreat centre in Cambridgeshire, UK. Easily reached by air (Stansted nearest airport), road, rail from London. www.centre.claret.org.uk

Tuition Fee: 390.00 GBP. Room and board approx 220 GBP inclusive, payable on arrival to Centre. Single rooms with ensuite. **Deposit 90 GBP by 25 November** to reserve your place please.

Application process: For those who have not worked with Helen before please email completed form directly to Helen H.L.Payne@herts.ac.uk with a copy to K.C.Wells@herts.ac.uk. Once Helen has confirmed acceptance Karen will let you know your place has been reserved.

For those of you who are well known to Helen please complete the short application form and send with your deposit to Karen Wells at the University, CPD health short courses. For non UK residents Karen can give you bank details for a transfer of the deposit/full fee in **GBP**. Telephone **44 (0) 1707 284956**. Any questions please contact Helen **00 44 (0)1438 833440**

The Trainer: Helen helped to pioneer the development of dance movement therapy in the UK and is a Fellow and Senior Reg. Member of ADMT.UK. She has been working as a psychotherapist using words and movement, (UKCP Reg.), a trainer and researcher for over two decades both in clinical and private practice. She has published widely in the field, in seven languages, was previously Head of Counselling and is now a Professor of Psychotherapy at the University of Hertfordshire, UK where she teaches and supervises counselling, PhD candidates and arts therapists. Her clinical experience with children with autism and emotional/learning difficulties together with her research projects has influenced her approach. She first discovered Authentic Movement in 1979, since then studied during intensives for seven years with Dr Janet Adler and has her permission to teach the discipline. She is trained in Person-Centred Counselling and Group Analysis. This together with experience of Laban Dance/Analysis, Buddhist meditation, Analytical Psychology, Process-work, and Shamanism helps her to provide a safe, creative and transformative environment.

