



THE WELL GROUNDED THERAPIST

Further explorations of Landscape, Stillness and the Body

Thursday 31st May – Sunday 3rd June 2018

A Residential with Miriam Taylor and Vienna Duff

'This is a delicious evening, when the whole body is one sense, and imbibes delight through every pore. I go and come with a strange liberty in Nature, a part of herself.' Thoreau

As therapists we tend to pay attention to challenging aspects of the field. This residential offers an alternative focus to attend to the ground and support our presence to the difficult and often negative figures of our working environment. Miriam and Vienna will invite you to attend to your own ground by exploring your relationship with different elements of the natural environment.

This extended weekend retreat is returning to the stunning and peaceful setting of Poulstone Court, nestled in the Wye Valley near Hereford. In this quiet place, we will explore inner and outer landscapes to restore, nourish and deepen connections with ourselves, others as well as the wider environment. The workshop will be created through a combination of story-telling, ritual, spaces for process and reflection, movements and supported by use of creative writing or materials.

We invite you to:

- Be welcomed into a caring and inspiring environment
- Be part of a nourishing and containing group
- Explore listening to your 'self' and others in stillness
- Experience and extend relationship with the outer landscape
- Deepen contact with both inner/outer landscapes as part of enhancing your grounding process
- Receive support from two experienced facilitators

Venue: Poulstone Court, Kings Cople Herefordshire <http://www.poulstone.com/food.html> http://www.poulstone.com/the-house.html#the_gardens;

Cost: £695 / £650 early bird by March 31st 2018 (Concessions; please enquire)

Single rooms @ £24 supplement (first come/first served)

Bookings/enquiries to: miriamt@relationalchange.org

Taster day Sat 7th April, Oxford: Gardens, Presence and the Body

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Miriam is a UKCP registered Gestalt psychotherapist, supervisor and trainer who has been in private practice since 1995. Her background was in adult education before training as a counsellor and psychotherapist. Working as clinical lead of a young peoples' service pointed her towards specialising in trauma, and for several years she worked in a specialist trauma service. Miriam's particular interest is in the integration of trauma and the role of the body.

Publications include 'Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body'. She teaches in the UK and internationally, is an Academic Consultant and examiner for Metanoia Institute in London, and is on the Leadership Team of Relational Change. As an antidote to working in the field of trauma, Miriam has a long personal and professional interest in the connections between body and landscape, and has undertaken a Wilderness Experience in the USA.



Vienna is a UKCP registered Gestalt Psychotherapist and a tutor/mentor with the Open University. She was a University Lecturer then studied Art and Design before choosing to train as a Psychotherapist. Currently a psychotherapist and supervisor in an NHS Service, she also works in private practice and a specialist sexual abuse service. Her approach is informed by many years of working collaboratively to establish safe, enabling and sustainable services for adult survivors of relational trauma.

Curious about the transmission of trauma inter-generationally and the ways that recovery and growth are facilitated by being in relationship and in nature, she sustains her self through land-art and travel. She is part of a Relational Change 'Community of Practice'.

A personal reflection on 'The Trauma of War across Generations' was published by the British Gestalt Journal, 2014. Vienna also teaches about psychological practice, forensic psychology and counselling with the Open University.