



# THE WELL GROUNDED THERAPIST

## A Taster day with Miriam Taylor and Vienna Duff

**Gardens, Presence and the Body** Saturday 7<sup>th</sup> April, 2018: Oxford

'The greatest gift of the garden is the restoration of the five senses' Hanna Rion

As therapists we tend to pay attention to challenging aspects of the field. This taster day offers an alternative focus; to attend to the ground and so support our presence to the difficult and often negative figures of our working environment. Miriam and Vienna invite you to explore your relationship with different elements of the natural environment in different spaces and different seasons.

In lovely city gardens, we will explore inner and outer landscapes, strengthen connections with our 'selves' and others as well as experience relationship with the wider environment. The taster day is held in central Oxford: a distinct and peaceful venue with a walled garden.

Taster day Venue: Friends' Meeting House <https://oxfordquakers.org/>

Cost: £105/£90 early bird by February 10<sup>th</sup> 2018 Lunch included

Bookings/enquiries to: [miriamt@relationalchange.org](mailto:miriamt@relationalchange.org)

This Taster Day will be followed by an extended residential exploration in Herefordshire, 31<sup>st</sup> May – 3<sup>rd</sup> June 2018.

Residential Venue: Poulstone Court, Kings Cople, Herefordshire <http://www.poulstone.com/>

Cost: £695 /£650 early bird by March 31<sup>st</sup> 2018 Full accommodation and meals included

(Concessions; please enquire) Single rooms @ £24 supplement (first come/first served)

## THE WELL GROUNDED THERAPIST



**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 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 herself 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.

Taster day: GARDENS, PRESENCE AND THE BODY Sat 7<sup>th</sup> April, Oxford

Residential: LANDSCAPE, STILLNESS AND THE BODY 31<sup>st</sup> May – 3<sup>rd</sup> June,  
Herefordshire

THE WELL GROUNDED THERAPIST

