

**Workshop Title:** Awkward

**Facilitator:** Peri Mackintosh

**Facilitator Biography:**

Peri is a senior psychotherapist at the Bethlem Royal Hospital, with over 40 years' experience of working with people with severe mental illness, autistic conditions, and communication difficulties.

He developed the movement and voice practice *Freeforming*.

He authored *Freeforming; Connecting Without Words* with Paul Barber in *Continuity and Change: Gestalt Therapy Now* Editors: Dan Bloom and Philip Brownell and *Attentional Scope and Mental Illness in Embodied Relational Gestalt* Editor: Michael Clemmens.

He has performed, choreographed, and composed for theatre and television.

He trained in Zen, and taught Aikido for 25 years.

Peri has been a tutor at the Metanoia Institute.



**Capacity:** No limit, there will be space to move freely

**Outline / Aims:**

Avoiding the awkward can keep us stuck. Entering the awkward can free play.

Habit feels right.

Doing what “*feels* right” frequently fronts the status quo.

Deviating from habit feels wrong - awkward.

Diverging from habitual ways is often counter-intuitive.

Countering the intuitive may be necessary for innovation. That’s awkward.

We will explore how engaging the *awkward* can challenge trammelling expectations.

**Alignment:** Avoiding the awkward can keep us stuck. Entering the awkward can free play.