

Ongoing Professional Development Group **for counsellors and psychotherapists from across the therapeutic approaches** **and modalities – North London** **broad-spectrum integrative – embodied – relational – with Michael Soth**

Next days: 1 July , 16 September, 25 November 2017

**A semi-closed ongoing CPD group of maximum 14 participants
aiming at a frequency of one weekend plus 2 or 3 days per year**

An ongoing, integrative group

This group, led by one of the most experienced integrative trainers in the UK, will provide an ideal relational container for your ongoing development as a therapist. By immersing yourself in a diverse group of colleagues from different schools and orientations, you will widen your perspective, deepen your practice, draw both inspiration and challenge and gain a reference point to support your further development as well as accessing resources and experiential teaching.

Towards an embodied holistic 21st-century psychotherapy

All the work of the group will have a strong emphasis on the bodymind connection and embodiment, extending our awareness beyond verbal communication. A significant number of participants will bring some training and experience of various body-oriented perspectives to the group. By grounding everything that happens in the therapeutic dynamic in the corresponding psycho-somatic processes (in both client and therapist and the relationship), we will be applying cutting-edge principles of modern neuroscience regarding right-brain to right-brain attunement, implicit relational knowing and multi-modal communication.

Integration on the basis of relational modalities

Embracing the validity of different kinds of therapeutic relatedness, we will attend to the therapeutic relationship as a multi-dimensional space where different modalities of relating reveal and open up different therapeutic avenues and possibilities. Michael is building upon models of relational multiplicity by Petruska Clarkson and Martha Stark, and has developed these further into what he calls his 'diamond model', recognising the paradoxical nature of enactment as central to the therapeutic endeavour. This will form a theoretical backdrop to the work of the group, allowing integration of humanistic, psychoanalytic, behavioural, systemic and other traditions.

The therapeutic relationship - systems within systems

We can think of client and therapist as forming a semi-closed system which – as we know – can be paralleled in the supervisory system (parallel process between therapist and supervisor). In a similar way, therapy is nested within other systems past and present which constitute its context and both restrict and resource the process. Thinking systemically – what Michael calls the 'Fractal Self' – will be a background perspective which may occasionally become part of the teaching, drawing on complexity theory and various systemic theories and approaches.

Fluid, experiential ways working – integrating theory and practice

Working with the general notion of the 'reflective practitioner', we will try to integrate individual and group process as well as experiential and theoretical learning and clinical reflection. We will value different learning styles and use different formats and structures flexibly, in response to the group's unfolding needs. There will be space for you to bring the issues and dilemmas arising in your practice, and address these in terms of specific clients as well as general theoretical themes.

Developing your own unique style and approach – the 'wounded healer'

Unlike your original training, this group is not beholden to a particular approach and its paradigms and assumptions. You can work, learn and practice within your existing modality, or you can stretch, expand and explore other approaches, without any obligations or loyalty issues. We will be working from an inclusive integral-relational perspective, but the priority is for your learning to always stay relevant and applicable to your own style and modality and evolving practice. Recognising that it is your self that the work hinges upon (and not much else), we will aim at helping you develop an idiosyncratic therapeutic presence that 'suits' you and matches who you are as a person and your life. Inevitably, this will include your own history and pathology, so discovering what the archetype the wounded healer means to you and embracing it as well as inhabiting it as a therapist will be one of the opportunities which the group offers.

***Give your professional development the continuity and community that will
help you keep developing at your growing edge.***

About the Format the Group

The group will be ongoing, at a frequency about 4 or 5 days per year. It will be semi-closed, to allow for continuity and group cohesion. That means participants will form a 'pool' of about 16 group members, with the aim of attending as many days as they can, though not everybody is expected to join in every time. The dates will be planned and set a long time in advance, so in practice it should be possible to make sure that we have at least 12 to 14 people present at each of the days. When people drop out of the 'pool', Michael may invite new group members to join.

About Michael Soth



Michael Soth is an integral-relational Body Psychotherapist, trainer and supervisor (UKCP), living in Oxford, UK. Over the last 30 years he has been teaching on a variety counselling and therapy training courses, alongside working as Training Director at the Chiron Centre for Body Psychotherapy.

Inheriting concepts, values and ways working from both psychoanalytic and humanistic traditions, he is interested in the therapeutic relationship as a bodymind process between two people who are both wounded and whole.

In his work and teaching, he integrates an unusually wide range psychotherapeutic approaches, working towards a full-spectrum integration all therapeutic modalities and approaches, each with their gifts, wisdom and expertise as well as their shadow aspects, fallacies and areas obliviousness.

He has written numerous articles and is a frequent presenter at conferences. Extracts from his published writing as well as hand-outs, blogs and summaries presentations are available through INTEGRA CPD: www.integra-cpd.co.uk

A broad-spectrum integration a wide variety therapeutic approaches:

Here is a list approaches I draw from and include, vaguely in sequence my own training and exposure to them over the last 30 years:

- drawing on all the schools the Body Psychotherapy tradition (Reichian, vegeto, bioenergetics, biosynthesis, biodynamic, somatic psychology, somatic trauma therapy, etc)
- wide range humanistic-integrative approaches, incl. Gestalt, Process-Oriented Psychology, breathwork & rebirthing, Transactional Analysis, Psychodrama, and others; also existential perspectives
- psychoanalytic: object relations, self psychology, intersubjectivity & relational perspectives
- systemic: both in terms Bert Hellinger's family constellations and the systemic approach, as well as systems theory, complexity theory and integral and fractal perspectives
- transpersonal: Jungian and archetypal psychology, psychosynthesis, Wilber, mindfulness
- constructivist, including NLP (Neurolinguistic Programming) and hypnotherapy (Erickson)
- cognitive-behavioural models and techniques
- somatic trauma therapies, including Rothschild, Levine (Somatic Experiencing), Ogden (sensori-motor) and EMDR

Many the above are being combined these days into new hybrid forms, so I aim to keep updated with these ongoing developments.

Michael Soth

Integral-Relational Body Psychotherapist (UKCP registered) Psychotherapist - Supervisor - Trainer
t: 01865 725 205 - m: +44 7929 208 217

INTEGRA CPD: Next-generation Training and Development for counsellors & psychotherapists
w: www.integra-cpd.co.uk e: info@integra-cpd.co.uk



facebook.com/INTEGRA.CPD



[@INTEGRA_CPD](https://twitter.com/INTEGRA_CPD)

Follow Michael's new fortnightly blog addressing the issues and dilemmas continuing professional development in an 'impossible profession' at psychotherapyexcellence.com or at counsellingpsychotherapycpd.blogspot.co.uk

Testimonials (from recent workshop participants)

The richness perspectives and experience represented by the group for sure helped, but I hold no illusions about the many years engaged practice, reflection and synthesis on your part to enable this to condense so clearly. ... I think the workshop will probably end up having saved me many months, maybe even years, painful learning through error, and saved my clients, no doubt, if I can learn from this, a great deal money! Many thanks.

I just wanted to let you know the impact that work for me and to say 'thank you' really... two words that barely express how I value that our paths have crossed and that I have had the opportunity to work and train with you at this stage my life's journey.

I have been musing about how I experienced your way working, and although scary, feel that I would certainly gain much personally and professionally through doing more work with you. I want to become much more robust, less scared and alive from a place that is non-defensive and is facilitative for me and my clients.

Thank you also for your way being and working. I was challenged, held, stimulated and alivened (I know that is not a proper word but best describes the internal process within me!) through your presence, work with myself and others in the group.

Purpose and Format of Introductory Days

The next three introductory days are designed to give you another chance to meet the group and other potential participants as well as Michael before the pool of members gets closed. It will allow you to get a flavour and form an impression of the atmosphere and practice of the group. So these days are self-contained CPD days, and should be of benefit to any therapist, whether you eventually join the group not. You will meet some participants who have attended all previous introductory days, but most people would have attended just some of them or just one previous one. As is the purpose of the eventual group, there is a wide diversity of approaches and work experience represented in the group, ranging from quite experienced practitioners all the way to therapists who have only recently qualified.

Booking

Contact: Michael Soth (mobile: 07929 208 217) or email: info@integra-cpd.co.uk

Participants: The group is open to practising counsellors and psychotherapists from across the approaches and modalities.

Venue: These workshops will take place at The Nebula, 4 Hallswelle Road, London NW11 0DJ, UK

Dates: Several days have taken place with varying group compositions during 2014/2015/2016, and a core group of around 10 participants is committed to an ongoing format.

We will be aiming to eventually close the group and have a pool of about 16 participants who are then eligible to take part. You will not be expected to participate in every meeting of the group, but in order to provide some continuity we will plan dates a long time in advance. Future dates will be decided together.

To be included in decisions on future dates in 2018, please join the doodle: **tbc**

Cost: early bird fee: £90

regular fee: £95

early bird fee for 2 days: £170

regular fee for 2 days: £180

Payment: By cheque or BACS transfer – please request a Booking Form with further details