



PLAYING WITH FIRE

*Exploring an Embodied, Relational and Wild
Therapeutic Approach*

Allison Priestman

Course length four weekends, in Bristol.

Starting- 24/25 Oct. 28/29 Nov. 2020

23/24 Jan. 13/14 March, 2021.

www.allisonpriestman.co.uk

www.erthworks.co.uk

Playing with Fire

This training starts from the position that we are all embodied, relational animals and explores what kind of therapy is needed to meet that reality. What does an Embodied, Relational and Wild therapeutic approach look like? Working in this way requires us to turn up, to be available - emotionally, physically, intellectually. This course aims to support robust and non-defensive practice. Resourcing practitioners for the reality of working in a demanding profession, in a taxing medium.

Fire- strength, robustness, energy, risk, warmth, protection.

Playing – spontaneity, trying things out, lightness, flexibility, creativity.

Playing with fire - working with our own and our clients' embodiment and relational responses. Perhaps exploring touch, movement, the erotic. All of these are potentially challenging arenas, that are not historically well supported or acknowledged within our profession. Are the dangers too great? In many ways it's more dangerous to ignore our own, or our clients', embodiment, relational impulses and ecological selves, if we wish to practice in an effective way.

Weekend 1- Working Relationally

Using the ground of our embodied responses, exploring Wild Mind, therapy as play.

Weekend 2- Exploring Embodiment

Focusing on movement and touch. How to work with our own and our clients' body process.

Weekend 3- The Spirited Wild.

Working with wild processes and the ecological self, in alliance with the breathing world.

Weekend 4- Erotic Charge, Integration and Moving Forward.

Exploring intimacy and erotic charge, resourcing your habitual therapeutic position.

This course runs over four weekends, giving time to immerse ourselves in meeting one another and the material. My aim is to support participants and the group to build trust and safety, facilitating a relaxation, into creative, serious play. Suitable for counsellors, psychotherapist and allied practitioners, the course is experiential, underpinned by theoretical input. There are no written course requirements. There will be handouts and an online resource of relevant, accessible articles and book chapters to support the integration of your learning. The aim is to integrate the course into your current working practice.

This work is influenced by and grows from; Embodied-Relational Therapy, Wild Therapy, Eco-psychology, Nick Totton, Michael Soth, Family Constellations, Five Rhythms Dance, my relationship with the other-than-human and more-than-human and my garden. We will mostly be working inside, based at The Practice Rooms, Queens square, Bristol

Practicalities:

Dates - 2020: 24/25 Oct. 28/29 Nov. 2021: 23/24 Jan. 13/14 March

Venue -<https://thepacticerooms.co.uk/>

Cost - £900, concessions (£780), £200 deposit. Course fees payable monthly, or at each weekend.

Group size - 6 to 12 people

Please call or email to find out more:

I recommend a skype or phone conversation to explore if the course is right for you.

info@allisonpriestman.co.uk, Tel. 01453 731226

Allison

I have been working as a psychotherapist for nearly twenty years and as a trainer for thirteen years. I am a member of the Embodied-Relational training collective and have worked extensively with Nick Totton. My professional organisation is the European Association for Body Psychotherapy.

My interest lies in supporting practitioners to utilise and develop their therapeutic capacities; especially to integrate intuitive and dream like experiences with clinical understanding. I'm curious how play, creativity, movement and the wild can resource practitioners in their work. Living and working near Stroud, I have a passion for gardening and being immersed in the wilder, extensive common land around my home.



Contact details: info@allisonpriestman.co.uk, Tel. 01453 731226

www.allisonpriestman.co.uk