



PLAYING WITH FIRE

*Exploring an Embodied, Relational and
WildTherapeutic Approach*

WEBINAR

Allison Priestman

Eight month course

Fortnightly Friday's 10.30am-1pm

Starting 2 Oct. 2020

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.

October - Therapy as Play, **November** - Working Relationally, **December**- Exploring Embodiment, **January**- Working with Movement and Touch, **February**- Working with Wild Processes, **March** - The Spirited Wild, **April** - Erotic Charge, **May** - Integration and Moving forward.

This course runs over eight months, 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.

The group will be kept relatively small, to support sharing and intimacy. When limitations are being put on meetings in the flesh I'm interested in finding ways to offer accessible Online training that still supports connection, embodiment and relationship. I hope we will talk, think, look, touch ourselves, move, breath and explore together.

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.

Practicalities:

Dates - 2020: 2, 16 & 30 Oct. 13 & 27 Nov. 11 Dec.

2021: 15 & 29 Jan. 5 & 19 Feb. 5 & 19 March, 9 & 23 April, 7 & 21 May.

Online using Zoom

Cost - I'm offering a sliding scale £880 - £400. (£160 deposit). Course fees payable monthly, or at each webinar.

Group size - 10 to 16 people

**Please call or email to find out more:
I offer a zoom conversation to explore if the course is right for you.**

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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.



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