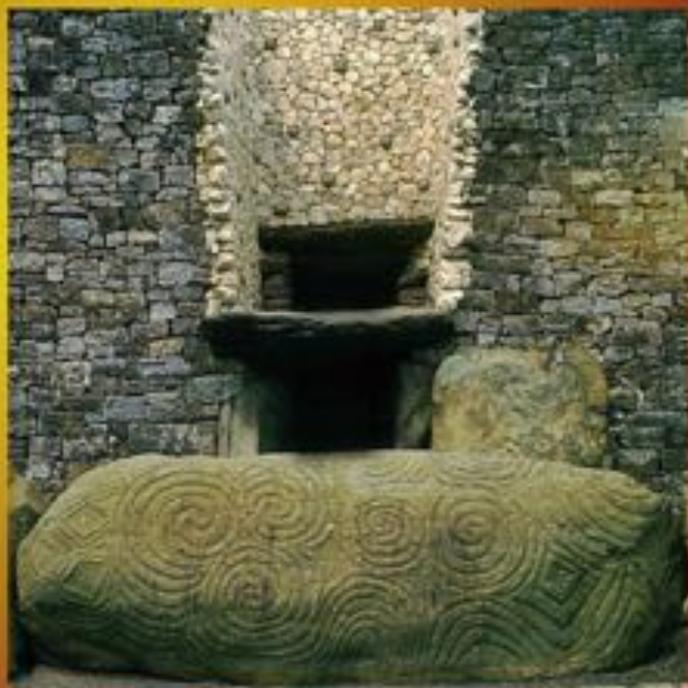


**Embodied-Relational Therapy
& Wild Therapy
Beginning March 2019**



**with
Jayne Johnson
Allison Priestman
Stephen Tame
Nick Totton (consultant)**

**www.erthworks.co.uk
www.wildtherapy.org.uk**

Welcome

This is an introduction to the two-year Embodied-Relational Therapy training; at the meeting place of relational, body and process psychotherapy. It is an experiential, residential, post qualification training based at Unstone Grange in Derbyshire. The course beginning in March 2019 will be the 13th training in Embodied-Relational Therapy.

What is Embodied-Relational Therapy? (ERT)

Embodied-Relational Therapy (or ERT, for short) is an holistic integrative approach focusing on two facts about human beings: we are embodied and in relationship. To be alive we need to be a body, to be alive we need to relate to others - our greatest challenges and our greatest joys follow from these twin facts. As human beings, we are integrating bodymindspirit. On the whole, we find this condition hard to manage. Our nature seeks to express itself freely, while at the same time protecting itself in conditions sometimes of great difficulty. This double task of expression and protection makes us often subject to contradictory pulls, and offering double messages about what we feel, want and need. Through a relationship which is challenging but supportive and non-invasive, it is possible to disentangle our doubleness and allow our process to unfold

ERT draws a great deal from other therapies, particularly those from the body psychotherapy tradition, and brings these ideas and techniques into a new synthesis with its own unique flavour and values. We describe this in terms of seven metaskills: Awareness, Trust, Contactfulness, Spontaneity, Spaciousness, Relaxation and Wild Mind.

The History of ERT

Embodied-Relational Therapy (ERT) has its roots in Reichian body work, process approaches, psychodynamic therapies and earth centred spirituality. Initiated by Nick Totton and Em Edmondson in the late 1980s, ERT has continued to develop through the contributions of past and present ERT trainers; Nick Totton, Allison Priestman, Kamalamani (author of *Meditating with Character*), Stephen Tame and Jayne Johnson, and the wider community of ERT trainees and graduates.

There is a thriving community of ERT practitioners, meeting once or twice a year for further training, mutual support, and a chance to share and deepen our understanding and practice of ERT.

The approach of the training

Unlike many other trainings, ERT focuses on the trainee's own work on their embodied relating with self and other, now and in the past, before encouraging them to apply this with their clients. The theme of relationality runs through the whole course; listening to our own feelings and responses as a key part of how we work both in the training and with clients, witnessing how we are moved around and impacted by our clients, yet remaining able to reflect on our working relationships.



ERT in training and practice depends on deep contact; achieving this is a large part of the work, and takes great courage for both client and therapist. The training offers a held space to explore how deep contact impacts us. ERT offers a profound trust that whatever is trying to happen in someone's life or in the wider world needs to happen. Whatever needs to happen is already trying to happen, and the ERT approach in training and practice cultivates a playful and spontaneous response to whatever is trying to happen. We see symptoms not as problems to be solved but as valuable stimulus to change. We aim to support connection and integration between estranged aspects of ourselves, and between ourselves and the wider world – the earth, the sky, the wider communities of human and other-than-human (this aspect comes out most explicitly on the optional third year, Wild Therapy).

We therefore see this work as necessarily having political and spiritual dimensions. ERT values the wisdom and gifts of individual and group process, of the unspoken and unnamed, the peripheral and taboo.

ERT process

This is a robust and established training, which has appealed to practitioners from many different therapeutic backgrounds. It is primarily experiential; theory arises out of practice, and no written work is required, although handouts are provided, as well as online-access to papers and chapters. Great attention is paid to group process, since we believe that the kind of learning we are looking for can only take place in a safe space, where concerns can be expressed and behaviour challenged. We want participants to learn on an embodied level, which entails being open to profoundly stirring experiences. Group process can play a significant part in this learning. The residential nature of the course means that we will be living, working and socialising together for seven five-day long weekends plus the graduation weekend, creating a community. This supports a greater depth of relating in a rich and at times challenging environment. This community-building on the training feeds into the ongoing ERT community.

Who is this course for?

This is primarily a post qualifying course aimed at practitioners who have already gained a Qualification in counselling, Psychotherapy, or some form of relational bodywork. It is also sometimes used by people with considerable experience of therapy as a personal development experience.



ERT graduation celebrations

Exceptionally, we may accept someone who intends to use it to build on a related training which is not in psychotherapy or counselling, after exploring the issues this raises with them. Overall, it is for people looking for support, nourishment and challenge in their professional and personal lives.

ERT qualification

The training is two years long, the second year requiring you to have completed the first. Each year stands on its own, and you can undertake Year Two at any point. If you complete the first year to the satisfaction of the trainers and your fellow trainees you will receive a Diploma in Embodied-Relational Therapy. On successful completion of the second year you will receive an Advanced Diploma in Embodied-Relational Therapy and be entitled to call yourself an Embodied-Relational Therapist. The Embodied-Relational Therapy Association is open to anyone who has successfully completed the two-year course. The Association meet twice a year, further developing the tradition, skills and practice of Embodied-Relational Therapy. ERT Practitioners are also welcome to publicise their ERT work and events on the new ERT website.

Course content and structure

ERT Diploma Training – Year One

The first year training should equip you to use ERT in your existing practice, working more deeply with your own and your clients' embodiment; especially if you have an ERT supervisor. It consists of four five-day residentials, exploring the four-phase model which is the framework on which ERT is built, and allowing plenty of time for skills practice; followed by a final residential graduation weekend. The first year is currently structured as follows, and works well. We are, however, in a process of review, so there may be changes for 2019.

The first residential is focused on two themes. Contact: our ability to connect fully with ourselves, the world and other people - the fundamental skill and requirement of ERT. Information Gathering: all the ways in which we notice and identify what is happening in the therapeutic space – in our clients, in ourselves, in the field between us and around us.

On the second residential we study Amplifying: the many methods of supporting what is already trying to happen. In particular we will offer ways to amplify body experience, for example, through movement, breath-work, body symptoms and internal body sensations, and also ways to amplify relationship.

The third residential explores Character: a systematic approach to different developmental styles of being in the world, which shape our lives and relationships. People often find that the concept of character in particular helps to unlock many therapeutic issues. The fourth residential is concerned with Integration, both in therapy and of the course itself, and with further practice of the skills you have learnt. The final graduation weekend is a space for mutual feedback and completion.

ERT Advanced Diploma Training – Year Two

Year Two gives you the chance to explore your own embodiment more deeply and systematically, and to become comfortable with hands-on relational bodywork, including the use of breath work. It also includes group supervision. The advanced training consists of three five-day residentials, each of which are focused on two or three of the key focal areas of the body which Reich identified as the ‘segments’: eyes and head, mouth and jaw, neck and shoulders, chest, diaphragm, belly, pelvis, and legs. We will also look at themes of embodied working, including movement and touch. The second year gives you the opportunity to embed the ERT approach into your work. Successful completion of this year makes you an Embodied-Relational Therapist and eligible for further CPD events.

The optional Wild Therapy year

We see Wild Therapy as a direct extension of ERT: when we are in touch with our capacity for embodied relating, this flows into

relationship with the other-than-human, and also into a

spontaneous approach to the therapeutic encounter in general. So the year is an exploration and celebration of therapy's wildness, its capacity to transcend the limitations we place on our own creativity and connectedness.



Wild Therapy group by the river at Middlewood Trust

Through encountering the Other-than human and more-than-human, and exploring how they can play a role in the therapeutic process, we can learn to transform fear-based defensive practice into contact-based adventurous practice.

Because of the integral connection with ERT, we have previously offered the Wild Therapy Year as a third year of the training; however in practice it seems to work better as a stand-alone year, which can be taken either after doing the ERT course (straight away or at a later date) or on its own. Hence in any given year there may be a mix of ERT graduates and others taking part.

The Wild Therapy training consists of three residentials and one non residential weekend, moving gradually from a relatively domestic environment further out into the wild, then to a final weekend in an urban setting exploring how to bring what we have discovered back into consensus reality. Please see the separate Wild Therapy flyer for fuller details.

Practicalities

ERT Diploma Training – Year One will be facilitated by Jayne Johnson & Stephen Tame.

Dates: The Diploma Year consists of four five-night residentials, on the following dates.

In 2019: 28 March – 2 April, 27 June – 2 July, 26 Sept – 1 Oct, 16 – 21 January 2020. Followed by a graduation weekend on **27 – 29 March.** Each long residential will start on the Thursday evening, and end with lunch on the following Tuesday.

Venue: The residentials for the Diploma and Advanced Diploma years will be at Unstone Grange, North Derbyshire. Unstone Grange is a comfortably shabby residential centre with five acres of gardens and land, located between Chesterfield and Sheffield and easily accessible by bus, train and car. Everyone will have their own room unless they want to share.

Depending on group size, some participants may sleep at a local holiday cottage. We will be making our own meals from mainly organic vegetarian wholefood ingredients supplied. For venue information please visit: www.unstonegrange.co.uk



Unstone Grange

Course Costs: The price for Year One is £2,900, inclusive of teaching, accommodation and food. We are keen to make the course available to suitable applicants. Please let us know if cost is an issue, and we will look at what level of reduction is needed and possible. We ask for an initial deposit of £600; the remainder can be paid either in equal shares at each residential, or by monthly standing order. Year Two training will cost the same amount per training day as Year One, Wild Therapy will cost less.

For more information:

The first step if you are interested is to contact Stephen or Jayne:

Stephen: 01626 438279 stephentame@gmail.com

Jayne: 01422 847873 mail@jaynejohnson.co.uk

We expect all applicants to have attended at least one workshop prior to entry onto the course so that we can see you work and vice versa. We will be offering various workshops in 2018 - details of these will be found on the erthworks website at:

www.earthworks.co.uk. We also recommend that you take a look at the individual websites of the ERT training team - details on the back cover.

ERT Testimonials

"I began my ERT journey in April 2014 and have just completed the second Module of the Advanced Year. I can reflect on a rich and deep experiential journey of discovery, re-discovery, expression and transformation! It's been full of energy, nourishment, challenge (not always comfortable) and enhancement of a familiar world which has led to a deeper integration and meaning making of my own stories and experiences at a crucial time in my life. This in turn has led to the transferral of my learning into my professional practice - a deeper sense of integration through embodied experience. A really terrific group of peers and tutors, a beautiful rural setting, space to breathe, inner and outer touch, sharing food, fun, and feelings together, and having the opportunity to be enriched both personally and professionally." Clare

"ERT has completed a cycle for me. ERT offers an unconditional team of trainers, who walk their talk and see the potential in their trainees from the first meeting. The ERT training has given me a significant piece of my jigsaw puzzle. ERT training has helped with the ground of my being, and with the relational aspects of my life." Sue

"I have wonderful memories of the wonderful people that each of you are, our shared experience and the enriching training from Allison and Stephen that has really helped me to move forward." Eamon

"This course has personally been a deeply embedded release and introducing of non verbal immanence I truly didn't think I'd find. Not in an analytic, probing way, but a held way, always allowing whatever wants to happen, happen! Bringing this 'way' into my work with others lets me see new doorways in the body; and now all I want to do is knock and see who comes out to play. A huge bonus and necessity is that I have also found a group of supporting friends for life." Rosie

The ERT/Wild Therapy Team



Jayne Johnson

I live and work in Hebden Bridge, West Yorkshire, bringing together my passion for Embodied Relational Therapy, Shamanism, and Wild Therapy.

www.shamanismembodied.com



Allison Priestman

I am an experienced Embodied-Relational Psychotherapist, Supervisor, and Trainer working in private practice in Stroud, Gloucestershire.

www.allisonpriestman.co.uk



Stephen Tame

After many years of practice, I still love working as an ERT psychotherapist, with clients young and old, in Bovey Tracy, Devon.

www.stephentame.co.uk



Nick Totton

I am a therapist and trainer with over 30 years experience, founder of ERT and author of many books, now living in Cornwall. No longer teaching on the training but still a consultant. www.nicktotton.net