

# Humanistic Alchemy Prospectus

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## Eco-Social Workshops 2014-2015

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## **Art, Marks And Marx**

**Kevin Jones**

This will be an experiential workshop that will explore the relationship between art, class and therapy in the age of the neo-liberal drive toward death.

The workshop will: invite participants to engage their libido through using art making in response to the workshop theme; link the Marxist concept of alienation in an unholy alliance with the Psychoanalytic concept of sublimation and explore the engagement between art, class and therapeutics; envision the class conscious therapist and their role in the creation of a new therapeutics and a society based on the drive toward life.

One time starving artist, ragged street theatre and political activist who since 1987 has been a psychotherapist and therapy educator in both the public and private sectors.



## **Council of All Beings**

**Pat Fleming**

The Council of All Beings is an unique group ritual process that offers an opportunity to shed our human identity and speak from the perspective of another life-form, giving voice to its experience as a co-member of the larger community of life on Earth right now, speaking about how this life is affected by the dominant species, humans. We prepare ourselves through group and paired exercises, sharing circles, reflective time alone in nature, mask-making and movement work, with a view to deepening the experience of an ecological sense of self. This process gives fresh inspiration, energy and a life-affirming consideration of our lives and work as humans, who can celebrate and protect the wonderfully intricate web of life.

Pat Fleming trained originally in psychology and mental health work, and has worked extensively worldwide from 1984 onwards since training with Dr. Joanna Macy, leading workshops in the Work That Reconnects, in personal and planetary change, in environmental education and deep ecology, and of late, within the UK Transition movement. After being involved in the group processes in Australia which developed the Council of All Beings, she co-authored the deep ecology reader "Thinking Like a Mountain - towards a Council of All Beings" (New Society) with the eco-philosophers and activists John Seed, Joanna Macy and Arne Naess.



## **Five Element Dao Qigong**

**Amadis Cammell**

Five Element Dao Qi Gong focuses on the Chinese Five Elements and their annual 'Creative Cycle of Life'. We will work with the Yin&Yang dynamics and essential qualities of the five seasonal elements: Metal, Water, Wood, Fire and Earth. We will also look at how they relate to the 'Three Treasures' of

our being - Qi, vital energy; Shen, spiritual consciousness; and Jing, essence. These will be experientially explored following the Dao Qigong model of physical, energetic and spiritual unfoldment. The overall intention is to touch into the reality of the elements of nature and the cosmos as conceived by classical Chinese understanding.



## **NVC And Radical Psychology**

**Maria Arpa**

This workshop will address the question of how therapies can liberate people rather than label, judge and oppress them. It will be innovative and test boundaries, while exploring how to apply flexibility and humanity to difficult situations, especially in deprived areas. Maria will be showing how people can be given a voice, using her dynamic tool, the Dialogue Road Map. This produces personal transformation linked to social change.

Maria has made non-violent communication skills a lifetime project. She has a talent for engaging people in healthy conversation through her experiences as a Samaritans volunteer, as a counsellor, and through running her own business for 15 years. She worked as a stand-up comic for 5 years, before becoming the chief executive of a community mediation service, is a former chair of Mediation UK, and is founder of a charity, the Centre for Peaceful Solutions.



## **Social Embodiment**

**Sarah Lloyd**

The workshop combines perspectives from Neo-Reichian Bodywork, Massage Therapy and recent research into how psychoanalysis and social theory view and frame the body in religious, political, cultural and social contexts. The aim is to stimulate fresh thinking and new ways of seeing yourself and the world within these contexts, while acknowledging the impact of gender and power.

I have studied abstract fine art, 'loving kindness' massage therapy, Neo-Reichian Bodywork, Buddhism and most recently completed an MA in Social Theory. All these have helped me develop a clearer sense of the historical, political, cultural and social issues surrounding corporeality and embodiment. With a keen enthusiasm to inspire soulful community, I bring to my work warmth, compassion and humour, seriousness and playfulness.



## **The Rainbow Of Desire**

**Guy Gladstone**

This playshop uses the image theatre of Augusto Boal, Brazilian theatre director and social activist, in a collective consciousness-raising experience. Through movement interaction and bodysculpting, you will be exploring the body as a non-verbal medium for expressing feelings, ideas and attitudes.

Creating images of your experience of oppression leads to naming the power relationship producing it and what you want to replace it with. The persistent disembodied voices of oppression are physicalised and animated, the better to get a handle on them.



## **Co-counselling**

**Celia Wilson**

Co-counselling is an effective tool for you to change your life in ways you choose and remain in charge of. The session will be an experiential and holistic exploration of one or more issues of your choice, learning and using Free Attention to make recognisable progress. You will practise taking turns giving and receiving your powerful attention and that of another person in this reliable method of achieving life change and effective action. Whatever your starting point, you may ease the tasks in your path by increasing your comfort with your emotions and gaining confidence in yourself, your life and your relationships.

Celia Wilson has taught and practised Co-Counselling International for 15 years and earlier, another style of co-counselling. She comes from a Physics background and is now making personal development easier wherever she can. She loves her grandchildren and her surfboard.



## **The Work That Reconnects**

**Jenny Mackewn**

The weekend draws on The Work that Reconnects, associated with Buddhist ecologist Joanna Macy. We will explore creative ways to strengthen our connection with each other, our community and our world. How do we turn painful feelings like denial, despair, anger or numbness into positive energy to sustain ourselves and heal the Earth? You will be invited to take part in experiential group activities to engage our whole being - visceral, emotional, spiritual and cognitive.

For a decade I have run a popular, year-long Facilitation Course for the School of Management at Bath University; a specialist Training for facilitators in the Work that Reconnects; Creative Facilitator and Catalyst Training in many organizations; Intensive Trainings in Systemic Constellations - as well as writing on Facilitation as a form of Action Enquiry and Creative Methods of facilitation. I am a creative consultant with the nowhere group, facilitator, organizational consultant, author, friend, grandmother and continuous learner.