

Reflection and Presence 2011: A Contemplative Approach to Psychotherapy

This course is an optional part of the training for the Diploma in Humanistic and Integrative Psychotherapy, and forms one unit of Module 2 in the MA in Humanistic Integrative Psychotherapy programme with Middlesex University.

The contemplative approach to psychotherapy values the ability to remain present with our experience in each successive moment, without recourse to defensive closures, either through repression or acting out, knowing that which we call self to be ultimately a fluid expression of energy. Drawing upon that part of transpersonal psychology that has been influenced by the contemplative traditions of Christianity, Advaita Vedanta and principally, Buddhism, this course seeks to establish a small beginning in the essential skill of Bare Attention or mindfulness and establishing an atmosphere of generosity and unconditional friendliness, together making the foundation of a contemplative clinical practice.

To this we will add a variety of theoretical models of personal and transpersonal psychological development that both add to and challenge orthodox ideas. These will include principally the work of John Welwood, Eugene Gendlin and Jack Engler. We will also see how the contemplative perspective fits surprisingly well with object relations theory.

Sessions will be a mix of starting a contemplative practice, theoretical and clinical presentations, and discussions.

Syllabus

- Clarifying our own understanding of spirituality and its place within psychotherapy
- The practice of mindfulness and the generation of unconditional friendliness
- John Welwood: Bridging reflective, phenomenological and presence centred approaches to psychotherapy
- Meditation and psychotherapy. Maps, conflicts and convergence
- Unconditional presence: Clinical application, acquiring new skills
- Full spectrum psychopathology. Jack Engler's Buddhist extension of object relations
- Models of change. Translation v transformation. The transpersonal witness.

Assessment

A written assignment (2,000-3,000 words) demonstrating, clinically and theoretically, the student's personal integration of the course material into their own psychotherapy practice and personal life.

We regret that we do not accept people onto this course if the tutor is your therapist. Please note that there are a maximum of 12 places on this course.

Nigel Wellings is a psychoanalytic psychotherapist who works within a contemplative perspective. Initially training with AGIP he later became a member of the AIP and has also served as a Director of Training at the Centre for Transpersonal Psychology. Presently he is a founder member of The Forum for Contemplative Studies and published **Nothing To Lose, Psychotherapy, Buddhism and Living Life** (2005) with Elizabeth McCormick.

Dates and Fees

Tutor: Nigel Wellings

Times: The course runs over six Saturdays in 2011, from 10.00am – 5.00pm
29 January, 12 & 26 February, 12 and 26 March, 9 April

Venue: BCPC

Fee: **£450** (or £400 without submitting an essay)
The assessment essay is compulsory for students enrolling as a Core Course in Stage 2 of the Psychotherapy Diploma but otherwise optional.
Cheques payable to BCPC by 14 January 2011

Reading: Wellings, N and McCormick, E (2005). **Nothing To Lose, Psychotherapy, Buddhism and Living Life.** London & New York, Continuum.
Wellings, N & Wild McCormick, E (2000). **Transpersonal Psychology, Theory and Practice.** London & New York, Continuum.
Epstein, M (1995). **Thoughts Without a Thinker.** New York, Basic Books.
Kornfield, J (1993). **A Path with Heart.** London, Rider Books.
Welwood, J (2000). **Towards a Psychology of Awakening.** Boston and London, Shambhala.
Wilber, K (1999). **One Taste.** Boston and London, Shambhala.

General Information

Whilst every effort is made to ensure that the course information sheet is correct, BCPC cannot be held responsible for any errors or alterations that become apparent after publication.

BCPC reserves the right to cancel courses if numbers are too low to make the course viable, either from a learning or a financial perspective. Acceptance of a place on a course is a contractual commitment to pay the full fee and refunds are not given after the payment deadline.