

NWRPA Friday Evening Seminars**Hayley Marshall: Eco-Psychotherapy –Therapeutic Practice in Outdoor Natural Spaces**

Friday 11 July 2014, 6.30pm-8.30pm

Working psychotherapeutically within natural environments is a growing area of interest in the UK. This seminar will offer participants an opportunity to learn about this new field of psychotherapy practice. Through experiential exercises and discussion, we will explore the presence of a 'living third' in the relational dynamic.

Hayley Marshall MSc (TA Psych) CTA, PTSTA, is an indoor & outdoor psychotherapist, supervisor and trainer based in Buxton, and Stockport. She is a member of the TA training staff at the South Manchester Centre for Psychotherapy, and facilitates outdoor residential training and therapeutic journeys for the Wilderness Foundation UK and the Centre for Ecotherapy and Nature Based Psychotherapy.

8 August 2014: Summer break: No meeting**Dr. Mark Fisher: Donald Meltzer and Analytic Formation**

Friday 12 September 2014

Dr. Fisher is Lacanian Psychoanalyst.

Paul Melia: From anxiety to phobia

Friday 10 October 2014

Talking Points: Five therapists • Five points • Fifteen minutes each

Friday 14 November 2014, 6.30pm-8.30pm

Speaker and title to be announced

Friday 12 December 2014

As always these seminars are free to members and £7.50 for non-members. We meet at our regular venue the Manchester Institute for Psychotherapy, 454 Barlow Moor Road, Chorlton, Manchester M21 0BQ on the second Friday evening of the month from 6.30 to 8.30 pm. A map is on our website at www.nwrpa.org.uk

NWRPA Membership

Our membership fee for the calendar year 2014 is £25.00 waged and £20.00 unwaged. This gives you free entrance to all our seminars in 2014

For more information about the NWRPA and how to be a member go to our website at www.nwrpa.org.uk

Marie Naughton: 'If I Knew Where Poems Came From, I'd Go There.....'

Friday 13 June 2014

This was a really interesting and absorbing seminar which combined Marie's interests in therapy and poetry. She began with a poem by Goethe. Before we saw the English translation she read the original in German to us. She then asked us what we thought the poem was about. Even without a knowledge of German we managed to get the gist of the poem.

For Marie this was not surprising; poetry conveys a meaning at a level that is distinct from the language used.

Wandrer's Nachtlid II

*Über allen Gipfeln
Ist Ruh,
In allen Wipfeln
Spürest du
Kaum einen Hauch;
Die Vögelein schweigen im Walde.
Warte nur, balde
Ruhest du auch.*

Wanderer's Nightsong II

*Above all mountaintops
Is peace
In all treetops
You feel
Scarcely a breath:
The little birds are silent in the wood.
Just wait, soon
You will be peaceful too.*

There is a pleasure in language and Goethe's Wanderers Nightsong I and II have been acclaimed as the best lyric ever written in German. Another pleasure of poetry, which is also a therapists virtue, is that we can keep finding fresh meaning in a poem. For example Marie has read this short poem many times and continues to find something new.

It was clear from Marie and those attending this seminar that interests in poetry and therapy go together. A good exemplar of this is the book *The Road Less Travelled* by M. Scott Peck, an American psychiatrist who had suffered from adolescent depression. This is a description of the attributes that make for a fulfilled human being. This is based on the poem *The Road Not Taken* by Robert Frost. In our discussion this poem revealed multiple meanings all of which are helpful in thinking about personal development.

Marie also linked poetry and therapy through the Transactional Analysis ideas of adapting our behaviour to receive strokes and the concept of imagos. Early in life we unconsciously internalise imagos of positive and negative aspects of our parents. We have a lifelong search for these good and bad bits of our parents and for the parental love we lost. We discussed strokes and imagos in relation to the poem *The Join* and I hope you can see the connections that emerged in this seminar.

Marie introduced us to the literary magazine *mslexia* www.mslexia.co.uk and particularly issue number 2 in 1999 which has an article *A Healing Flame* by Roselle Angwun. This asks if writing can be a form of therapy.

It is refreshing to think about therapy and poetry in a different way and we really appreciated Marie for the generous way she did this.

Marie Naughton is a psychotherapist and TA trainer and supervisor. She has practised in Manchester since 1996. She counsels students in an inner-city high school. Her poems have appeared in a range of magazines and have been placed in national and international competitions. She offers writing workshops and was recently awarded a Distinction for an MA in Creative Writing at the Centre for New Writing at Manchester University.

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Robert Frost The Road Not Taken

*Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveller, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;*

*Then took the other, as just as fair,
And having perhaps the better claim
Because it was grassy and wanted wear,
Though as for that the passing there
Had worn them really about the same,*

*And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way
I doubted if I should ever come back.*

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I -
I took the one less travelled by,
And that has made all the difference."*

Chana Bloch The Join

*What's between us
often seems flexible as the webbing
between forefinger and thumb.*

*Seems flexible, but it's not;
what's between us
is made of clay,*

*like any cup on the shelf.
It shatters easily. Repair
becomes the task.*

*We glue the wounded edges
with tentative fingers.
Scar tissue is visible history,
the cup more precious to us
because
we saved it.*

*In the art of kintsugi,
a potter repairing a broken cup
would sprinkle the resin*

*with powdered gold.
Sometimes the joins
are so exquisite*

*they say the potter
may have broken the cup
just so he could mend it.*