



Taunton
Association for
Psychodynamics

Spring Conference
Sat. 12th March 2011
9.15am-4.45pm

Enlightened Psychotherapy, Neuroscience and the Nature of Consciousness

Psychotherapy and counselling are often referred to as 'talking therapies'. Does this ignore the possible physical or spiritual attributes which make up the whole human being? Neuroscience has made great strides in recent years in understanding the brain, demonstrating how various functions are linked. There is also increasing recognition of the role of the physical body. Transpersonal psychology is now taught at university level. So how far, if at all, does the latest cutting edge research and thinking give us reason to modify our understanding and practice of therapy?

Our conference will consider three views from three eminent speakers. After a presentation covering the latest developments in neuroscience each of our speakers will in turn go on to present their views on how this work could influence their thinking and the way they practice.

Programme and timetable

9.15am Registration and Coffee

9.45am Becky Wright
Introductions from the Chair of the Conference

Our speakers:

10.00am Margaret Wilkinson
Changing Minds in Therapy: the Way Forward

Margaret will argue that 21st century research into the neurobiology of emotion, attachment theory and infant development should no longer be considered an optional extra in the world of psychotherapy, but should be valued alongside the insights from the founders of psychoanalysis in a multidisciplinary approach. Margaret Wilkinson lectures internationally on contemporary neuroscience and clinical practice. Her latest book is called *Changing Minds in Therapy* (Norton, 2010).

11.15am Coffee

11.45am Kathrin Stauffer
Integrating Biological Science into Psychotherapeutic Practice: What might the Process Involve?

Kathrin is a registered Body and Integrative psychotherapist. Having trained originally in biochemistry she became more interested in the subjective aspect of the human body. Her book '*Anatomy and Physiology for Psychotherapists: Connecting Body and Soul*', sets out her present thinking. She is the current chair of the Chiron Association for Body Psychotherapists.

1.00pm **Lunch**

2.15pm **Mark Shiels**

Brilliant Sanity- the Psychotherapeutic Journey to a Luminous Clear Mind

Mark practises in London as a Core Process psychotherapist, working with clients using a transpersonal psychotherapeutic framework whilst recognising and affirming the emotional, intellectual, physical and spiritual parts of our being. He trained at the Karuna Institute and is committed to an inclusive, ecumenical (non-sectarian) approach to therapy.

3.30pm **Tea**

4.00pm **Plenary discussion with our speakers**

4.45pm **Conference ends**

Venue:

**Tacchi-Morris Arts Centre, School Road, Monkton Heathfield,
Taunton TA2 8PD**

Fee:

£75 Early bird rate if paid before 4th February

£80 after that date

£5 off for TAP members

Limited number of bursaries available at fixed fee of £50. To apply, please write to the TAP Administrator at the address below or email taplimited@hotmail.co.uk

Certificate of Attendance provided as evidence of Continuing Professional Development.

There will be a bookstall offering 10% discount on usual prices.

Contact for enquiries and booking forms:

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