



Taunton
Association
for Psychotherapy

Spring Conference
Sat. 14th April 2018
9.45am- 4.00pm

Reg. Charity No. 801428
Company No. 2262641

‘We are all body psychotherapists’

Booking now open! We are thrilled to announce that TAP has secured NICK TOTTON as the speaker for our 2018 Spring Conference.

Nick Totton is a therapist and trainer with nearly 35 years' experience. Originally a Reichian body therapist, he has explored widely in a number of therapy modalities, and now practices and teaches Embodied- Relational Therapy and Wild Therapy. He has written several books, including *Body Psychotherapy: An Introduction*; *Wild Therapy*; *Not A Tame Lion*; *Embodied Relating: The Ground of Psychotherapy*; and *Press When Illuminated: New and Selected Poems*. The political aspects of therapy, the power relations which it uncovers but also sometimes conceals, have always been of central importance in Nick's work.

Nick recently gave the Marianne Fry Lecture in Bristol. He has been Chair of both Psychotherapists and Counsellors for Social Responsibility, and the Psychotherapy and Counselling Union. He lives in Cornwall with his partner and has a grown up daughter. Find out more about Nick and his work on his website: www.nicktotton.net

Nick says:

“In this talk and workshop we will be exploring the idea that embodied relationship is the ground of psychotherapy - not the essence, or the core, but the ground, from which everything grows, and on which all our theories are erected. It is our bodies which sense and are changed by the state of other bodies, as a result of which we experience feelings and thoughts and impulses. As infants and children our bodies seek sustainable ways of reacting to the bodies that care for us, and these develop into patterns of embodied activation - what I call 'engrams', which shape our ways of relating to others, and which we explore in therapy under titles like 'transference', 'counter transference' and 'projection'.

I find that it helps enormously in our work to stay aware that these phenomena occur first of all in our bodies. Like everyone, therapists track and respond to the information our bodies are giving us about other people; but this often happens unconsciously, and conscious awareness of the process enables us to use it more skilfully. We are all already body psychotherapists - but we can gain a lot from knowing that we are!”

The morning of the day will consist of an interactive talk and in the afternoon Nick will offer some accessible experiential work to explore the concept discussed.

Venue: Taunton Racecourse, Orchard Portman, Taunton, Somerset, TA3 7BL

**Fee: Until January 31st 2018 – Early bird offer: £85 to members, £90 non-members
1st February 2018 onwards - £90 to members and £98 non-members
Students - £65 flat fee**

Certificate of Attendance provided as evidence of Continuing Professional Development. There will be a bookstall offering 10% discount on usual prices.

Booking now open. The contact for enquiries is: Suzie Grogan, TAP Administrator, 13 Holyoake Street, Wellington, Somerset TA21 8LD Tel: 01823 661601 email: taplimited@hotmail.co.uk