



Professional & Personal  
Development  
A Training in  
**MENTAL HEALTH**

Psychological Crises  
Therapeutic Response  
Self Development

Twelve seminars spanning three years

CPD Training to enhance therapeutic,  
social and personal competency for professionals  
working in the field of Health and Social Care

**New Seminar planned to start early in 2017**

# About the Seminar

The Seminar will provide participants with an opportunity to develop knowledge, understanding and skills in the field of mental health. It aims to facilitate an understanding of human development. This is presented from an anthroposophic perspective in a creative dialogue with psychotherapeutic theory and practise .

The Seminar offers a unique opportunity to explore these themes within inter-disciplinary group work.

It aims to foster self-reflective practice, intervision and interpersonal skills needed for peer and professional working.

## Methodologies

The Mental Health Seminar has a retreat character. Experienced practitioners in the fields of medicine, counselling, social therapy, movement and art therapy facilitate participants' reflection on professional work and personal experience.

A range of adult learning methods is used including:

- Lectures
- Eurythmy and Spatial Dynamics (movement and body work)
- Related Artistic activities
- Facilitated inter-disciplinary group work, including: self reflective practise, personal sharing, methods for group learning processes and intervision
- Interpersonal, communication and counselling skills
- Experiential research and observation methodology
- Group and individual tutorials
- Study and reading material

# Course Structure

The course comprises twelve four or five day seminars, starting at 4pm on Wednesdays / Thursdays and finishing at 1pm on Sundays. They usually take place in January, February or March, May or June and October. Contact the administrator regarding the exact start date in early 2017.

## ***Note for prospective applicants.***

Admission to the Training implies a commitment in principle to attend all modules in full. An exception can be made for a small number of teachers who may wish to only attend the first four modules which cover child and adolescent development and challenges. A certificate of attendance and a self reflective form for professional learning portfolios will be issued for each seminar.

Please complete an application form from the website or from the administrator and return it by the end of September 2016 along with a letter of personal introduction outlining your reasons for applying. Later applications will only be considered if places are still available. Please note that telephone applications cannot be accepted.

The total cost of the twelve seminars is £6660 inclusive of full board, lodging and course fee. A non-refundable deposit of £1110 is required on accepting a place on the Seminar. This will be treated as a pre-payment for the last two modules. Refunding for unavoidable absences is generally not possible, beyond costs for accommodation and food. Applications will be acknowledged upon receipt and acceptance or otherwise confirmed by November 2016.

The venue for the majority of the sessions will be in Stroud . Other sessions will be in Edinburgh and centres of the Camphill Movement in different parts of the UK. The Seminar acknowledges the invaluable help of these centres for their support.



# Themes and Elements in the Twelve Modules of the Programme

- Module 1 Core Psychological Themes/Historical Development Psychotherapeutic Perspectives including Anthroposphy and Mainstream** *Cosmos and Psychology; Body/Soul/Spirit: Relational perspectives; Animal & Human Skeleton and Distinctive Gestures*
- Module 2 Childhood Development 0-7 years** *Attachment, Incarnation & Development Body/Soul/Spirit: Neurological Development, Neuro-Science, Trauma and Attachment Theory; Related Organ Studies- Brain & Spleen*
- Module 3 Childhood Development 7-14 years** *Latency & Developmental Issues: Obsessive Habits - Rhythm vs Ritual; Organ Observation – Heart, Lung and Middle System; 9 Year Rubicon; 7-foldness and Therapeutic Impulse*
- Module 4 Adolescence 14-21** *Developmental Issues- Adolescent Crises/ Search for Identity & Authenticity- Self Harm- Idols & Ideals; Organ Observation - Liver and Kidney; Sexuality & Soul Types; Development & Relationships*
- Module 5 Anxiety & Trauma** *Phenomenology, Meaning and Managing Anxiety/ Cumulative Trauma; Relationship to Renal System, Sense Perceptions to Sensory Experience; Threshold Phenomena; the "I" as Witness Capacity*
- Module 6 Depression & Bipolar** *Phenomena, Somatic/ Psyche/ Spiritual/Medical Perspectives; Loss & Mourning; Crisis in Meaning; Life Processes; Working with Depression, Suicide & Self Harm; Bipolar*

**Module 7 Obsessive and Addictive Behaviours and Defences**  
*Eating Disorders, OCD and Addictions. Therapeutic Impulses and Principles; Therapeutic Care Communities; The senses*

**Module 8 Personality Structure 1** *Personality Structure in Relation to Physical/Soul/Spiritual Development- 12-Foldness- Planes of Space & Embodiment: Narcissism, Avoidant, Paranoid & Histrionic Tendencies; Spatial Dynamics, Working with Difference; Adapted Therapeutic Approaches; The Hero/ Heroine's Journey; Planes of Space/ Embodiment*

**Module 9 Personality Structure 2** *Personality Structure in Relation to Physical/Soul/Spiritual Development- 12-Foldness- Planes of Space & Embodiment: Obsessive, Antisocial, Dissociative & Borderline Tendencies. Working with Difference; Adapted Therapeutic Approaches; Mentalization*

**Module 10 Personality Structure 3** *Personality Structure in Relation to Physical/Soul/Spiritual Development- 12-Foldness- Planes of Space & Embodiment: Schizoid, Schizotypal, Passive / Aggressive and Dependant Personalities; The Wounded Healer- Co-dependency-Adapted Therapeutic Approaches; 12 World Philosophical Views*

**Module 11 'Manichaeism', Recognising Forces Behind Events**  
*Recognising Distortions in Self and Society - Discernment Exercise based on 7 Life Processes; Challenges Related to Biographical Phases*

**Module 12 Conflict & Community Building** *Interpersonal, Organisational and Wider World Issues - Forces Behind Conflict: Witness Consciousness; Mediation; Biographic View Exercise; Working with Loss, Change & Endings; Creating Closure and Therapeutic Work*

# Quotes from Participants

*"I love this course. It has greatly enriched my understanding of human development, biography and a number of soul- spiritual issues as seen from an anthroposophic and a more mainstream psychological perspective. It is well thought out and presented in a lively and imaginative way, stimulating and challenging, while also providing opportunities for experiential learning and digesting the more theoretical aspects. I thoroughly recommend it to anyone who would like to work with people in a helping way or who needs a more holistic understanding of a range of human potentials and challenges."*

*'It is not possible to quantify what a huge gift the Mental Health Seminar has been. With each seminar I have felt better equipped to move forward with more authenticity.'*

*'I have learned to understand aspects of mental health in a completely new way. This has enlivened and enriched my professional life.'*

*"It is exciting to be setting the spiritual foundation of the human being alongside the latest psychological and neurological research."*

*'It is filled with hugely relevant and meaningful content which would be helpful in any sphere of life. It has nurtured growth and development both in myself and enabled me to go back into my community and bring something of the shared and learned experience to my work.'*



# Seminar Faculty

**Dr. James Dyson** Psychosynthesis Psychologist and formerly Anthroposophic Physician, consultant to Steiner Waldorf Schools, special needs colleges and social therapy organisations; co-founder and former Medical Director, Park Attwood Clinic; lecturer and course facilitator. Faculty member, British Post-graduate Anthroposophic Doctors' Training.

**Marah Evans** ArtTherapist(HCPC) and Counsellor (MBACP Accred), Biography Work Trainer. Consultant Supervisor, Clinical Lead for individual practitioners, counselling service and child and family work, former co-founder, Hibernia College.

**Dr Michael Evans** Anthroposophic Physician; CAHSC registered GP, St Luke's Therapy Centre, Stroud; co-founder and former Medical Director, Park Attwood Clinic; Course Director - British Post-graduate Anthroposophic Doctors' Training; Co-ordinator of the International Postgraduate Training in the Philippines, Medical Teaching in China and the US IPMT.

**Karen Kamp** lives on a small holding in the Highlands of Scotland where she milks goats, provides holidays for adults with special needs and is a

Specialist Foster Carer for Highland Council. Mental Health Seminar Administrator.

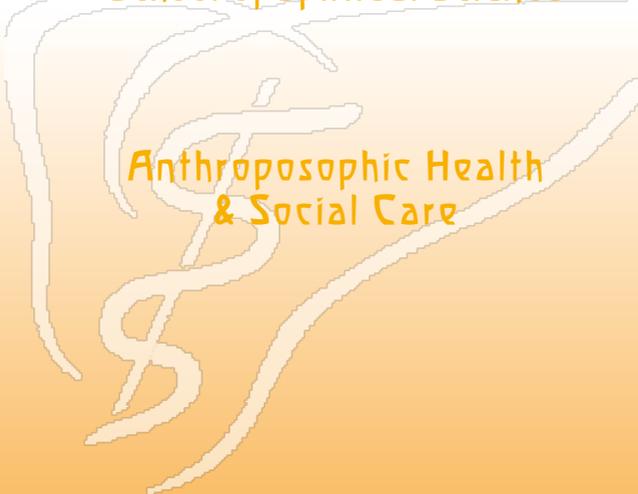
## *Guest Contributor*

**Tessabella Lovemore** Cert.Ed. Cert. Couns. M.Ed. Ph.D. was a Steiner School teacher for 20 years before her academic studies in factors affecting and causing problems with behaviour, learning and relationships. Since 1996 Tessabella has worked as an Education Consultant, and run courses relating to child development and 'How to Develop the Capacity to Love'.

Additional contributors are invited to some seminars, including eurythmists, spatial dynamics practitioners and specialists in the fields of both education and therapy



Medical Section  
School of Spiritual Science



Anthroposophic Health  
& Social Care

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Founded by the Camphill Movement