

Psychotherapy and Politics: Contributing to a Sustainable Society

Saturday 8th and Sunday 9th May 2010
Weetwood Hall, Leeds

Co-sponsored by the Psycho-Social Sciences Academic Unit, School of Healthcare, University of Leeds; the Centre for Psychological Therapies, Leeds Metropolitan University; and Psychotherapists and Counsellors for Social Responsibility

Saturday 8 th May 2010		Sunday 9 th May 2010	
9.30 – 10 am	Coffee and networking	8.45 – 9.15 am	Coffee and networking
10.00– 10.15	Welcome	9.15 – 9.30	Welcome
10.15 – 1.15 pm	Presentations and Workshops	9.30 – 10.45	Presentations and Workshops
1.15 – 2.30	Lunch	11.15 – 1.00 pm	Keynote Panel
2.30 – 4.45	Keynote Panel	2.15 – 4.30	Interactive Open Space group
5.15 – 6.15	Whole group event	4.30	Close
Evening	Meal and party		

Introduction

What are the characteristics of a sustainable society, and what can counselling and psychotherapy contribute to its creation? Like 'freedom' or 'justice', 'sustainability' is a complex and flexible term, but its key meaning could be rendered as *improving the quality of current human life without damaging either future generations or present ecosystems*. It includes such concepts as emotional sustainability and economic sustainability. There are many ways in which and levels on which the idea of sustainability interacts with the theory and practice of counselling and psychotherapy.

Following on from the successful conferences in London in 2008 and Glasgow in 2009, a diverse group of counsellors and psychotherapists, with representatives from the humanistic and psychodynamic communities and from Psychotherapists and Counsellors for Social Responsibility, are organizing a major conference hosted by Leeds University to explore the interface between psychological therapies and progressive social-political-environmental perspectives. The conference will offer a range of workshops, lectures, panels, discussions and social events to help participants develop links with each other and to foster political action.

Programme

Each day will include a keynote panel of speakers introducing and discussing a different theme; and also a range of parallel workshops and presentations loosely related to those themes. Saturday will also include a large group Dance/Movement workshop facilitated by Bonnie Meekums, following on from the successful Art Therapy workshop in Glasgow last year, and offering an opportunity to process the day non-verbally. Sunday afternoon will be given over to an interactive session using the Open Space Technology approach, facilitated by Judith Anderson. There will be an optional dinner and party on the Saturday night.

Keynote Panels

Saturday: “Viewpoints on sustainability”

Panellists: Clare Hill (Process Oriented Psychotherapy), Martin Jordan (University of Brighton), Peter Morrall (University of Leeds), Rosemary Randall (Cambridge Carbon Footprint).

Chair: Nick Totton (PCSR)

Sunday: “Power, culture, economics”

Panellists: Suzanne Keys (Person Centred Counsellor), Nic Marks (New Economics Foundation), Andrew Samuels (University of Essex).

Chair: Sheila Haugh (Leeds Metropolitan University)

Each panellist will speak for fifteen minutes, followed by ten minutes discussion; there will be a final open discussion for half an hour.

Presentations and Workshops

There will be two tranches of workshops and presentations on the Saturday, and one tranche on the Sunday, covering a wide range of topics and delivered in a range of styles.

If you are interested in offering a presentation or workshop at the conference, please send an abstract (not more than 200 words) to Sue Cooper: suecoopernewmills@hotmail.com. Slots will be one and a quarter hours, although we will consider bids for a double slot. Your abstract should address the following:

- Title
- Which (if either) of the day themes indicated above you feel it fits most closely with
- Aims
- Background/Why it is relevant
- What you intend to do/cover
- For whom it might be appropriate.

We would welcome proposals as soon as possible, but the final deadline is February 15th 2010.

Dance/Movement Workshop (Saturday)

Facilitated by Bonnie Meekums (University of Leeds).

Conferences can be a lot about being in our heads. We can become full of ideas and images, but unless we ground them in our bodies they may become disconnected from other sources of wisdom, including our emotions and felt sense. Recent neuroscientific evidence (for example, Damasio's work, see <http://cercor.oxfordjournals.org/cgi/reprint/10/3/295?ijkey=3JQRrhYvY4/cY> for a free downloadable article) has underlined the importance of paying attention to embodied emotions in order to make smart choices. In this workshop, we will pay attention to our embodied responses to the conference so far, and in particular the impact on our heads, hearts and guts, to see how this awareness can assist us in making change decisions. We will begin with a short ice breaker, leading into very gentle work in which no one individual will be singled out and you can even choose to remain still if you wish, working internally. No prior dance experience is needed, but you are asked to be mindful of your own comfort and safety. We will finish the workshop with a simple whole group activity.

Open Space (Sunday)

Facilitated by Judith Anderson (PCSR)

Open Space Technology (OST) is an approach for hosting meetings, which harnesses and acknowledges the power of self-organization. The overarching theme of this part of the conference will develop from the process of the weekend, the OST methodology allowing the group to name and focus on specific topics of real importance to them as the conference comes to a close.

Saturday Night Social

Dinner followed by a party (optional)

Venue

Weetwood Hall is 'the largest and most flexible conference centre and hotel in the North of England, set within 9 acres of parkland estate'. It is located near Headingley on the A6120 Northern ring road, 4 miles from Leeds City Centre. For travel and other information, and to book accommodation, see <http://www.weetwood.co.uk/>.

Accommodation

The special conference rate for four-star accommodation at Weetwood Hall on the Saturday night is £68.50; mention when booking that you are attending the conference. There are also many and varied hotels and B&Bs in Leeds within easy range of the venue.

Conference participants who live locally and may be willing to offer free accommodation to other participants are invited to contact the conference administrator. If we receive any offers of accommodation in this way, we will provide brief details of the offer on the conference website and will liaise between the person offering accommodation and any person interested in accepting the invitation.

Access

We want to make this conference accessible to a wide range of participants and invite you to let us know what assistance you may need from us in order to enable you to engage as fully as possible in the conference. We will do the best we can to meet your needs. Please help us by contacting the conference administrator as soon as possible so that we can make any necessary arrangements.

Fees

Basic rate: £170 including lunch and refreshments
Earlybird until 31 January 2010: £155
PCSR members: £155
Student rate: £140
Day attendance: £90
Social event including dinner on 8th May: £28 extra

For student rate, delegates should produce evidence of registration on a full-time or part-time HE or FE course of at least one year duration with booking form.

Booking

If possible please book by credit/debit card through the University online booking system at <https://store.leeds.ac.uk>. Click on 'Product Catalogue', and select 'Healthcare' from the list, then click on 'Searching for identity in a period of rapid change'. Add elements to your basket, when ready click Next, answer the questions and proceed to checkout.

If for some reason you cannot book on the internet, cheques (payable to the University of Leeds) can be sent together with the registration form to the address below.

The fee is non-returnable within one month of the event, but you can nominate another person to take your place.

For further information about the conference please contact:

Katie McArthur, katherine.mcarthur@strath.ac.uk

Contributing to a Sustainable Society

May 8th-9th 2010
University of Leeds

Name

Affiliation and/or job title

Address

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Email

Telephone

I **do/do not** give permission for my email to be used for future mailings for annual events in the field of counselling and psychotherapy at the University of Leeds

Special needs/dietary requirements

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Registration forms and cheques should be posted to Susanne Marchant, Senior Administrative Officer, School of Healthcare, Baines Wing, University of Leeds LS2 9UT or faxed to 0113 343 1378.