

# Authentica

Existential Practitioners

presents

## *Working Phenomenologically with Moment-by-Moment Embodiment*

A CPD Workshop led by Dr Greg Madison

Saturday, October 10th from 9.30 am to 4.00 pm

Birkbeck College, 25 – 27 Torrington Square, Room 415, London WC1

*'Moment-by-moment embodiment'* is a new presentation exploring the therapeutic advantages of including an experiential awareness in the practice of psychotherapy. An emphasis of the day will include turning our usual conceptualising upside-down, noticing how the body can refine our understandings of what we experience, and our concepts of what a body is, what a person is... We will consider our own bodily experience as the 'laboratory' for investigating our questions about the nature of existence. We will explore, through ourselves, how the body responds to our thinking and how thinking can arise from our body, how experiencing has its own forward process apart from what we predict or assume should happen.

What makes therapy 'existential' is much more than the therapist's engagement with existential philosophy. It is the *experiential use* of philosophy and our willingness to prioritise moment-to-moment living that defines our work as existential. The workshop offers an introduction to the practical impact of Eugene Gendlin's philosophy as a means of going beyond technique, objectification, and diagnosis, in order to practice therapy as a person-to-person relationship with existential depth. This five-hour workshop introduces a natural body awareness that can be sensitively integrated into our own self-awareness and our presence during sessions with clients.

During the day we will explore our own living in safe and private ways and we will discuss how these explorations could challenge some of our beliefs about therapy, the body, what experience is, and life in general. In one day we can only brush the surface of Focusing, the practice underpinning our explorations, but participants should leave with new questions and some insight into a personal practice with potential for self-insight and for living in a more open way. The workshop will be of interest to practitioners from all orientations, and to students of psychology, counselling, coaching, and psychotherapy. By the end of the workshop, participants will have acquired introductory knowledge and practice to enhance a more embodied approach to one's living and one's therapeutic practice.

**Dr Greg Madison** is an existential psychotherapist & chartered counselling psychologist living and working in London and Brighton. Greg is a senior lecturer on a number of doctoral and post-graduate trainings in counselling psychology and psychotherapy. He regularly teaches Focusing and Focusing-Oriented Existential Therapy internationally and has recently established a new Certification programme in Focusing Oriented Therapy in London. He is active as a writer and supervisor and is co-editor of the *Journal of Existential Analysis* and recent texts such as, *Focusing Oriented Psychotherapy; Beyond the Talking Cure;* and *Emerging Practice in Focusing Oriented Psychotherapy: Innovative Theory and Applications*. He co-edited (with Laura Barnett) *Existential Therapy: Legacy, Vibrancy, and Dialogue*. Greg is originally from Canada and has special interests in the experiences of cross-

cultural migration and the issues of belonging and home and recently published a text on these experiences, *The End of Belonging*.

### **Practical Details about the Workshop**

**Cost** – £90 (payable in advance by cheque or bank transfer)

**Location** – Room 415, Birkbeck College, 25 – 27 Torrington Square, London WC1E 7JL, located behind Birkbeck College main building on Malet Street

**Nearest Underground Stations** – Euston Square is the nearest, but Warren Street and Goodge Street (and even Russell Square) are also nearby

**Facilities** – Tea and coffee will be provided. As regards lunch, participants will have the choice between several small, excellent, inexpensive cafés and pubs near Tottenham Court Road.

**Limit** – Please note that this event is limited to 24 places. So, to secure a place on this workshop, it is advisable to book in advance.

**CPD Certificates** – Attendance certificates will be issued on the day.

**Enquiries** – You are welcome to contact Prof George Berguno on 07500-861774 or by email: [authentica.partnership@gmail.com](mailto:authentica.partnership@gmail.com) for further details.

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### **Booking Form**

Please reserve my place on the **Authentica** workshop

#### *Working Phenomenologically with Moment-by-Moment Embodiment*

**FEE** £ 90 (non-refundable)

**TO BOOK:** Return the booking form with a cheque made payable to **Authentica** to: Prof G. Berguno, 129 Elm Road, New Malden, Surrey KT3 3HP

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**TEL (Mobile preferably):** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**HOW DID YOU HEAR ABOUT THE WORKSHOP?** \_\_\_\_\_