



THE WELL GROUNDED THERAPIST

More explorations of Landscape, Stillness and the Body

A third, bi-annual residential with Miriam Taylor and Vienna Duff

Friday 18th June – Sunday 20th June 2021

We tend to pay attention to challenging aspects of the field and this residential offers an alternative focus; to attend to the ground and support our presence to the difficult and often negative figures of our working environment. Miriam and Vienna will invite you to attend to your own ground by exploring your relationship with different elements of the natural environment.

This weekend retreat is returning to the stunning and peaceful setting of Poulstone Court, nestled in the Wye Valley near Ross-on-Wye, Herefordshire. In this quiet place, we will explore inner and outer landscapes to nourish, deepen and to restore, connections with ourselves, others as well as the wider environment. The workshop will be created through a combination of story-telling, ritual, time and space for process, reflection and movement; supported by opportunity for use of creative and writing materials. We will explore a variety of outdoor and internal spaces.

We invite you to:

- Be welcomed into a caring and inspiring environment
- Be part of a nourishing and containing group
- Explore listening to your 'self' and others in stillness
- Experience and extend relationship with the outer landscape
- Deepen contact with both inner/outer landscapes as part of enhancing your grounding process
- Receive support from two experienced facilitators

Venue: Poulstone Court, Kings Cople, Herefordshire <http://www.poulstone.com/food.html>
http://www.poulstone.com/the-house.html#the_gardens;

Social distancing measures will be in place, as appropriate.

Cost: £575 full fee/£495 early bird by February 28th 2021 (Concessions; please enquire)
Single rooms - first come/first served. A £24 supplement is charged by the venue and is payable with booking.

Enquiries and bookings please contact: miriamt@relationalchange.org
Our article 'Reorganisation in the Traumatized Relational Field: The Well Grounded Therapist' was published in the British Gestalt Journal, Vol. 27, no.2, 2018



Miriam Taylor is a UKCP registered and accredited Gestalt psychotherapist, supervisor and international trainer. She is part of the Leadership Team of Relational Change. With over twenty-five years' clinical experience, Miriam specialises in working with trauma, focussing on how trauma is configured in the body and relationally. She is author of *Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body* (2014), and several invited and peer reviewed articles.

Her second book 'Deepening Trauma Practice: A Gestalt Approach to Ecology and Ethics' is due for publication in late summer 2021. Miriam's interest in listening deeply to the wider field led her to undertake a Wilderness Experience in the Eastern Sierra of California. She lives and works in the Cambridgeshire Fens.



Vienna Duff is a UKCP registered and accredited Gestalt psychotherapist and a supervisor. She recently retired as an Associate Lecturer with the Open University after tutoring on psychotherapeutic practice, forensic psychology and counselling. She is an Associate of Relational Change. She has a small private practice and is clinical supervisor to a specialist rape & sexual abuse organisation. Her relational approach is shaped by over thirty-five years of working collaboratively to establish safe, enabling and sustainable services for adult survivors of relational trauma.

She is currently taking a 12 month sabbatical from her employment as a psychotherapist in the NHS to deepen her exploration of trans-generational trauma, healing and eco-psychotherapy through a number of projects focused on '(Re)Generation'. A personal reflection on The Trauma of War across Generations was published by the *British Gestalt Journal* (23(2)) in November 2014. She nourishes herself through land-art and relationships with place. At the moment she lives in Worcestershire.