



**THROUGH THE DOOR:
A therapeutic practice for the commons**

**Thursday 30th April 2020
10am – 4.30pm
Via Zoom**

An on-line workshop to attend to the difficult feelings associated with Covid 19 and the Climate Emergency.

In his 1985 article 'From Mirror to Window' James Hillman urged analysts to stop gazing at the mirror's reflection and instead look through the window at the world outside. In response to a growing call for support in working with difficult feelings such as isolation, climate distress, eco-anxiety and suicidal ideation, the CPA invites psychotherapists and members of the helping professions to leave the security of the therapy setting and engage directly with the cultural malaise.

CPA is running a series of workshops aimed at developing a practice that draws on therapeutic skills to meet the urgent needs of a climate emergency. Although online platforms offer a different space, the issues of moving out of a holding therapeutic frame into more open and looser 'commons' space, still hold.

In the workshops we will explore issues such as what happens when:

- panic and collective anxiety impair thinking
- symptoms such as helplessness, grief and resentment are widespread but denied
- the articulation, witnessing and validation of such feelings are difficult
- boundaries and permissions for therapeutic comment are ambiguous
- participants may have little understanding of therapeutic norms.

During the day we hope to:

- manage our own anxiety and read it in relation to the social transference field
- create an open, fertile space that is still contained and safe-enough for sharing
- explore how we can offer enabling interventions that are attuned to the shared concerns of the 'commons'
- draw on the creative imagination of the group to face the challenges of deep adaptation to an unknown future.

Facilitators are:

Chris Robertson: CPA Chair, co-founder of Re-Vision and co-editor of Transformation in Troubled Times. See <https://www.culture-crisis.net>

Tree Staunton: Director of BCPC, editor of British Journal for Psychotherapy Integration, See <https://www.bcpc.org.uk/training-with-bcpc/people/faculty>

Time: 10am- 4.30pm

Link to access Zoom Meeting supplied when booking

Places strictly limited to 18

Fees: £50 Members of The Berne Institute £60 Non-members of The Berne Institute
Full payment required to a secure place.

PLEASE CONTACT THE OFFICE TO BOOK YOUR PLACE office@theberne.com

We will contact you with payment options. Once full payment is received, your place will be confirmed.
For full booking policy, please see our website.