



Association for
Humanistic Psychology
in Britain (AHPb)

Self &
Society
Journal

with the Association for Humanistic Psychology Practitioners (AHPP)
and the Independent Practitioners Network (IPN)

presents

ANNUAL CONFERENCE 2019

Engaging Our Hearts in Dangerous Times

*Contributions and Perspectives from
Humanistic Psychology*

Saturday 23rd November 2019

9.30am – 5.30pm

COST: full price **£70**; AHP, AHPP and IPN members: **£55**;
other usual concessions: **£45**

For further details and booking form see website

www.ahpb.org

VENUE details:



We meet in the West Room, Colet House, home of The Study Society, a London-based charity that offers practical, inclusive ways to find rest, stillness and meaning through Advaita Meditation, member discussion groups, Mevlevi Turning (whirling dervishes), Poetry, Kirtan and Vedic chanting: www.studysociety.org. The address is: 151 Talgarth Rd, Hammersmith, London W14 9DA. The nearest tube station is Barons Court on the District and Piccadilly lines. See the [Google Map](#).

09.30am – Registration, Coffee and Networking

10.00am – Opening Plenary: Welcome and Introductions by Conference Chair RICHARD HOUSE

10.25am – Small-Group Sharing – facilitated by ZOHAR DINA GLOUBERMAN



10.40am – Professor ANDREW SAMUELS – “Embracing Risk in Psychotherapy and in Politics: We Are up against the Wall”

– For Andrew there is a two-way street between therapy and politics. Here, he will extend such thinking in the direction of the idea of *risk*, suggesting that praise of the therapy relationship as the means to provide the safe ‘container’ that clients need is misplaced. It leaves out other, riskier, dimensions of

relationality. Similarly, he believes that hope in politics requires the active pursuit of risk. The word ‘risk’ means running towards danger.

Andrew Samuels: former Professor of Analytical Psychology, Department of Psychosocial and Psychoanalytic Studies, University of Essex, with visiting posts at New York, Goldsmiths, Roehampton, Witwatersrand and Macau. A Training Analyst of the Society of Analytical Psychology, in private practice in London, Andrew was Chair of the UKCP and co-founder (with Judy Ryde) of Psychotherapists and Counsellors for Social Responsibility. He works internationally as a consultant with political leaders, parties and activist groups, and to the NHS, and draws on diverse approaches to psyche, including post-Jungian, relational psychoanalytic and humanistic ideas. With a background in progressive / left politics, and his commitment to diversity and equality, Andrew celebrates many different takes on social and political issues. His videos, lectures and papers are available at: www.andrewsamuels.com.

11.30am – LUCY SCURFIELD – “From Roots to Shoots:

A Personal & Professional Journey with Heart”

– Lucy will talk about why and how she founded Strong Roots – a unique and innovative therapeutic garden project in Norwich offering psychotherapy in a garden setting – and how it has positively impacted the lives of attendees.

Lucy will also talk about her reasons for de-registering from the UK Council for Psychotherapy, the importance for her of the Independent Practitioners’ Network (IPN), and what she does for ongoing personal and professional development.

Lucy Scurfield: formerly a professional garden designer, now a psychotherapist/counsellor. In 2006 Lucy founded the charity Strong Roots - www.strongroots.org.uk - an innovative therapeutic garden project in Norwich for people experiencing social exclusion, to which individuals can self-refer. Lucy has been an active participant in the IPN since 2010, and she is also the chair of AHPb.



12noon – Refreshments and comfort break



12.30am – Dr ELENA MANAFI – “Riding the Wave of Someone Else’s Breakdown: The Unbearable Relatedness of Being”

– Elena will discuss her experience of working with relational trauma and its impact on a person’s sense of self, belonging and experience of being with others in the world. Her emphasis will be on the importance of clarifying clients’ experience and using the therapeutic relationship and encounter, rather than theoretical explanations and the notion of ‘cure’.

Elena Manafi, PsychD: a BPS Affiliate member, a Chartered Psychologist registered with the HCPC and an Existential Psychotherapist (UKCP reg.). Elena has worked in the NHS and organisational settings, currently running her private practice in North London. Elena has been the Programme Director of Counselling Psychology and Existential Trainings at Regent’s University London and Surrey University. An active member of the BPS Counselling Psychology Training Committee and Society for Existential Analysis, her main interests are in existential phenomenological philosophy and therapy, and postmodern approaches to therapy.

13.00pm – Small-Group Sharing – facilitated by ZOHAR DINA GLOUBERMAN

13.15pm – Lunch and networking



14.15pm – SKEENA FINEBAUM-RATHOR – “The Key Place of the Heart in Extinction Rebellion”

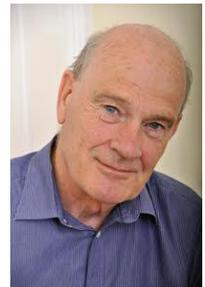
– Extinction Rebellion (XR) is a relatively new social-political-cultural movement that’s reconfiguring our most taken-for-granted assumptions about activism, and what makes social movements successful. A distinctive XR feature is the central place of *heart-values* in its vision, direct actions and organisational functioning.

Skeena will speak to how heart-values constitute an indispensable aspect of XR, and their being a major factor in its effectiveness to date.

Skeena Finebaum-Rathor: mother of three girls, Labour Party District Councillor, Co-Founder of Compassionate Stroud, Founder of The Politics Kitchen (Stroud), and coach, therapist and teacher. Since autumn 2018 she has been heavily involved in the Extinction Rebellion (XR) movement, playing key roles within this global social/political/cultural movement, including being an XR co-leader, Vision team Coordinator, and public presenter.

14.45pm – JOHN FLETCHER – “Humanistic Psychotherapy for All – Wishful Thinking or a Realistic Ambition?”

– Humanistic therapies are a safe, effective response to human suffering across all cultures and lifestyles – a theme John will illustrate with examples and anecdotes from a long career as social worker and therapist. In his view, misguided political/professional barriers prevent humanistic psychotherapy being freely available through the NHS whilst statutory mental health services struggle to meet demand. John will consider the challenges for therapists that such a change could involve.



John Fletcher: a Person-Centred Psychotherapist, Counsellor and Supervisor practising in London for 20+ years, and a Social Worker for over 30 years, John has worked in both Adult Psychological Services and CAMHS, has many years’ experience working with children/families as a Social Worker in community and statutory sectors, particularly with adolescents and young offenders, and has also worked as a therapist in a women’s prison.

15.15pm – Refreshments and comfort break



15.45pm – TIM BROUGHTON – “Freeing the Body, Opening the Heart, and Clearing the Mind: The Five Rhythms movement practice of Gabrielle Roth”

– In these troubled and chaotic times ‘The fastest way to clear the mind is to move the body’ – Gabrielle Roth. Through dancing the Five Rhythms of Flowing, Staccato, Chaos, Lyrical and Stillness, our Being undertakes a radical rebalancing of the relationship between body, heart and mind, allowing our Being to flourish with heart in the centre.

Tim Broughton: Forty years of personal growth and development, and trainings; 25 years of practice personally; 20 years of teaching the Five Rhythms. Tim is deeply grateful for all he experiences and learns through many years of personal work, supervision and friendship with Jill Hall. A founding participant in the Independent Practitioners’ Network (IPN).

16.15pm – Small-Group Sharing – facilitated by ZOHAR DINA GLOUBERMAN

16.40pm – Closing Plenary, chaired by RICHARD HOUSE – Conference closes 17.30pm



Conference Chair: Richard House, PhD: Stroud-based left-green political activist, a former therapist, Steiner teacher and university lecturer in psychotherapy, psychology and early education. Writer or editor of 13 books, he edits “Self and Society”, the house journal of the AHPb since 1973, and is a long-standing member of its board.

Conference Facilitator: Zohar Dina Glouberman, PhD: recently published her fourth book: “Into the Woods and Out Again: A memoir of love, madness and transformation”. She co-founded the world-famous Skyros holidays and created Imagework Therapy. For further details of her work and books, see: www.dinaglouberman.com



ORGANISATIONS PARTICIPATING IN THIS CONFERENCE



Association for
Humanistic Psychology
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The AHP was founded in the 1960s by a broad band of people from many disciplines, such as history, poetry, philosophy and spirituality. It is for academics, educators, health professionals, community & social workers, psychologists, counsellors and psychotherapists, sociologists – in fact, anyone who shares humanistic values and wants to make a difference. We publish a bi-monthly newsletter/journal “Self & Society”.

For further details see: www.ahpb.org.uk



UK Association for Humanistic Psychology Practitioners (UKAHP)

UKAHP was formed in 1980 as a national accreditation organisation for all practitioners who use Humanistic Psychology in their work. Originally called The Association for Humanistic Psychology Practitioners – and still often referred to as “AHPP” – the Association became a limited company in 2000, as the United Kingdom Association for Humanistic Psychology Practitioners Ltd. It is an independent member organisation of the United Kingdom Council for Psychotherapy (UKCP). There are a range of different membership classes, with accreditation as one option. For further details see: www.ahpp.org.uk



The Independent Practitioners Network (IPN)

We are a nationwide network of independent practitioners in psychotherapy, counselling, the education and practice of human growth and similar endeavours. The Independent Practitioners Network offers an authentic model of best practice accountability through open, committed relationships with peers. As peers, each practitioner has equal status within the Network. We work together in linked groups to offer each other mutual support and challenge. We believe that high quality ethical practice is grounded in honesty, integrity and transparency. We welcome counsellors, psychotherapists, educators, growth workers and allied practitioners. For further details see: www.ipnetwork.org.uk