



the minster centre  
psychotherapy • counselling • training

**'IN DREAMS BEGIN RESPONSIBILITIES' \*: TRANSLATING POLITICAL VISION INTO THERAPEUTIC PRACTICE.**

**JON BLEND AND ROZ CARROLL**

**Saturday 14 and Sunday 15 July 2018: 10am – 5pm**

In this 40<sup>th</sup> anniversary of the founding of the Minster Centre (1978) we invite you to join us in an exploration of empowerment through music and movement. Briefly remembering world changing events concerning human rights in and around 1978, we celebrate what was achieved then and focus on what is still to come to fruition. We consider how to use the transformative impact of the arts to communicate and engage with personal and political issues. This workshop makes use of iconic songs, such as Glad To Be Gay, Why Can't We Live Together, Nkosi Sikelel', Big Yellow Taxi and more. The group can explore the nature of expressiveness through singing, moving and feeling our responses to these words and music. We will harness the energy, commitment and creativity of these pieces to inform our own style and practice as psychotherapists. Our focus is not on nostalgia but on *developing agency and sustaining inspiration*.

We will explore some ways of introducing music and movement into clinical work through *improvisation*. We begin with attending to the tone, pitch and rhythm of our discourse. The emphasis is on empowerment: voicing one's relational position is a political act.

\*from W. B. **Yeats'** 1914 volume of poems *Responsibilities*.

**Roz Carroll** has written extensively on the body in psychotherapy. She is particularly interested in right-brain approaches to intergenerational, intersubjective, and political themes in psychotherapy. Her most recent piece is 'The Blood-dimmed Tide: Witnessing war and working with the collective body in Authentic Movement' in the journal *Psychotherapy and Politics International*.

**Jon Blend** is a psychotherapist, trainer and Lifemusic practitioner. He has been an active member of PCSR (Psychotherapists and Counsellors for Social Responsibility) for over twenty years. His articles include 'I Got Rhythm!' in the *International Gestalt Journal*. He has been resident musician with Playback South Theatre Company since 2001 [www.gacp.co.uk](http://www.gacp.co.uk)

Roz and Jon have run several workshops together on Refugee experience and cultural change.

**COST: £190 (non-members) £160 (members)**

Please contact Reception to book a place: [reception@minstercentre.org.uk](mailto:reception@minstercentre.org.uk)

**Venue: The Minster Centre, 20 Lonsdale Road, Queen's Park, LONDON, NW6 6RD**

CPD CERTIFICATES WILL BE PROVIDED.

**The Minster Centre - Pioneers of Integrative Training since 1978**

*We are proud to offer a unique perspective on psychotherapy and counselling training, as we combine a strong theoretical integrative grounding with an emphasis on the importance of experiential learning.*