

## Courses attended



### 2004

- 25<sup>th</sup> European Conference on Psychosomatic Research, Berlin – June 2004.
- UKCP conference: “About a Body - *Working with the embodied mind in psychotherapy*”. Robinson College, Cambridge. Speakers included Jaak Panksepp and Roz Carroll. (September, 2004).

### 2006

- Mindfulness in Medicine conference: Glasgow – with Jon Kabat-Zinn as key speaker (29.06.2006).

### 2007

- “Effective Anger Management”. One-day seminar, Edinburgh, 09.05.2007 organised by MindFields College (taken by Joe Griffin).

### 2007-2009

- Member of the SIGN multidisciplinary guideline development group, looking into: “Non-Pharmaceutical management of depression in adults” – with findings published January 2010 as SIGN Guidelines Number 114.

### 2010

- Mindfulness-Based Stress Reduction course run by Hephzibah Kolban at Wellspring, Edinburgh.
- Scientific and Medical Network conference Latimer Place, Chesham: “Body and Beyond II: Mind as Healer, Mind as Destroyed – *Psychosomatic influences on health*” (27<sup>th</sup> - 29<sup>th</sup> August, 2010; speakers included David Spiegel and Paul Gilbert).
- “Medically Unexplained Symptoms.....*explained.*” Primary Care Mental Health & Education one-day course. (Royal College of Physicians, Edinburgh, 3<sup>rd</sup> December, 2010).

Courses attended continued:2011

- “Teaching Clients to use Mindfulness Skills” (Grayrock / Stanton Psychological Services with Maggie Stanton & Christine Dudley – one *day course in Leeds*: 12-03-2011).
- Holy Isle: Conference / Retreat on Compassion and compassionate approaches to human Well- Being (7<sup>th</sup> – 12<sup>th</sup> June 2011).
- “Teaching Clients to Tolerate Emotions” – run by Dr Maggie Stanton and Christine Dudley of Grayrock / Stanton Psychological Services (Glasgow 23.06.2011).
- “New Thinking in Treatment of Resistant Depression.” Two Day Workshop at Lady Margaret Hall, Oxford University, with Professor Thomas R. Lynch, professor of psychology at Southampton University (12<sup>th</sup>-13<sup>th</sup> September, 2011).
- Jungian Seminar: Jan Wiener: “Transference: *Theoretical and Clinical Debates in the 21<sup>st</sup> Century*” – 2 hour seminar, Quaker Meeting House, Edinburgh (15.X.2011).
- British Autogenic Society AGM, London – including: Schultz & Luthe memorial lecture by Dr Brian Kaplan: “AT and Provocative Therapy – treating the whole person.” (29.X.2011).
- Study Group on Jung’s Red Book led by Susan Edwards – (26.IX.2011 to 28. XI. 2011 – 10 evening meetings of 90 minutes duration each).
- “The Neuroscience and Treatment of Childhood Trauma”  
Dr Margot Sunderland – Pollock Halls, Edinburgh. (One-day workshop – 05.XI.2011)



Courses attended continued:2012

- “International Development in Autogenic Training” - Professor Luis de Rivera  
Schultz & Luthe Memorial Lecture – London 28-IV-2012  
(part of the British Autogenic Society AGM)
- “Imagining the past, remembering the future: *brains, selves, trauma and active imagination*”  
Jean Knox: (Jungian Seminars Scotland: 2 hour seminar Saturday, 30<sup>th</sup> June 2012).
- “A Skills Based Approach for Refractory Depression” – Professor Thomas R. Lynch  
*Module II: Targeting Over-control* [Stanton Psychological Services]  
*Two Day Workshop* (Oxford 12<sup>th</sup> – 13<sup>th</sup> September 2012)
- “The Science of the Art of Psychotherapy” – Dr Allan Schore,  
*Two day seminar* (76 Portland Street, London, 12<sup>th</sup> – 13<sup>th</sup> October, 2012)

2013

- Positive Mental Training  
*One Day workshop* for GPs with Dr Alastair Dobbin and Sheila Ross  
(Royal College of Physicians, Edinburgh (Wednesday, 23<sup>rd</sup> January, 2013)
- “The Right Brain, Left Brain Divide: *What is the relevance to the task of Psychotherapy?*”  
*One-day seminar* with Professor Iain McGilchrist  
Saturday, 2<sup>nd</sup> February, 2013 – Confer conference, London (6 hours)
- “Creative Thinking in Company with the Vitality of Human bodies: *a ‘Collective Unconscious’ anticipated from conception*” – **Colwyn Trevarthen**  
Jungian Seminars Scotland 2 hour seminar Saturday, 23<sup>rd</sup> February, 2013  
(Quaker Meeting House, Edinburgh)

2014

- The Ape of God: Reflections on the Trickster Archetype. Workshop lead by Susan Edwards –  
Saturday, 15<sup>th</sup> February, Quaker International Centre, Edinburgh
- Attachment Theory – An Intergrationist Approach. Paul Renn – Saturday, 8<sup>th</sup> March 2014,  
Edinburgh
- The Embodied Psyche – *A Jungian Whole Person Approach to Dynamic Psychotherapy* –  
Margaret Wilkinson. Two hour seminar: Jung Seminars Scotland Saturday, 5<sup>th</sup> April 2014



Courses attended continued:2014 continued

- “The importance of trance techniques in the management of chronic pain. Dr Helmut Roniger: Schultz & Luthe Memorial Lecture – Saturday, 26<sup>th</sup> April 2014 with
  - Peter Grunewald: The HeartSphere techniques and journaling for stress management  
Indian YMCA, 41 Fitzroy Sq., London
  
- Centenary Seminar of Jung’ 1914 talk to the British Medical Association in Aberdeen Jung Seminars Scotland Whole day seminar: 26<sup>th</sup> July 2014
  - Dreams: Frances Milne
  - Honouring the Master within: Professor Iain McGilchrist
  
- Epigenetics Demystified: Confer Conference London 22<sup>nd</sup> November – all day seminar
  - Nessa Carey
  - Mark Pembrey
  
- Neuroplasticity: Implications for New Clinical Techniques. Confer Conference London 29<sup>th</sup> November – all day seminar
  - Ruth Lanius
  - Mark Solms



MHR-ABR-R

Courses attended continued:2015

- Ethics in a Modern Business-Orientated Society: *A Jungian Perspective*
  - Dr Cécile Rozuel – Jung Seminars Scotland, two-hour seminar, Edinburgh
- Echo of Silence: *Becoming Conscious by Way of the Chinese Daoist Path*
  - Ann Chia-Yi Li – Jung Seminars Scotland, two-hour seminar, Edinburgh
- Neuroscience Research Reading and Clinical Discussion Group, Edinburgh – two seminars chaired by Margaret Wilkinson, Jungian Analyst (Leeds).
  - Saturday 21st February 2015 based papers including:
    - Lanius, R., et al (2011). How understanding the neurobiology of complex post-traumatic stress disorder can inform clinical practice: a social cognitive and affective neuroscience approach. *Acta Psychiatrica Scandinavica*, 124, pp 331-348
    - Schore, A. N. (2014). The right brain is dominant in psychotherapy. *Psychotherapy*, 51, 88-397
  - Saturday 10th October 2015 based papers including:
    - Porges, Stephen W. The polyvagal perspective *Biological Psychology* 74 (2007) 116–143 [Science Direct]
    - Graham Music: Neglecting neglect: some thoughts about children who have lacked good input, and are ‘undrawn’ and ‘unenjoyed’. *Journal of Child Psychotherapy Tavistock Centre, London, NW3 5BA, UK* Published online: 22 Jun 2009

2016

- Introduction to Compassion Focused Therapy for Shame and Self-Critical difficulties
  - Prof. Paul Gilbert, Stanton / Grayrock conference, London – 8<sup>th</sup> January 2016
- Healing the Mind-Body Interface
  - Richard L. Kradin – London Confer Conference 15<sup>th</sup> & 16<sup>th</sup> April 2016



2017

- Apocalypse and After
  - Catriona Miller: Saturday, 18<sup>th</sup> February, 2017; Jung Seminars Scotland (Quaker Centre, Edinburgh)
  - Comment by IR: apocalypse can also be seen in terms of the personal; as without, so within; and as within, so without. In this context, it can be seen as relevant to the individual and the therapist. Indeed, the present state of the western world may well be a reflection of the non-well-being within of ourselves.
- The Affect of I-ness: *Corresponding insights into synthesis and the nature of Self from Jung and Assagioli*
  - Keith Hackwood: Saturday, 18<sup>th</sup> March 2017; Jung Seminars Scotland (Quaker Centre, Edinburgh)
- Gut-Brain-Heart-Brain: Where is our emotional centre and what is the relevance to psychotherapy?
  - Speakers: Michael Ash; Dr Alan Watkins; Dr Janina Fisher  
Saturday 1<sup>st</sup> July 2017
  - Confer Conference London
- BEYOND THE BRAIN XII Further Reaches of Consciousness Research
  - Scientific and Medical Network, London, 28<sup>th</sup> and 29<sup>th</sup> October 2017
  - Regent's University London, Inner Circle, Regent's Park, London <sup>NW1 4NS</sup>
  - Speakers included Dr Rupert Sheldrake

2018

- Two week retreat (with wife Bernie) at Plum Village, Southern France, the community set up by Thich Nhat Hanh some decades ago. Included teachings on "Touching the Earth", Reconciliation, and "Beginning Anew".



- British Autogenic Society AGM /

2018 continued

- British Autogenic Society AGM, London AGM
  - Saturday, 19<sup>th</sup> May 2018
  - **Schultz: *Historical Reflections on his Life, Work and Times***
  - Annual Lecture given by: Professor Bjorn Husmann the President of the German Relaxation Society.
  
- **ISATAP Conference in Madrid on the theme of:**
  - **Autogenics 3.0 of Luis de Rivera - Evolution and Tradition after Schultz & Luthe**
  - June 15<sup>th</sup> – 17<sup>th</sup> 2018
  - An excellent overview of de Rivera illuminating approach to AT grounder on new developments in neuro-science.
  - Experiential conference with informal talks and discussions with participants from many countries
  
- **Emotion Focused Therapy - Prof. Leslie Greenberg (Confer Conference London)**
  - Saturday 14th July 2018
  - A well established approach to emotional distress; overlaps with some Autogenic approaches – and those of Luis de Rivera.



## 2019

- **The Supervisory Relationship: *Difficulties and Delights*** – Robin Shohet  
(Grayrock / Stanton psychological services / London)
    - Saturday 25<sup>th</sup> January, 2019
    - An excellent interactive workshop run with great skill by Robin Shohet.
    - Aspects of the supervisor – supervisee relationship mirror those of the therapist – patient (client).
    - There may be anxieties / fears on both sides: it is important that these are explored and acknowledged.
  
  - **Trauma and the Body:** two-day *nscience* symposium, London
    - Christiane Sanderson, Miriam Taylor, Kathy Steele and Jamie Marich
    - Friday 8th and Saturday 9th February 2019
    - A good well balance symposium, with some excellent practical and experiential examples of how tensions / traumas can be stored in the body – and approaches to relieving them.
  
  - **Cognitive Functional Therapy: an integrated behavioral approach for the targeted management of Lower Back Pain**
    - Professor Peter O’Sullivan
    - Three Day Conference
    - London, Royal Free Hospital
  
    - Peter O’Sullivan’s approach to patients is one of great compassion. His research has indicated that with conditions such as recurrent low back pain and fibro-myalgia, doctors and physiotherapists had, in the past, often given inappropriate treatment as a result of not being aware of what happens when muscles go into spasm and produce pain.
  
    - His approach overlaps with that of Autogenic Training; in particular, in the use of approaches to activate the Relaxation Response in these patients. The first day was theory. The second and third days were taken up with four real patients being interviewed by him, followed by him demonstrating his physio approach to these individuals – and suggesting specific exercises and practices to adopt in the coming days / months; followed by a tea / coffee break, and then discussion / questions.
- [Thanks to LN]
- Polyvagal Theory, Oxytocin and the Neurobiology of /



## 2019 courses attended continued

- **Polyvagal Theory, Oxytocin and the Neurobiology of Love and Trust: *The Therapeutic Use of the Body's Social Engagement System to Promote Feelings of Safety, Connectedness, Intimacy and Recovery***
  - Saturday 8<sup>th</sup> June 2019 – London / [confer.uk.com](http://confer.uk.com)
  - A workshop with Professor Stephen Porges and Professor Sue Carter
  - Excellent overview of this subject that is of direct relevance to AT type approaches to health and well-being.
  - Also relevance to PTSD and Autism
  - The Polyvagal Theory is being increasingly utilised in approaches to therapy and healing.



Talks and lectures given /

Talks / lectures given2005

- Schultz & Luthe Memorial Lecture to the British Autogenic Society: **“Flowing with our healing Molecules – Autogenic Therapy in the new age of Affective Neuroscience”** (05.11.2005).

2006

- Talk to the British Society of Medical and Dental Hypnosis (Scotland) on: **“Autogenic Therapy and Affective Neuro-Science”** (Edinburgh – 22.01.2006).
- Talk to Astley Ainslie Pain Clinic, Edinburgh: **“Pain matters, Stress, and Autogenic Therapy”** (06.11.2006).

2011

- Talk to Primary Care Team at Rose Garden Medical Centre, Leith, Edinburgh around the subject of **“Autogenic Training and new advances in our understanding of the neuro-physiology of stress and affect regulation”** (31.08.2011).

2012

- Talk given to Children First, Scotland, around the subject of: **“Childhood neuro-physiological development, Stress, and Autogenic Training”** (Port Seaton, East Lothian – Wednesday, 14<sup>th</sup> November).

2015

- Talk given to C.G. Jung Seminars Scotland 21<sup>st</sup> March 2015 (Edinburgh)
  - **Primary Process Emotions, Archetype, and Paths of Individuation**

2016

- Talk given to British Autogenic Society, London, 21<sup>st</sup> May 2016
  - **Look at the Cypress Tree – Autonomic Afferents and Well-Being**
  - *This talk was based on an extended paper by Ian Ross which can be found on the web-site Autogenic Dynamics Section E-03 which is fully referenced and includes a glossary.*



2017/

Sample of talks / lectures given continued2017

- Talk given to Mental Health Officers in Lothians: CPD Training Day
  - **Stressors, Mental Health, and Well-Being from an Autogenic Training perspective**
  - Wednesday 15<sup>th</sup> November 2017, Quaker Meeting House
  - Outline of workshop: *“Autogenic training is a technique that facilitates the Relaxation Response through a series of mental exercises. In this interactive session, Ian Ross will discuss some of the underlying neuro-physiology of human distress – that often has its origins in childhood; this will then lead on to an introduction into ways we can reduce inner disharmony through mental training”*

2018

- Workshop given to British Autogenic Society, London, on Saturday, 19<sup>th</sup> May 2018
  - **Interactive, Experiential Workshop on Autogenics 3.0: a new development of Autogenic Training pioneered by Professor Luis de Rivera, Madrid.**
- Illustrated Workshop given to East Lothian Primary School Teachers on Monday, 22<sup>nd</sup> October 2018
  - **Autogenic Training, Primary Process Emotions, and Well Being in the context of child development**  
(Dunbar Primary School CPE October 2018)

