

Courses attended

Below are a sample of courses attended for the years 2004 to May 2022

The recent updates include those for the years 2020, 2021, and 2022 (May).

- ❖ Some of the entries, especially those of the last few years, are more detailed.
- ❖ On reviewing them, I feel they have worthwhile educational content that may be of value to the reader.

2004

- 25th 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*” (27th - 29th 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, 3rd 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 (7th – 12th 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 (12th-13th September, 2011).
- Jungian Seminar: Jan Wiener: “Transference: *Theoretical and Clinical Debates in the 21st Century*” – 2 hour seminar, Quaker Meeting House, Edinburgh (15.X.2011).
- British Autogenic Society AGM, London: 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, 30th 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 12th – 13th September 2012)
- “The Science of the Art of Psychotherapy” – Dr Allan Schore,
Two day seminar (76 Portland Street, London, 12th – 13th October, 2012)

2013

- Positive Mental Training
One Day workshop for GPs with Dr Alastair Dobbin and Sheila Ross
(Royal College of Physicians, Edinburgh (Wednesday, 23rd 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, 2nd 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, 23rd February, 2013
(Quaker Meeting House, Edinburgh)

2014

- The Ape of God: Reflections on the Trickster Archetype. Workshop lead by Susan Edwards –
Saturday, 15th February, Quaker International Centre, Edinburgh
- Attachment Theory – An Intergrationist Approach. Paul Renn – Saturday, 8th March 2014,
Edinburgh
- The Embodied Psyche – *A Jungian Whole Person Approach to Dynamic Psychotherapy* –
Margaret Wilkinson. Two hour seminar: Jung Seminars Scotland Saturday, 5th 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, 26th 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: 26th July 2014
 - Dreams: Frances Milne
 - Honouring the Master within: Professor Iain McGilchrist

- Epigenetics Demystified: Confer Conference London 22nd November – all day seminar
 - Nessa Carey
 - Mark Pembrey

- Neuroplasticity: Implications for New Clinical Techniques. Confer Conference London 29th 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 – 8th January 2016
- Healing the Mind-Body Interface
 - Richard L. Kradin – London Confer Conference 15th & 16th April 2016



2017

- Apocalypse and After
 - Catriona Miller: Saturday, 18th 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, 18th 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 1st July 2017
 - Confer Conference London
- BEYOND THE BRAIN XII Further Reaches of Consciousness Research
 - Scientific and Medical Network, London, 28th and 29th October 2017
 - Regent's University London, Inner Circle, Regent's Park, London ^{NW1 4NS}
 - 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".



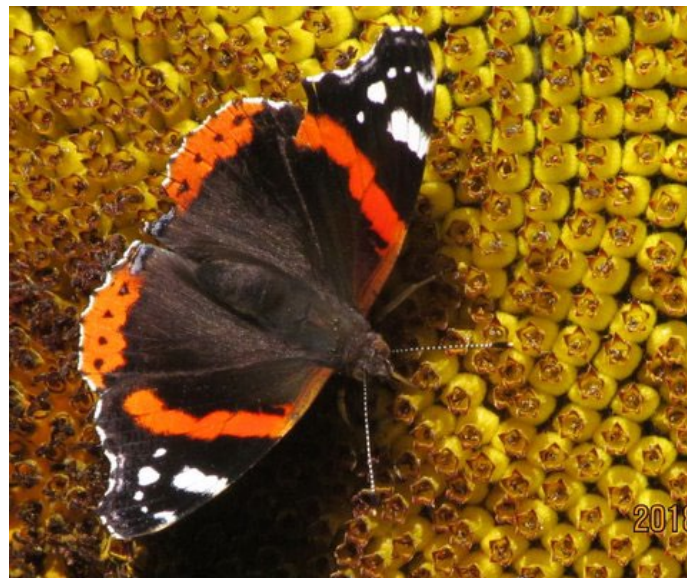
- British Autogenic Society AGM /

2018 continued

- British Autogenic Society AGM, London AGM
 - Saturday, 19th 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 15th – 17th 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.



Courses attended *continued* /

2019

- **The Supervisory Relationship: *Difficulties and Delights*** – Robin Shohet
(Grayrock / Stanton psychological services / London)
 - Saturday 25th 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 *nsience* 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 8th June 2019 – London / 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.

- **Healing Trauma and Attachment Summit 2019 Interview with Peter A. Levine, PhD “Autonomic Dysregulation Syndrome”**
 - Autumn 2019
 - Subsequent integration in B22 article on web: A playfully sympathetic approach to the Polyvagal Theory

- **Moving Out of the Chair: Freeing up Creative Potential in the Therapeutic Relationship**
 - 7th December 2019
 - Roz Carroll, Yeva Feldman, and Sissy Lykou
 - Confer Conference NCVO, London
 - An interesting experiential conference from therapist who use and integrate movement and body work in their therapeutic modalities. The workshop include role play in small groups and was well organised.




2020


Dr. Bessel van der Kolk 30-01-2020 and 01-02-2020	<u>Trauma and PTSD: Walden Behavioural Care Conference – (Bentley University in Waltham); Dr. Bessel van der Kolk</u> https://www.youtube.com/watch?v=hF81MZhwhf9Y
<p>A most interesting approach to trauma and PTSD, suggesting that recovering from trauma requires the activation of parts of the brain that have “atrophied” as a result of the brain. One of the ways of doing this is by integrating and synchronising bodily movement with others, including, oddly enough:</p> <ul style="list-style-type: none"> ○ Boxing (Nelson Mandela– sic) ○ Kick boxing ○ Yoga ○ Chi gong 	
Dr Vijay Murthy 11th April 2020 Webinar	<u>What can Ayurvedic Professionals advise their clients in the current COVID?</u>
<ul style="list-style-type: none"> ○ Most interesting in the context of Covid 19 – and those natural herbs / that can boost the immune system and remedies for inducing sleep 	
Linda Graham WEBINAR 18th April to 24th April 2020	<u>Catalysing Brain Change Catalysing Brain Change</u>
<ul style="list-style-type: none"> ○ A very helpful introduction to the concept of a “hand on heart meditation” which in AT terms can be incorporated into one of the Expressive Autogenic Resilience Training Exercises ○ See Autogenic Dynamics Section and A 11 with, for example, EARTE A 9.1 and A 9.2 	





2020 continued

JAMIE MARICH 3rd MAY 2020 An evening seminar /webinar	 Introduction to Expressive Arts Therapy Solutions for Trauma-Focused Care
	An interesting seminar building on a previous talk I had heard Jamie Marich give a few years ago in London. Some overlaps with Autogenic Training in terms of expressing bodily states / feelings through movement
Dr Micah Sadigh Sunday 17th May 2020 Webinar	Autogenic Therapy and Chronic Pain Organized by British Autogenic Society
Murray Stein Friday, 17 th July 2020	Active Imagination: An Introduction A Live Webinar
Helen Gibbons 27-09-2020	BAS Zoom Seminar with: Helen Gibbons and her Father John Gibbons of Australian Autogenic Society <ul style="list-style-type: none"> ○ The Australian perspective as outlined by the Gibbons primarily focuses on the somatic changes that the AT Standard Exercise invoke. ○ They do on use intentional Off-Loading Exercises, and rely on harmony being restored simply through the practice of the Standard exercises, yet with the option of embracing other approaches such as EMDR.
Karen Treisman 08-10-2020	Emotional Regulation Toolkit Webinar Karen Treisman is very experienced having worked in both UK and abroad, including South Africa. Many of concepts overlap with Autogenic Principles <ul style="list-style-type: none"> ○ Details of underlying neuro-physiology to some extent glossed over in this seminar. ○ However, very helpful comments on no Self-Regulation without pre-existing Co-Regulation (i.e. Ventral Vagal PSNS of parent / carer) <ul style="list-style-type: none"> ➤ Otherwise default to Reptilian Brain, with activation of Sympathetic Nervous System (SNS) if the context of mobilisation with fear [Porges 2011], and or Dorsal Vagal in context of immobilisation with fear.
Prof Mick Cooper Saturday 10 th October 2020	Existential Therapy: An Introduction A one-day Training Workshop with <ul style="list-style-type: none"> ○ A useful introduction to the breadth of Existential Psychotherapy, with its origins in Existential Philosophy ○ Importance of a sense of meaning and purpose in life; and the work, for example, of Victor Frankl and Logotherapy. ○ Also nice reference to Buber and the “I – Thou concept”; rather than what at times can seem the impersonal approach of some psychiatrists / CBT therapists. ○ Sense that much of UK approaches to psychotherapy quite dominated by American (USA) perspective; and good to have a more European input (e.g. <u>Emmy van Deurzen</u>).
Arielle Schwartz Completed 10-11-2020	Vagus Nerve Regulation and Trauma Recovery 2020 Neuroscience e-learning Course

2021

<p>Dr. Richard G. Erskine</p> 	<p>Integrative Psychotherapy: A Relational and Developmental Perspective</p>
<p>Original webinar December 20 & 21. Studied recording January 2021 and completed viewing video recording 16-01-2021 6 hours</p>	<p>I am aware of the work by e.g. Bowlby, Ainsworth and Winnicott. I am not so familiar with the work of Erik H. Erickson, which Erskine focused on during the second day – and which gives a most interesting perspective on the major areas we need to integrate during the various stages of our lives. These are:</p> <ul style="list-style-type: none"> ❖ Stage 1: Trust vs. Mistrust ❖ Stage 2: Autonomy vs. Shame and Doubt ❖ Stage 3: Initiative vs. Guilt ❖ Stage 4: Industry vs. Inferiority ❖ Stage 5: Identity vs. Confusion ❖ Stage 6: Intimacy vs. Isolation ❖ Stage 7: Generativity vs. Stagnation ❖ Stage 8: Integrity vs. Despair
<p>British Autogenic Society Webinar Training Day 16th January 2021</p>	<p>Training Review of BAS 2020 Postgraduate Certificate in AT and future developments plus developments in CPD</p>
<p>3 hours</p>	<p>Good overview with excellent inputs from BAS members I had not previously met One of outcomes is to take part as one of the presenters in CPD training day for BAS members to be organised by Chris Perrin</p> <ul style="list-style-type: none"> ❖ See below in 2022 (12th February 2022)
<p>Paul Gilbert 19th January 2021 Stanton Psychological Services (Greyrock)</p>	<p>Working with the Dynamics of Shame (from a Compassion Focused Therapy perspective)</p>
<p>1.5 hours</p>	<p>I have been familiar with the work of Paul Gilbert for some years. Dr Gilbert comments on the extraordinary power of shame – in that it can be seen as a potential dark shadow within us that can lead to us killing ourselves. Children who are repeatedly “put down” can end up with a profound sense of “not being good enough” – a not infrequent problem of many of us and those we see in therapy. (Essentially producing a Jungian Complex). He also drew attention to the differences between</p> <ul style="list-style-type: none"> ○ Retributive Justice (Shame focused) and ○ Restorative Justice (Guilt focused); where the guilt can act as a positive emotion to make amends / reparation.

<p>Dr Suzanne Zeedyk Interview on Kindred Media 28th January 2021 1.5 hours</p>	<p>An excellent introduction to the work of Suzanne Zeedyk who became frustrated that the amazing discoveries in neuroscience have not been “translated” into easily understandable language for the lay person.</p> <p>She had come across the work of two police officers in Glasgow who began to see the futility of locking up those who have committed crimes – when the causes of these behaviours are often deprivation.</p> <p>Her starting point was the famous 1998 ACE study: Adverse Childhood Events, which she has renamed as <u>Adverse Childhood Experiences</u>. Her starting point can be seen in terms of:</p> <ul style="list-style-type: none"> ➤ Violence is a disease you catch on account of stress when growing up. ➤ Culture develops in the way that children are brought up. ➤ Prisons (at present) are essentially warehouses for traumatised people – without having the facilities to deal with the trauma – i.e. without the skills to deal with the extensive PTSD that the inmates are suffering from. <p>Her whole approach links in with that of Paul Gilbert above, and she will be giving a talk to the Scientific and Medical Network next month.</p> <ul style="list-style-type: none"> ❖ See entry for 10th February 2021 below. <p>Suzanne Zeedyk’s work is implicitly linked closely with the polyvagal theory of Porges.</p>
 <p>Binning Wood January</p>	
<p>See: https://www.kindredmedia.org/2020/07/acesinscotland/</p>	

<p>Dr Suzanne Zeedyk Scientific and Medical Network Webinar Wednesday, 10th February 2021</p>	 <p>Overlapping with the previous entry; and complementing it</p>
<p>2 hours</p>	<p>Our affect neurocircuits are developed and laid down especially in the first 12 months following birth; and this has a major impact on our subsequent affect dispositions.</p> <ul style="list-style-type: none"> ○ During question one of the attendees, a psychotherapist, mentioned that in her training to be a child therapist, they had to interview a mother and baby once a week for two years. Initially, the mother, while caring for her baby, never gave the child a real cuddle. ○ This changed at three months, when she began to cuddle the baby a lot. ○ It transpired that the mother herself had been adopted with very positive (adopted) parents when she herself was 3 months old. ○ Much to reflect on here.


<p>Film: This might hurt About the work of</p> <ul style="list-style-type: none"> ○ Howard Schubiner <p>Suggested by Dan Kaufmann, Professor and Psychologist in Utah, USA; with thanks.</p> <p>Sunday, 14th March 2021 viewing</p>	<p>Interesting film on chronic pain, and the well-established fact that generally chronic pain is not caused by structural damage to tissues, as this heals within several months of injury.</p> <p>The film addresses the issue that much chronic pain seems to have been triggered by unresolved emotional issues / conflicts within that have not been expressed. The way forward is not by bashing pillows on e.g. Anger Off Loading as in BAS Off Loading Exercises.</p> <ul style="list-style-type: none"> ➤ Rather by addressing the hurt and upset in a safe setting with another human present.
<p>The film documentary shows this being done by other patients also who have chronic pain. So one patient with chronic pain is the patient, as it were; the other patient with chronic pain becomes the therapist for the session, acting with empathy and facilitating their patient colleague to express their hurt / pain / sadness / anger</p> <p>There may be some overlap here with the present debate within BAS regarding the OLE and the thesis of Alessandra Raffin, who is now back living in Italy.</p> <p>Chronic physical pain can have its roots in dysfunctional neuro-circuit loops, with the brain interpreting</p> <ul style="list-style-type: none"> ➤ feelings / thoughts as Danger, and thereby ➤ activating SNS mobility with fear dynamics. <p>Physical pain and emotional pain are known to have similar neurocircuits, emotional pain having co-opted physical pain circuits during evolution.</p> <ul style="list-style-type: none"> ❖ These dynamics may be of relevance to AT therapist dealing with patients with anger / anxiety issues; which can be reframed in terms of emotional pain whose neuro-circuits are not switching off. ❖ What they require, from the evidence presented here, is a safe relationship that allows their Ventral Vagal (Social Engagement) System to be activated, allowing them to feel safe enough to allow out the hurt within – the deep hurt, we might say, of their hurt inner child – to be shared with another caring / nurturing human being. 	
1.5 hours	
<p>Confer Webinar 11th June 2021</p> <p>Deb Dana The Polyvagal Guide to Relational Safety</p>	<p>An excellent exploration of the Polyvagal Theory.</p> <p>Particular points of interest:</p> <ol style="list-style-type: none"> i. The polyvagal profile was introduced to us in an experiential modality; and that this can be used in some AT teachings with CPD type input. ii. The Images from near and far (e.g. a very old and worn Teddy Bear): shown in the webinar in an experiential way for us to real-ise what Autonomic State arose within us as a result of the image. Same image having different responses in different people. iii. The three hybrid Autonomic State described in a very clear way that was new to me, including the Freeze response, which consists of: <ul style="list-style-type: none"> ○ Dorsal Vagal activation (immobilisation in context of fear); plus ○ SNS activation (mobilisation of muscles so animal does not collapse) <p>Note: when a zebra collapses in front of say a lioness, the zebra is in the flop / collapse state of Dorsal Vagal activation (with no SNS input).</p>
3.5 hours	


Donna Flack & Michael BAS 07-09-2021	British Autogenic Society evening webinar on: <u>The Body Scan of Autogenic Training</u>
	<ul style="list-style-type: none"> ○ Importance of the body scan as a prelude to Autogenic Sequence. ○ The difference between paying attention and becoming aware of part of body. ○ This brought to my mind a webinar in 2020 from Plum Village in which one of the speakers, Elena Antonova, invited us to a live experience in which we were invited to compare: <ul style="list-style-type: none"> a) "Paying attention to the sensation of our feet touching floor"; compared with: b) "Becoming aware of sensation of feet touching floor" ○ Elena Antonova indicating that research suggests b) has potential for "allowing us to be more present".

Gelong Thubten 06.12.21	<u>A Monk's Guide to Happiness - with Gelong Thubten</u>
1 hour 27 minutes	<p>An excellent introduction to Mindfulness and Meditation, including an experiential Meditation.</p> <p>Available on YouTube</p> <p><u>A Monk's Guide to Happiness - with Gelong Thubten - YouTube</u></p>





2022

<p>Pat Ogden Original screening: 30th Sept 2021 UK Helen Smith Watched: early months of 2022</p>	<p>Sensorimotor Psychotherapy: An Introduction Neuroscience UK series</p> 
<p><u>Some themes of, and reflections on, the Webinar:</u></p> <ul style="list-style-type: none"> i. Our bodies posture often reveals our inner state. <ul style="list-style-type: none"> o Behaviour follows Posture o Posture follow behaviour o Change posture, and change our behaviour and outlook on life o Body posture may tell us more about what is going on than facial expression. ii. Loss dynamics include loss of our: <ul style="list-style-type: none"> o history; language; culture metapsychology and metaphysics – for example in refugees and / or those felling terror o all of these losses will tend to give us the feeling that we are not in control; and a fear of those in power who may make arbitrary decisions. iii. Somatic resources – such as breathing exercises – can help anchor us back in a neuro-physiologically safe space. iv. Autogenic Standard Exercises can be seen in terms of a profound somatic resource..... v. Pat Ogden concerned that western culture in recent decades has “appropriated mindfulness”. It is very important that we acknowledge this (as do, for example, Richard Davidson and Daniel Goleman) vi. An overview of the somatic resources that we can tap into; these include: <ul style="list-style-type: none"> a) Grounding (i.e. tapping into how body is / is feeling; b) Orient to surroundings..... e.g. look around; find something of a particular colour – e.g. yellow; green. c) Gently lengthen the spine.. (this is not compatible with the shut down Dorsal Vagal state of the Autonomic Nervous System). <p>Cross reference to Deb Dana seminar on Polyvagal Theory</p>	

<p>Chris Perrin 20th January 2022</p>	<p>Chris Perrin on his <u>Experiences of practising and teaching mindfulness</u></p>
	<ul style="list-style-type: none"> o British Autogenic Society AT evening talks series organised by Donna Flack o An excellent talk focusing on certain aspects that may be of interest to AT practitioners. These include: <ul style="list-style-type: none"> o Vedana (feeling tone) and o the 4 brahma viharas or 'boundless' qualities of mind (Equanimity, lovingkindness, compassion, and empathic / appreciative joy).

<p>Chris Perrin</p>	<p><u>British Autogenic Society webinar organised by Chris Perrin and Trustees</u></p>
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12th February 2022	<u>Examining the Intentional Offloading Exercises</u>
	<ul style="list-style-type: none"> ○ With contributions from Jane Bird, Alessandra, Chris Perrin, Ian Ross and BAS members
Shelagh Wright (Dublin) Tuesday, 1st March 2022	<u>The Worst of Evils: The Fight Against Pain'</u>
	<ul style="list-style-type: none"> ○ BAS AT evening talks series organised by Donna Flack ○ An overview of the history of pain worldwide including the importance and relevance of cultural and social aspects of pain and how we perceive pain.
Dr Phyllis Kosminsky Speaker 16-03-2022	<u>Working with the Pain of Loss</u> Neuroscience webinar:
 	<ul style="list-style-type: none"> ○ With Dr Jan McGregor Hepburn excellent facilitator. ○ Dr Kosminsky stated: "Mental Health is a commitment to Reality". ○ If we block reality (e.g. the death / illness of a loved one, or the terrible / outrageous events in Ukraine), then our response-ability as human beings is diminished – to the detriment potentially of the whole world. ○ Two particular themes come to me from Phyllis Kosminsky's wisdom: <ul style="list-style-type: none"> i. The loss is permanent; it changes us for the rest of our lives. This is a fact we cannot change. <ul style="list-style-type: none"> ❖ This fact needs to be acknowledged and accepted; otherwise we are stuck in a fantasy world (e.g. that the "dead beloved person" will come back). ii. Yet the essence of life and reality is of impermanence. We are in the flow of life from pre-birth to death; we have some life left, being the survivor. So to create meaning again, a new meaning, our task is to re-engage with life and allow our own Social Engagement Systems to flourish – (brought about by the activation of our Ventral Vagal System – Porges 2011).

Talks and lectures given /

Talks / lectures given

2005

- 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, 14th November).

2015

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

2016

- Talk given to British Autogenic Society, London, 21st 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 15th 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, 19th 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, 22nd October 2018
 - **Autogenic Training, Primary Process Emotions, and Well Being in the context of child development**
(Dunbar Primary School CPE October 2018)

201920202021❖ Homeostasis

- **11th April 2021**
- Talk given to PG Certificate in Autogenic Training course of the British Autogenic Society

❖ The Effects of Prolonged Stress on the Nervous System and Well-Being

- **9th May 2021**
- Talk given to PG Certificate in Autogenic Training course of the British Autogenic Society

Talks given 2021 continued

❖ *An ABC of the Polyvagal Theory – embracing a playful, experiential approach to the dynamics of well being*

- Thursday, 2nd December 2021
- *Series evening webinar talks organised by Donna Flack, British Autogenic Society*

