



## Re-Vision Centre for Integrative Psychosynthesis

This Day conference is the public section of a weekend residential for Re-Vision students and guests

### Event Schedule:

09.00-09.30	Registration
09.30-10.45	Social Dreaming Matrix with Antonia Boll and Nuala Flynn
10.45-11.15	Coffee break
11.15-12.45	Remembering Ithaca
12.45-14.15	Lunch
14.15-17.15	Afternoon Workshops
17.30-18.15	Closing Plenary

### Venue:

Harben House, Newport Pagnell,  
Buckinghamshire MK16 9EY

More information at  
[www.re-vision.org.uk](http://www.re-vision.org.uk)

Day Conference: Saturday 25th January 2014

# Remembering Homeland

TO COME HOME one must first have left; to remember, one must have forgotten. The heartbreak and pain of that loss can lead to a continued amnesia.

Longing for home comes with the grieving of not being there. It has a beauty that Rilke named as being almost unbearable. Like the wild salmon returning from the richness of the sea to the inland tributary, the call home makes us desperate to leap upstream against the social/cultural current. Coming home is the soul's deep passion.

Whether the journey home is a literal coming back to the land that bore us, to the embrace of a beloved or the symbolic remembering from an alienated, dismembered state, that return journey brings its own challenges.

Our un-lived life, the personal and collective shadow, beckons while the distractions of our culture may offer escapes we cannot withstand – including the servicing of others' needs.

It can be difficult to give a place to our dark challenges when the darkness of the exploitative, destructive and greedy culture is so dominant.

This one-day conference explores these challenges as part of soulmaking and invites those who have been infected by that divine homesickness to visit a friendly port, an oasis where the gossip is of Ithaca and the best routes to find your way home.

## Morning Presentation

**Remembering Ithaca: An exploration of the theme of forgetting and 'keeping in mind' in the journey of individuation in life and in psychotherapy**

**Deirdre Johnson**

The theme of 'Homecoming' can be seen in the context of a person's life journey. In his reflections on 'individuation' Jung describes that point in a person's journey when the necessary demands of the ego give way, all being well, to the dictates of the self – the totality of the psyche. In many myths, in fiction, fairy tales and film this shift is symbolised by a journey of return.

The Odyssey of Homer is a story about homecoming, and central to the poem is the theme of the hero's need to remember his homeland. Whether beset by the seductions of the goddess Calypso, the lure of the siren song, or the self-soothings of the Lotus Eaters, it remains imperative that Odysseus not forget for long who he is, where he comes from, and where it is he is struggling to reach.

Remembering Ithaca can therefore be seen as a very apt symbol for the importance of keeping in mind the sense of the journey in counselling or psychotherapy and indeed in life.

In my presentation I will explore in a very practical way the themes of forgetting and remembering within the Odyssey. There is a



paradoxical kind of remembering that is a remembering of what one is yet to become. I will look at what might be the lures that can make a person forget the self and the purpose of the journey and what various helpful factors can bring it again to mind.

You may wish to re-read Homer's epic:  
*The Odyssey* (Penguin Classics): [Amazon.co.uk](http://Amazon.co.uk):  
Homer, Bernard Knox, Robert Fagles: Books

**Deirdre Johnson** is a psychotherapist and Jungian analyst and a member of the International Association for Analytical Psychology. She also lectures on the Jungian and Post-Jungian MA course at Centre for Psychoanalytic Studies, University of Essex. She has had her own practice for over 30 years.

Her recent book, *Love: Bondage or Liberation?* is published by Karnac Books.

## Booking Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Training organisation from which you graduated (if counsellor or psychotherapist): \_\_\_\_\_

Other profession or job title: \_\_\_\_\_

Please list preferred Workshop (ABCD):

1st choice: \_\_\_ 2nd choice: \_\_\_ 3rd choice: \_\_\_

I would/would not like to book a seat on the arranged transport between MK Central and the venue (*delete as applicable*)

*(We will contact delegates who ask for this before the day to arrange a meeting point at the station at 9am)*

**Fee: £99 per person including Lunch and Refreshments**

I enclose a cheque (payable to Re-Vision) for £99 *or*

I have already paid £99 via bank transfer to Re-Vision Ltd, Co-operative Bank, sort code 08-92-99, account no. 65301472 ref WR/your name

*Cancellation Policy 1 month prior to event: 75% refund; within 1 month: 50% refund; within a week: no refund.*

**Note: Numbers are strictly limited; early application is recommended**

## Choice of Afternoon Workshops

### A. The Art of 'Keeping in Mind' in Life and Psychotherapy

**Deirdre Johnson**

In this workshop we will deepen the ideas and experience from the morning's presentation. We will explore the roots of our own 'nostalgia' (literally homesickness) and in so doing gain some insights into how to help our clients on their journey home.

### B. 'To and from Ithaca: Towards the Dialogue between Rootedness and Unsettling'

**Adam Kincel and Piotr Mierkowski**

Human history is the story of nomads giving way to settlers who in turn migrate when unsettled by war, injustice, or in search of work, love, or by a simple curiosity for faraway places. The individual's life too can be seen as a series of migrations and settlements. We each set off on our journey by leaving the comfort zone of whatever our childhood reality was and become homeless only to eventually settle and put down roots. When we become unsettled we migrate to different communities, cultures, states of mind - aiming to find a place where we can belong. This workshop will explore the nomadic and rooted aspects of our nature through a series of experiments. Its aim is to expand the participants' awareness of their cultural complexity as well as to facilitate the embodied dialogue between the need to belong and having a place and the pull to wander, which often remains fragmented or in conflict.

**Adam Kincel** is qualified in relational gestalt therapy and teaches at Re-Vision.

**Piotr Mierkowski** is a gestalt psychotherapist and supervisor in private practice in London.

### C. Roaming in Dreamland, Hungry for Home

**Nicky Marshall**

At times on our journey through life we can find ourselves feeling lost, despite familiar surroundings, and feel the stirrings of longing for somewhere that feels like home, even though, if we find it, it proves to be somewhere we have never been before. Equally, many of us have had an experience of finding ourselves somewhere we know we have never been, but which feels profoundly familiar, and as though we belong there. We will look at this phenomenon and the experience of 'hiraeth' a Welsh word meaning 'homesickness or nostalgia for somewhere you may never have been'. We will use our imaginations to explore this aspect of our soul journey and what calls us to find our soul home. **Nicky Marshall** is a psychotherapist and supervisor who teaches at Re-Vision.

### D. Grieving and Longing at Life's Thresholds

**Chris Robertson**

Our psychological journeys inevitably cycle around, spiralling up and down. The junction points, such as mid-life, involve deep choices that need to be made from the heart. This workshop will explore the unrieved losses that we carry with us that turn our longings back to what might have been. Through giving a place to these losses, we can release the heart from these old wounds and open for longing for what has not yet been lived - our deep calling. We will explore these in-between thresholds through imagery, movement and dialogue.

**Chris Robertson** is co-founder of Re-Vision, has been a psychotherapist and trainer since 1978.



## Re-Vision Centre for Integrative Psychosynthesis

Re-Vision is an educational charity set up in 1988 for the purpose of offering an integrative and transpersonal approach to counselling, grounded in good practice.

Re-Vision also offers the following courses: Counselling Training, BACP accredited; Psychotherapy Training, UKCP accredited; Couples Therapy; Group Facilitation; Supervision Training; as well as personal and professional development programmes.

For further information, please contact: The Administrator, Re-Vision, 97 Brondesbury Road, London NW6 6RY  
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Re-Vision is a non profit educational charity no. 1068739 and company no. 2789040 registered in England.