

# Becoming one self



Working with the development of self in  
counselling, psychotherapy and spirituality

**Saturday 7th August 2010**  
St Luke's Church, West Bridgford, Nottingham

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Both psychological and spiritual narratives of human life use the metaphor of the journey to describe the twists and turns, ups and downs, the changes and chances we have to negotiate over the course of a life time. If life is a journey, then developmental psychology has sought to make a map of the kind of terrain we have to negotiate as we travel, and theology and spirituality attempt to wrestle with questions about the purpose of the journey and the reasons for its contours.

Whichever lens we look through, though, one of the tasks we undertake on that journey is to develop a consistent internal sense of self that holds and coheres as physical development takes place and the circumstances of life change. Daniel Stern's contribution to the map-making has been to describe four domains of self which, he argues, appear in the first three years of life and continue to be relevant throughout our lifetime.

This workshop takes Stern's framework as a basis for understanding some of the issues which may present in the therapeutic encounter, in order to explore how a counsellor or therapist may work with them in their practice. The morning will be spent reconnecting with Stern's framework and drawing out its implications for practice. In the afternoon, Rosemary Langford Bellaby will demonstrate how to work with the framework in practice and Ruth Layzell will make connections between the spiritual and psychological frames of reference.

This workshop will be of particular interest to counsellors and psychotherapists who want to make an integration between their clinical practice and Christian spirituality. Some previous acquaintance with Daniel Stern's work will be helpful but not essential, as we will review his understanding of the development of self before looking at implications for practice.

## **The workshop will be led by Rosemary Langford Bellaby and Ruth Layzell.**

Rosemary is a UKCP registered psychotherapist, and an experienced supervisor and trainer. She has been a Director of the Sherwood Psychotherapy and Training Institute in Nottingham for some 20 years, where she has also been Programme Leader of the four year MSc in Integrative Psychotherapy. Alongside her qualifications in psychotherapy and supervision, Rosemary has an MA in Theology and Ministry which she studied in order to resource and stimulate her interest in the integration of the spiritual and the psychological. Transitions have always interested her, whether they be the small daily changes we have to negotiate in the process of becoming or the larger transitions we make as a result of the changing circumstances of life. This summer marks one such transition for Rosemary as she moves from a busy working life into retirement.

Ruth is a BACP accredited counsellor in independent practice, freelance trainer and Director of the Institute of Pastoral Counselling. Over the past 20 years, her interest in the interface between Christian spirituality and counselling practice has been expressed variously through her work as a lecturer at St John's College Nottingham, her leadership of the Institute of Pastoral Counselling and her training of both clergy and counsellors in different settings. She is currently undertaking a Professional Doctorate in Practical Theology to further resource her understanding in this area. This summer marks a transition for Ruth also, in that in the autumn she will be taking up a post as Director of Training at the Sherwood Institute in Nottingham.

For both, this workshop comes at a time when 'becoming one self' presents a new challenge both personally and professionally. They look forward to exploring with you an area which is never merely an academic exercise.

### **Cost**

The cost for the day is £65 per person. Tea and coffee will be provided, but participants will need to bring their own lunch. The workshop will be held at St Luke's Church Centre in West Bridgford and a map and directions will be sent to you with confirmation of your place. To secure a place, please complete and return the enclosed booking form as soon as possible, as places are limited and will be allocated on a first come first served basis. We look forward very much to hearing from you.