



# A Wellspring Workshop

## Core Process Psychotherapy Skills Development Days

### Drawing upon the richness of Carl Jung's theories

#### Mindfulness within a Therapeutic Relationship

**Edinburgh - April 14, 2018**

Jung's model of the Self, with the territories of the conscious, personal unconscious, the collective unconscious and the mysterious world where-in abide the Archetypes, has many similarities with Buddhist models of the self and the world. Awareness of the power of the 'subtle' and 'creative imagination' has the potential to transform how we experience ourselves, others, and the world. Grounded in the belief that awareness is inherently healing, the workshops explore how cultivating awareness, compassion, presence and spaciousness can help us to move beyond wounded perceptions and emotional habits, and deepen our capacity for appreciating synchronistic events and the influences that the Archetypes have on all life experience. These workshops offer opportunities to also deepen into the domains of Core Process Psychotherapy. It is a model rooted in a Buddhist understanding of mind and embodied sensitivity, integrated with a relational understanding of early life developmental psychology.

The workshops are open to anyone who wants to deepen their understanding of how mindfulness in relationship can be drawn upon as a profound basis for self development, enquiry into the dynamics of personal/professional relationships, and how this learning can be applied in counselling, psychotherapy and other helping roles within the workplace or community life. It may also be useful for anyone considering applying for one of Karuna Institute's professional trainings. No affiliation to Buddhism is required.

**Date:** April 14, 9:30 to 5:00

**Location:** Wellspring, 13 Smith's Place, Edinburgh Time 9:30 - 5:00

**Tutor:** John MacFadyen, Core Process Psychotherapist and member of the teaching team at Karuna Institute, Devon

**Cost:** £60

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