

KINDLING THE SOUL

WITH

JOHN WAITE AND KATE PAWSEY

A workshop combining family constellations and creative writing for therapeutic purposes.

Family Constellations offers an approach to working with personal issues as a part of family and other systems. Our present concerns and desire for change are worked with through representations of our family systems across generations. This creates the possibility of movement and healing at a deep and soulful level.

The focus of Creative Writing for Therapeutic Purposes is on what Seamus Heaney refers to as 'revelation of the self to the self'. The main emphasis therefore is on process. Gentle but stimulating prompts will be worked with, including the image-laden metaphors of poetry, or objects or pictures themselves. This allows for a process which is complementary to the knowing field of Constellation work. It also provides a supportive tool for reflecting on what is experienced in a workshop, and in the time which follows it.

The workshop will use rituals and mini constellations as a way of exploring family systems and will include reading and reflecting on existing poems which relate to Family Constellations material, as a gentle stimulant to awakening the less conscious parts of the mind. Additionally, in contrast to more cognitive forms of reflection, the sort of creative writing we offer will aid the process of staying with 'the mysterious' – an inherent part of engaging with 'the knowing field' of Family Constellations work.



John is a registered counselling psychologist (Health and Care Professions Council). He has over 40 years experience of training and facilitation in universities, private practice and for the UK and Canadian governments. John has trained and qualified in family constellations facilitation with Barbara Morgan.



Kate is a writer and founder of Writing Time, a service for groups and individuals to explore their world – both inner and outer – through creative writing. She has an MSc in Creative Writing for Therapeutic Purposes (CWTP) from Metanoia, the psychotherapy training institute. Her website is

www.writingtimewithkatepawsey.weebly.com A recent interview with the Cardiff Review is at <http://goo.gl/urr4qC>