

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 as well as through representations of parts of ourselves. 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 rather than full individual constellations. This allows for the maximum involvement for everyone and for a better flow between the two ways of working. It will also 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. 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.

SUNDAY March 25th 2018 from 10 to 5

**Broughton Gifford Village Hall, SN12 8PN
Wiltshire, UK**

For a booking form and more information please contact Kate

**writingtimewithkatepawsey@gmail.com 01225 862030
or download a booking form directly from the 'events' page of her
website www.writingtimewithkatepawsey.weebly.com**

Please scroll down for information about the workshop leaders and to read what others have said about previous Kindling the Soul workshops



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>

Feedback received from previous participants of our Kindling the Soul workshops:

'Had the most magical, empowering and beautiful Saturday with writers at Kindling the Soul, a brilliant workshop combining the practices of family constellations and creative writing with KP & JW. Had meetings with my creativity, my blocks and my heart and loved the experience of wild, powerful words exploding unfiltered onto the page. I know that there are more words that will burst through in the coming days, weeks, months. Thanks to Kate and John for so skillfully facilitating a fabulous session. It was a pleasure to be in the presence of such excellence.' *AP*

'I do a lot of constellation workshops and until now very few creative writing workshops. I think they go well together. Please do more.' *Richard Grey*

'I had a thoroughly enjoyable, meaningful and memorable shared experience at the Kindling the Soul 2 workshop. The group was beautifully and gently held and the venue perfect.' *Cat Godwin*.

'The workshop was wonderful. I was expecting more family constellations but what we did was not a disappointment, just different. I can't remember feeling so safe in a group, of mostly unknowns, for a very long time and that was down mostly to your excellent facilitation. You were very clear, real, organised, gentle yet pretty challenging, in a very good way. The 2 aspects of the day really worked together. In advance I had no idea how that would happen. Having rarely written in this way I was amazed at how much I enjoyed all of it. Have a feeling this kind of writing will play an important part in my life from now on.' *Sylvia Tate*

'I like the way you work together as facilitators. I think the constellation with the poem was a fascinating piece of work. More of that! In the creative writing sessions, I really appreciated the way that Kate listened so intently and asked questions that prompted further reflections.'
AP

Wild Geese – a poem by Mary Oliver

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting –
over and over announcing your place
in the family of things.