

Jung North West

The Society of Analytical Psychology
invites you to the second of its innovative, residential weekends
based in Grasmere, Lake District, U.K.

‘Jung in the Lakes: Dreaming and Dream States’

Friday tea-time March 22nd through to Sunday lunch March 24th 2019

Lake View Country House, Lake View Drive, Grasmere, LA22 9TD

Surrounded by the evocative landscape of the Lake poets, the Society of Analytical Psychology is providing an opportunity to explore the ideas of C. G. Jung. Over the course of a weekend, based at the heart of the Lake District National Park, our experiential courses aim to plumb the depths of core Jungian concepts.

In March 2019, our focus will be on a Jungian approach to dreaming and dream states. With illustrations from clinical work and personal experience, we will be exploring the meaning of dreams in the context of dreamers' lives, as well as working with dream symbols, active imagination and dream amplification. To allow the experience to be further digested and personalized, we will be providing facilitated reflective learning groups, social dreaming workshops, and an opportunity to walk with others in the Lakeland fells. Numbers of participants are strictly limited to provide an in-depth experience.



The Lake District National Park is a newly appointed World Heritage Site. It enjoys a unique place and meaning amongst the population of the British Isles and beyond. With breath-taking beauty and a rich Romantic poetic history, Grasmere in particular has an unparalleled ability to provide an excellent retreat location for Jungian courses.

For a more detailed idea of the programme, topics and speakers, and for the application form for March 2019, please see the information below.

Please email the completed form to our host Roselyn Abbott at: info@jungnorthwest.uk

Completion Certificate: each weekend provides 12 hours towards continuing professional development for clinicians in the helping professions. A minimum attendance of 80% is required to receive a course completion certificate.

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Jung North West provides modular weekends that can be attended independently of one another. To a limited extent, weekends include concepts referring to and building upon ideas elucidated within other weekends. Where necessary, suitable background reading can be recommended.

Proposed weekend schedule

Friday March 22nd 2019:

- Windermere train station: Shared shuttle via taxi to Grasmere
- 4pm Lake View: Tea & cake
- 4.30-7pm Lake View: **Session A ‘Dreams and active imagination’**
- 7.30pm The Good Sport: Dinner

Saturday:

- 7.30am The Good Sport: Breakfast
- 8-9am Lake View: **Social Dreaming**
- 9-9.30am Lake View: Coffee & cookies
- 9.30-12 noon Lake View: **Session B ‘The dreaming mind’**
- 12 noon Lake View: Lunch
- 1-4pm from Lake View: **Group walk, visit to Dove Cottage/Wordsworth Museum/Rydal Mount or individual reflective time.** Please come equipped with outdoor/walking clothing.
- 4pm Lake View: Tea & cake
- 4.30-7pm Lake View: **Session C ‘Can you have a dream without a dreamer?’**
- 7.30pm The Good Sport: Dinner

Sunday:

- 7.30am The Good Sport: Breakfast
- 8-9am Lake View: **Social Dreaming**
- 9-9.30am Lake View: Coffee & cookies
- 9.30-12 noon Lake View: **Session D ‘Dreaming together’**
- 12 noon Lake View: Lunch
- 1-1.50pm Lake View: **Plenary group - Weekend reflections**
- 2pm & 3pm Lake View: Shared shuttle via taxi to Windermere train station

Each of sessions A-D comprises a seminar of 60 mins, a short break of 10 mins followed by facilitated group discussion for 1 hr 20mins.

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The Society of Analytical Psychology

1 Daleham Gardens, London NW3 5BY

020 7435 7696

<https://www.thesap.org.uk/>

The following people will be involved in this weekend: speakers Jan Wiener and Susanna Wright, and group facilitators Roselyn Abbott (host) and Joan Fogel.

Jan Wiener is a supervising and training analyst for the Society of Analytical Psychology, the British Psychotherapy Foundation and the Westminster Pastoral Foundation. She is Director of Training at the Society of Analytical Psychology in London. Jan was Vice President of the International Association for Analytical Psychology (IAAP) from 2010 until 2013, with special responsibility for IAAP Developing Groups in Analytical Psychology in different parts of the world. She is author of chapters and papers on topics such as ethics, training, supervision and transference. She has published four books. The most recent, edited together with Catherine Crowther, is *From Tradition to Innovation: Jungian Analysts Working in Different Cultural Settings*, published in 2015 by Spring Journal Books.



Susanna Wright is a supervising and training analyst for the Society of Analytical Psychology, the British Psychotherapy Foundation and the Westminster Pastoral Foundation. She worked for several years as an analyst for trainees of the International Association of Analytical Psychology in St Petersburg and has very recently retired from a 5-year term as Co-editor in Chief of the *Journal of Analytical Psychology*, for which she organised conferences in Berlin, London and New York. She holds an MA in the psychodynamics of organisations and has worked in organisational consultancy, as well as lecturing and teaching on clinical training programmes in the UK and overseas. Susanna works mainly in private practice in London and Kendal.



Roselyn Abbott is the Diversity Officer for the SAP, a Jungian Analyst, a member of the Group Analytic Society International and the British Association for Psychoanalytic and Psychodynamic Supervision. Ros is also a registered Mentalization Based Treatment Practitioner. She has extensive experience working as a Psychotherapist, Supervisor and Group Analyst within the NHS including forensic services, specialising in working with women and personality disorders. Ros holds an MA in Intercultural and Group Therapy, and currently works in private practice as a Jungian Analyst and Group Analyst. Within the SAP, Ros provides group-analytic reflective practice for SAP analytic trainees. Until recently she was the editor of the Film & Culture section of the *Journal of Analytical Psychology*.



Joan Fogel is a group-analytic psychotherapist and accredited Balint leader. She is a member of the Foundation for Psychotherapy and Counselling, the UK Council for Psychotherapy and the Balint Society, and is an organising member of the Group Analytic Society International (GASI). After leaving the NHS, she has a private practice for individuals and groups. She is a tutor and group conductor on a psychotherapy training and provides reflective practice groups for staff in a variety of settings. She co-leads a Balint group for GPs and another for educators.



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<http://www.lakeview-grasmere.com/> <https://www.facebook.com/lakeviewgrasmere/>

Places are limited to at most 14 attendees each weekend. When attendees are not able to be resident at Lake View Country House, alternative accommodation, just a few minutes away, can be recommended (see below).

All fees are payable in full at the time of booking. Full board includes refreshments, breakfast (Sat & Sun), lunch (Sat & Sun) & two-course dinner (Fri & Sat). Due to the nature of the event, for residents at Lake View Country House it is not possible for friends or family to share a hotel room unless they are also course attendees. Course participants and course staff use the indoor and outdoor facilities of Lake View Country House Ltd at their own risk.

Taxi shuttle service from/to Windermere railway station – add £15/person. This is an approximate cost and final taxi costs will be sorted out on the weekend.

Lake View Country House: All rooms are en-suite. ‘Fellside’, one of the king-size rooms, is a **suite** consisting of a bathroom, a king-size bedroom and a separate sitting room with a single sofa bed. Hence this room is suitable for sharing. **Course, Full Board & Accommodation:**

Option 1: one person in a king-sized room - £475

Option 2: two people sharing ‘Fellside’ suite - £395/person

Overflow accommodation (once accommodation at Lake View is full, we can direct you to guesthouses which are typically about 10 mins walk from Lake View Country House). Room-only, sole occupancy accommodation can be provided; prices depend on the size of the room. Attendees are responsible for booking and paying separately for their own alternative accommodation. When booking please mention that you are attending the retreat weekend at Lake View.

Course & Full Board - £300 plus 2 nights room only accommodation

Non-resident, local attendees:

Course & full board - £300

Course & part board (excludes breakfast & Sat/Sun dinner) - £255

Booking conditions:

We reserve the right to change a speaker at one of our events without offering a refund. Regrettably, refunds cannot be given in any circumstances except as follows:

If you cancel in writing to info@mindmatters-therapy.co.uk 60 days before the first date of the event you have booked, you will be entitled to a 100% refund.

If you cancel in writing to info@mindmatters-therapy.co.uk 30 days before the first date of the event you have booked, you will be entitled to a 50% refund.

Cancellations do not apply to parts of an event. You may give your place to another person if you let us know that person's name at least 72 hours before the event begins. If one roommate cancels a shared room and you are not able to find another roommate, the remaining person in that room will be liable for the full fees for that room as if it were booked for one person.

We reserve the right to ask a participant to leave the course if deemed in the best interest of the participant or the course. In such a case, outstanding fees would be refunded.



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Confidential application & booking form

Your details

Title:

First Name:

Surname:

Address:

Postcode:

Phone:

Mobile:

Email:

Gender identity:

Date of birth:

Accessibility/dietary needs:

Please let us know how you heard about this SAP weekend:

Please note that the SAP endeavours to ensure that its activities are accessible to all potential participants. At Lake View Country House, seminars and groups take place in a geodesic dome in the orchard. Access to the door of the dome and to the front of Lake View Country House is currently by a step but this can be altered by a temporary ramp. Unfortunately, we do not have a hearing loop. Course participants and course staff use the indoor and outdoor facilities of Lake View Country House Ltd at their own risk.

N.B. It can rain or be windy at times in the Lake District. Please come prepared with suitable walking / outdoor clothing, with suitable walking boots.



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To help us form balanced discussion groups, please respond to the following questions:

1. Please explain briefly what you are hoping for from the weekend(s):
2. Are you currently or have you previously attended personal counselling or psychotherapy?
3. Please describe your current occupation or employment (whether paid or voluntary):
4. These weekends are mainly designed for those in the helping professions. If this is not or has not been your career, please briefly describe your interest in these weekends:
5. Please briefly list your main qualifications, professional training, other relevant learning experience, and any professional clinical experience (e.g. in the mental health field):

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March 2019 weekend: please indicate preferences by checking options below

Taxi transfer (from/to Windermere train station) £15

Options for resident attendees

Residential King size option 1 (not sharing)
Course, Full Board & Accommodation £475

Residential King size option 2 (sharing 'Fellside')
Course, Full Board & Accommodation £395

If Residential option 2 is chosen, please give the full name of the person with whom you are sharing (each needs to complete an application form):

Options for non-resident attendees

Course & full board (including early breakfast) £300

Course & part board (includes lunch, excludes early breakfast and dinner) £255

Total fee £

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Agreement:

The ongoing series of training weekends provided by the SAP in Grasmere aims to facilitate a deeper knowledge and understanding of Jungian and post-Jungian concepts and therapeutic practice. This means neither the training weekends nor the whole series are a form of treatment nor a therapeutic intervention.

I agree to the SAP using the information I have provided to process my application and for statistical purposes. Other than basic contact details, the SAP will not store this information beyond the relevant training weekends.

I give permission for the SAP to send me information about other relevant SAP training events (*please delete this sentence if not wanted*).

Signature: Date:

(please note that a typed signature is acceptable)

Please email your completed form to your host Roselyn Abbott at info@jungnorthwest.uk

To liaise between you, the hotel and the SAP, Ros will phone or email you to discuss and agree your preferences regarding the availability of a place on the course, and (where relevant) your accommodation, accessibility needs etc. Once agreed, Ros will invoice you on behalf of the SAP, and provide you with a **booking reference**.

Your place on a weekend is booked only once the SAP has received your payment in full. In the case of a shared room, booking depends on our receipt of both forms and both payments in full.

Once your booking is confirmed, Ros will email you a receipt on behalf of the SAP. CPD certificates are provided by email by the SAP after each training weekend.

You can pay:

- By bank transfer to the SAP:
HSBC, Sort code: 40-03-02, Account number: 71384686
Payment reference: **JungNW/booking reference**
- By sending a cheque payable to the SAP, with your **JungNW/booking reference number** written on the back of the cheque, along with a paper copy of your completed form to:
Public Events Administrator, Society of Analytical Psychology
1 Daleham Gardens, London NW3 5BY
- Any problems with payment? Please email or phone Eileen Egan, Finance Administrator at the SAP (eileen@thesap.org.uk, 020 7419 8898)