



United Kingdom Association for Psychotherapy Integration

Workshop

Facing the challenge of living in time: Our relationship to time and how its challenges emerge within psychotherapy

Presented by **Sue Wright**

Date: Saturday 6 April 2019

Venue: NCVO London

This one-day workshop is an interactive opportunity to discuss becoming more observant of and curious about our personal relationship to time and that of clients, and how the two interlock. To have a greater appreciation of how the existential challenges of living in time are connected to the issues people bring to therapy and how they might be addressed.



The workshop is facilitated by **Sue Wright**. Sue is currently engaged in research and writing on time, identity and meaning. She was drawn to the subject because of knowing how she can get caught up in the dysregulating stress of trying to juggle time pressures, make time or fill time, and because of life events that highlight the finitude of our lives and keep prompting the question: "how best do we use the time we have?" Sue works privately as a psychotherapist, supervisor and trainer.

Her trainings in Integrative Psychotherapy at Metanoia, Psychodynamic work, Sensorimotor Psychotherapy, Dance Movement Therapy and the Feldenkrais Method all inform her work and she has particular expertise as a trauma therapist. Sue draws on these trainings as well as Relational Psychotherapy, contemporary neuroscience and Attachment Theory in order to integrate mind, body and emotions and facilitate healing and change. Sue has published a number of articles and her book *Dancing Between Hope and Despair: Trauma, Attachment and the Therapeutic Relationship* was published by Palgrave in 2016.

Workshop Application Form

Please print clearly.

Name:

Address:

Postcode:

Telephone Number:

E- mail Address:

Dietary requirements:

Other requirements:

Please send me details of access

Registration Fees:

Inclusive of lunch and coffee/tea. Please tick **one** option

Early Booking Fee (until September **25th March 2019**)

- Student/Trainee members: £83
- UKAPI members: £105
- Non-members: £120

Standard Booking Fee (from **25th March 2019**)

- Student/Trainee members: £98
- UKAPI members: £120
- Non-members: £135

Payment

Please make payment in sterling by one of the following means:

Make an interbank transfer to:

Sort Code: 40-04-37, A/c No: 71802461, A/c Name UKAPI

BIC or **SWIFT** MIDLGB22 **IBAN** GB56MIDL40043771802461

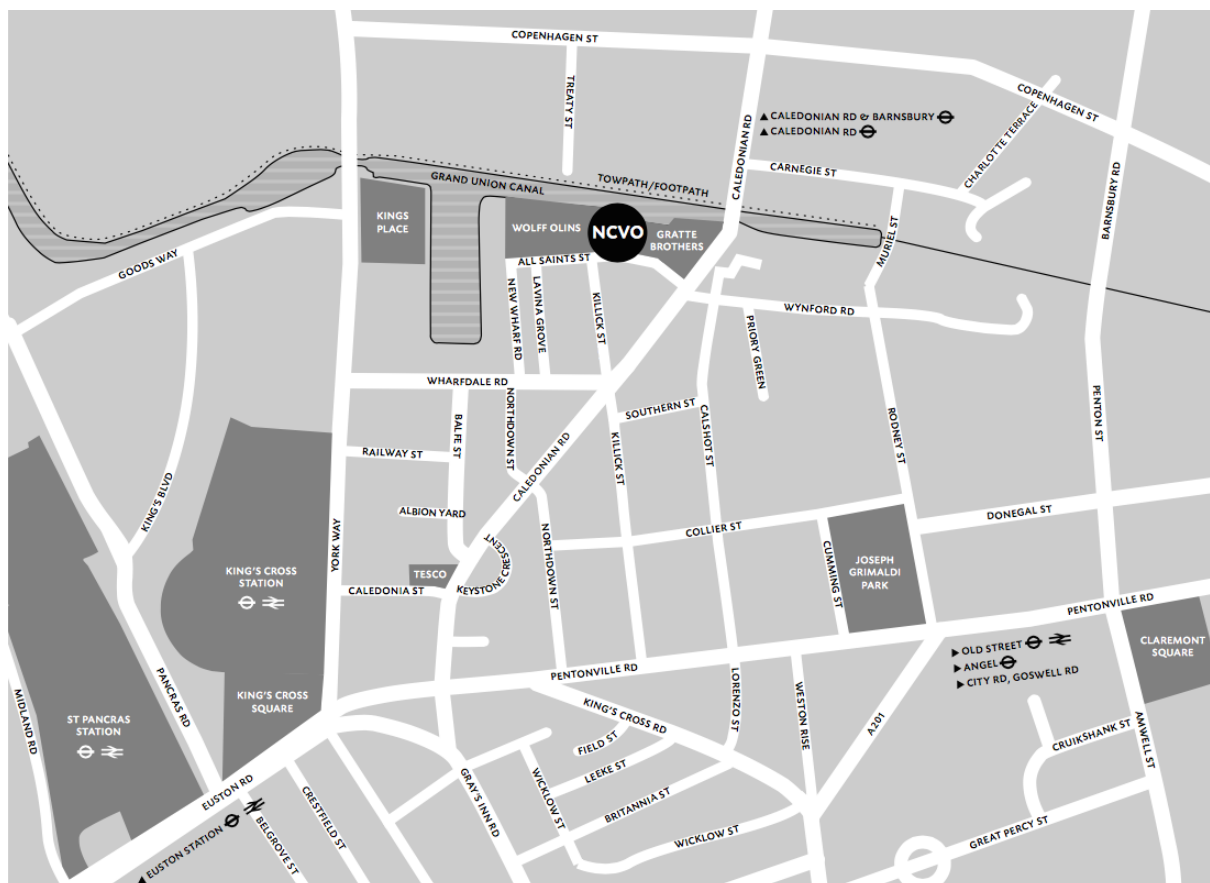
If you make an interbank transfer or international transfer it is essential that you put a reference with your name AND email to membership@ukapi.com with confirmation that you have done so.

Send a cheque for the appropriate amount (payable to UKAPI)

Post To: Collette Colver, 12 Haddon Street, Nottingham, NG5 2HN UK.
Email and enquiries to: membership@ukapi.com

Directions

National Council for Voluntary Organisations, 8 All Saints Street, London, N1 9RL



Timings

Registration and coffee 9.30am, the workshop will be from 10 am to 5pm.