



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:** National Council for Voluntary Organisations, N1 9RL

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?"**



#### **Learning outcomes:**

- To become more observant of and curious about our personal relationship to time and that of our 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 we might address them.

#### **About the facilitator:**

**Sue Wright** 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.

For further information and to book please visit [www.ukapi.com](http://www.ukapi.com) or contact [collette@ukpi.com](mailto:collette@ukpi.com).

*Images courtesy of Sue Wright.*