



A Two days Workshop for mental Health Professionals on Psychodynamic Psychotherapy, Jungian Psychology and Sand play Therapy

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Day 1: Will my Psychotherapy patient stay? Assessing the ability to use Psychodynamic Psychotherapy

AIMS: Assessment of ability to use Psychodynamic Therapy; Assessing motivation; Developing tools to educate patients and Referrers about undertaking Psychodynamic Therapy so as to engage patients most likely to benefit from the method. Understanding Typology and its role in the therapeutic relationship.

Day 2: Initiation And Individuation in Psychological growth and clinical Practice

Since time immemorial, the transitions from one particular stage of, or position in, life to another have always been accompanied by rituals. The complexity of these ritual ceremonies tell us about the breadth and depth of the ritual container that is necessary when psychic energy must be diverted from acquired habit into new and unaccustomed activity. In most societies these rituals of initiation are disappearing. Jung recognised that the symbols of initiation can occur spontaneously in the psyche when it is necessary to move from one . psychological stage to another. He proposed that Depth Psychology is now the most likely available container for for initiation in individuals. Initiation also marks specific stages in the Individuation process. In this workshop we will study Psychological Initiation and Individuation:

- How Psychological Initiation differs from cultural initiations.
- What are the necessary ingredients in therapist and client for initiation to take place.
- How to recognise images of initiation in outer life, dreams and sandplay images
- What happens when the therapist does not recognise psyche's movement towards initiation

- How to work with the process of initiation and its place in Individuation Study clinical cases of failed initiation and in which the client successfully underwent initiation and the specific work of Individuation that followed this process.
- What steps are involved in the process of Individuation and what is its purpose.

Tutor: *Dr Alex Esterhuyzen worked as a Consultant Psychiatrist specialized in Psychotherapy and was Honorary Senior Lecturer for the University of London at St. George's Hospital Medical School London for many years. He is a Senior Jungian Analyst (IAAP) with the Independent Group of Analytical Psychologists in London and the Hong Kong Institute of Analytical Psychology. He is also a visiting Professor at Kyoto University and has taught and supervised on many international projects in Psychotherapy, Analytical Psychology and in Sand play Therapy. He is a professional member of the Psychoanalytic Section of the United Kingdom Council of Psychotherapy and a UKCP accredited Supervisor. He is currently in private practice in Kowloon, Hong Kong. (contact: depthpsych1@gmail.com)*



You can avail our 2 days workshop with lunches included for only 2,700 HKD and our 1 day workshop with Lunch for 1,500 HKD.

Please click the link below to book your place (if necessary copy and paste the link into your browser)

https://docs.google.com/forms/d/e/1FAIpQLScUwvZa4yXKdyQaTkht5ks4MPBgDl-fqGSHBoaKUj-2-AiRiw/viewform?usp=pp_url

VENUE:

Ching Tam Center near Kam Sheung Road MTR Station.

It is a pleasant retreat centre with excellent facilities and a peaceful, interesting garden.

The environment provide a perfect setting for learning and reflection. Meals are home cook using local organic ingredients. Overnight accommodation is also available on request.

