



PABC

Professional Association
of Biographical Counsellors

Newsletter SPRING 2017

For you who will to work with those
 who guide the future of mankind
 bring forth spirit potential within
 yourself
 and so achieve the power to awaken
 dormant faculties in others.
 Cultivate the seed points;
 Foster forces of development;
 Learn to recognise that which is of
 the future.

Rudolf Steiner

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Welcome to our second Newsletter. We are delighted to bring you a rich and diverse range of contributions from our members in the UK and abroad.

Now in its seventh year, the PABC is finding its feet and ground in a changing landscape. With The Biography and Social Development Trust closed, and the Diploma Course in Biographical Counselling not running, we feel it is doubly important for Biographical counsellors in the UK and in other countries to share and support each other towards the future. In December last year many members spoke of their wish for the PABC to continue being the 'hub' for our profession, and to develop its two branches of Biographical Counseling and Biography Work. Another essential aspect of PABC is reaching out to colleagues in adjacent therapeutic fields of Anthroposophic Psychotherapy, including medicine and therapeutic communities. Looking at the wider professional field it is very clear that our methods, our understanding of a human being and the current world material and spiritual, and our skills are very much required and appreciated.

We open this issue with Carine Biessels sharing about her carrying an important project in a University in Germany, now a long awaited meeting place for Biographical Counseling, Biography Work, Psychology and Medicine.

This year PABC is facing a lot of development challenges, which requires us in becoming more conscious and responsible, both for our individual professional path and for the one we walk together as an Association. Initiatives and seeing them through, listening to the needs of our times and also to the voices and abilities in our community – we hope this Newsletter reflects this process.

For the next Newsletter we need one or two people who would like to be part of it, to plan the issue and collect contributions. Please email us with your suggestions.

With warm wishes, PABC Newsletter Team

Biographical Counselling in the University Witten Herdecke, Germany

CARINE BIESSELS

In spring 2015 I was contracted by the psychology department as a Biographical Counsellor. A double role, as I started to study medicine at the same time, and a big blessing, to be able to stay active in my profession. The individual sessions enable the students to get to know Biography work as a method whilst having the space for their own life situation and inner development. Ulrich Weger, Biographical Counsellor and then leader of the Psychology department, created this project at the University.

I met my colleague Andrea Körsgen and it was as if we had known each other for years. Soon she shared her wish to start also a course, since I had closed mine in Emerson College with a heavy heart this was wonderful. Through co-organising Worldwide Biography Conferences and a worldwide conference for young medics and therapists in Dornach, I had good contacts and thus with the good will of the German Biography Work Association and the Medical Section our proposal was given to the Anthroposophic Department of the university, the IBAM/P. Coincidentally they had been thinking about Biography Work for years! One said: "A doctor does Biography Work all the time, but we are not trained for it." We could start immediately with full budget.

The course consists of 7 short weekends with a closing weekend in addition created out of the student's projects.

Participants are psychology or medical students, who can receive a certificate enabling using Biography work under the umbrella of their own profession as an extra method or working together with a Biography worker, knowing the method intimately. Thus we hope to increase work spaces by awareness and not competition to full trained Biography Workers.

The students love it, a missing link between head studies and heart experiences. Now 3 courses started with about 20 students each and over 90 students had individual sessions.



Feedback comes from unexpected corners: in the official closing interview of the Bachelor degree in Psychology the students are asked what they have found the best of their studies, one said enthusiastically: "the Biography Work!"

The individual sessions are often the first meeting with anthroposophy and this leaves a very positive ripple in their professional development.

Most come for the offered 5 sessions. They experience a method that is truly human and, using a word they love, authentic. Several students come back, often they have no parental support or had life threatening experiences. That is striking. For them studying medicine or psychology has been a life's choice with biographical reasons. Extreme times, like exams or conflicts, become points in their life where life is extra tough. Here the work feels sacred, working towards healing and nursing wounds, knowing that this might one day become organs of therapeutic perception. The picture of the oyster and the pearl, or speaking of soul wounds that need care just like physical wounds, fit so well.

Also a powerful point, next to the classic question of how youth has been and what kind of doctor/psychotherapist they truly want to become, is the work on loving themselves. This deep meeting of their own I, their human worth. It is strange, but in our society (especially here, in Germany, achievements are part of the entrance exam!) this seems to be lost. We love the whole world and aim to be good people, but how hard it is to also include ourselves in that?

The course provides basics in Biography Work, speaking and listening skills. For example: How did anthroposophic Biography Work develop? Is Biography Work therapeutic? Naturally also: the seven year rhythms and the potential mirroring and transforming of our experiences, life as a path of inner development, the planetary qualities in speaking and listening and the professional framework of biography are covered.



In January 2018 the first group will complete. It is exciting to see how the spark continues, to bring Biography work, the awareness of the human I and its development, to the future doctors and psychotherapists and to co-create with them how these professions can work together. This is a hot topic in Germany! Biography work is ignored in therapeutic worlds. (The word counselling has no meaning here) Writing this report, I realised a remarkable coincidence: in the same days we send off our course-proposal, I coincidentally also became a co-carrier in Michaela Glöckler's postgraduate course (also 7 weekends) in medical-therapeutic Biography Work. It is exactly the counter part, looking not at the basics, but at the extreme specifics of

Biography Work - Biographical Counselling: Trauma or shock in early biography, it's epigenetic influences working into our constitution and the many illnesses that can be traced back to an outer event using a biographic chart for example. Both sides are part of the same impulse: bridging Biographical Counselling with the medical world.

A student created a podcast of the project (in German): www.gesundheitsentfaltung.de/podcasts/ (Podcast 5)

More about the university can be found at www.uni-wh.de

Rebuilding Houses in Nepal

HAREL GAFNI AND RUNA

We embarked on this process as a long workshop-journey and as a social initiative. The preparations we had as a group, meetings where we got to know each other in a deep way, learning to find a broader common aim were a very important part of the process. This awareness that we cultivated contributed to a great and successful journey.

We travelled from Norway to Chhatre Deurali in early February, met our local friends and built not only a new house, but also our amazing team. We worked hard, slept well, laughed often and become a little bit more Nepali every day :)

We had tools and the basic materials for earth-bag-building, layer by layer, on a narrow strip of land on a slope. Meeting the family for whom we were building the house was a real motivation. They had been chosen for this project by the villagers. They belonged to a low caste, with low income and no family to support them and with no prospect of ever building.

Local farmers, an electrician and many people gave their time. Some came for an hour, some for a day or three or more. Some came with chai (milk-tea) and cookies or invited us for a delicious dinner. Others were just observing from the road above. But our best ambassadors were the children. They came before and after school. They loved being part of our team, teaching us

Nepali songs, learning Norwegian words and discovering a world of different cultures. Every evening around 5pm we all gathered to round off the day, share some experiences, insights, thoughts and songs. We sang and danced to songs from different corners of the world and the group grew bigger every day.

It would be wrong to say that everything went smoothly. There were many challenges, like being met with expectations of pouring out money. Having to use materials that were shorter or thinner than what we'd ordered, or having a rather different relation to time frames and agreements. Yet, due to our clear focus, team-spirit difficulties could be creatively transformed, which every time sharpened the focus of our key-values.

Sustainable agriculture was our entry into Chhatre Deurali last year introducing the vitalizing methods of Biodynamics. It became clear they all began applying some of the methods and stopped using artificial fertilizers, although it was hard to network and market their vegetables for a fair price. Building bridges between people in Nepal who care about their environment and sustainability has been essential to us.

On our last day we had a celebration in the new house. Many people joined and the finished work on the house was done by the villagers themselves. Could it be that this is a new seed already sprouting? In a culture where the caste system and old traditions are bound to life, we experienced the results as a real miracle.

With warm and heartfelt thanks for supporting and believing in us, on behalf the group, <https://buildingtogether.causevox.com/> To read the longer version of this article please see <http://buildingtogether.causevox.com/blog/namaste-wonderful-supporters-friends-and-family-of-the-world-enter-a-title>

Harel is a Biographical Counsellor, Biography Worker and biodynamic gardener in a Camphill in Norway.



Biographical Counselling and Biography work in Rudolf Steiner House in London

JULIA DVINSKAYA



Participants work

Rudolf Steiner House has a new Therapy and Wellness Centre. I am glad to have been invited to offer Biographical counselling as part of its service. The group of therapists currently working there include; Anna Van Zelderen (Rhythmical Massage and Physiotherapy), Anniek Verholt (Art Therapist), John Lees (Psychotherapist), Drs. Peter Gruenewald and Jenny Josephson (Anthroposophical Doctors), Weleda product advisors and, hopefully, a Eurythmy Therapist.

The Centre is on the second floor, securely tucked away behind two doors; it is one room, which has been lovingly painted and furnished, although still awaiting curtains and art work. I have been seeing a few clients a week since February this year and hope that the Centre will become a strong hub for therapists wanting to create a Therapeuticum—in the real sense of this word—a community of professionals providing comprehensive care and help to people in need. This community has not been formed at the moment which, to me, is worrying. One of the reasons for this, is that this initiative has been brought into being by the British Anthroposophical Society (from the top down so to speak) and is somehow lacking a sense of clear mutual purpose. This will require strong efforts from the Therapists to form working relationships, create time to form meetings for case discussions, study groups and for spiritual

work. At the moment we are preparing a brochure describing our work in order to position this in the right direction. I am aware more effort will be required in order to make this Centre the place where people can find their much needed help and, I am prepared to work for it. In any case it is wonderful that our profession as Biographical Counsellors is an integral part of this developing service.

Biography Work in Rudolf Steiner House

For the past three years Biography work has been more present in Rudolf Steiner House. Different aspects of biography work have been the topics of both Tuesday and Friday talks. Jane Chase recently spoke about life phases and tasks to a group of 20-30 year olds. I too had a chance to introduce questions of karma and consciousness within the biography archetype, and also challenges of anxiety. This spring I ran a biography group for a third year running where, in a group of eight, we did some good work around 'Life Questions—How to work with the present, the past and the future'.

There is a strong sense of interest in this work amongst both those who have met anthroposophy and those who are not familiar with it. This makes working with these biography groups very special.

Announcement: Self and Society An International Journal for Humanistic Psychology

Volume 45, 2017 was published online this April.

The whole issue is dedicated to how Steiner's work influenced the development of psychotherapy, counselling and their social aspects. Editors: Richard House and John Lees.

In the issue we have two articles written by the PABC members: 'Biographical Counselling: attending to experience, awakening to destiny' by Margli Matthews and, 'Understanding anxiety and working with anxiety in Biographical Counselling' by Julia Dvinskaya.

Other articles include; 'Addressing materialism and illusionism in Anthroposophic Psychotherapy' by Henriette Dekkers-Appel and John Lees; 'Love and hate as soul phenomena', by David Tresemer; 'The man who did not wish to come to Earth': a case study, by Caroline Barnes, and also contributions from Robert Sardello, Richard House and others. The whole publication is a great step towards making our work known and being part of professional discussion. It is an encouragement to us to write and publish more.

Some hard copies of the issue will be available to buy for our members and friends. Please contact PABC on pabc@mail.com

Exploring Counselling by Email

SALLY ST CLAIR

Two months ago I was contacted by a client who I'd seen two years ago. I was sad to have to reply, no, sorry, I've moved to Spain. Just as I was about to hit 'send' something stopped me. I thought, I know this person well, and I want to continue to be a counsellor . . . can I be available in another way? I'd never heard of email counselling. But to my astonishment I discovered that it's well established and there are many advantages.

So I invited my client to participate in a learning experiment. I suggested six sessions, each consisting of one email and my reply. I said I wouldn't limit the length of either, as this was a new venture. I didn't know what would be appropriate. I suggested that the client's email could be a stream of consciousness, a weekly resume, or an ongoing journal. No charge, because I would be a student again.

I felt shaky when I saw the first email in the

new account I'd set up. I read it. And read it. And read it. I realised a disadvantage. I'd already spent an hour on the first session, not that my client knew that; how long was it going to take me to answer it? I felt overwhelmed.

That first email took me another three hours to answer. I covered every point, discussing and suggesting continually. I reread my email. It felt great! I decided I would let it rest overnight. The next day I reread it, Not so great. Needed tweaking . . . rereading and the tweaking put it in the forefront of my consciousness. Then I thought about how I'd learnt to listen and respond in my training; about boundaries and not taking my work home.

Over six sessions I re-learned how to respond. I remembered to listen to my gut as well as my head, that I didn't have to research everything. I found I didn't have to do much more than reflect on what I'd

read; perhaps to 'gather' themes. In fact I discovered that when I stopped trying to cover all bases my client was happier with my response.

After I sent my last email I felt emptiness and loss. That took me by surprise, and pointed up how much I depended on my clients' response to fulfil me. It's different to the many 'ending' sessions I've experienced face to face. Clients have hugged me, or wept, most expressed gratitude; but it has always been fundamentally a wordless experience.

I am learning another way of saying goodbye, without my body to guide me. No waving, or hugging, no wordless smiles or gazes, just an email shot off into cyberspace.

<http://counsellingresource.com/therapy/service/online-advantages/>

Working with Biography with Groups

GILLIAN BROOKS WITH ADDITION BY MARILYN EDWARDS

It is almost 3 years since I completed the Biographical Counselling training and so the weekend with Margli 'Working with Biography with Groups' was a chance, not only to catch up with old colleagues, but also was a reminder of just how powerful biography work has been in my own life.

I work as a solitary Biographical Counsellor in my place of work, an NHS counselling service, in Halifax in the North of England. No one has heard of Biographical Counselling where I work, but my supervision sessions have been good and my supervisor has asked if I will run a group for herself and her therapist friends. She asked me a year ago and anyone who knows me will appreciate I am not overly confident in groups let alone running one!

I have however now run several training days for six teachers at our local Steiner School in the Calder Valley. However taking this work to a mainstream group seems more of a step! What will they make of the philosophical aspect to the meaning behind such work? When I discussed this with my sister Mas, she said she would like to be involved and could help me with



this aspect of the group work, leaving me to organise the day and artistic/group activities. This is how Mas came to be at the weekend.

The highlights of the weekend for me included the lecture by Margli reminding me of the devotion to the 'Human Life' which we as Biographical Counsellors have. The postcards, as is often the case, appeared to reveal something about myself which was otherwise hidden. I really enjoyed working in my group and seemingly we all three were experiencing similar life frustrations and themes in our individual working lives. My letter to my future self was powerful and the words

rolled from the pen with little thought or effort. 'I don't want to keep holding myself from my true potential' I said to my future. My future told me 'I must have courage to step outside my comfort zone and get working with biography with groups'.

Finally the weekend enabled me to make contact with Biographical Counsellors from previous training years and to share the weekend with 'old friends'.

Marilyn Edwards shares;

As an outsider to counselling and biography work I was drawn to the weekend. I felt very at home the whole weekend and the activities, talks and sharing of experience sat with me well. I felt welcome and included by Margli and the group. I am looking forward to doing the workshops with Gilly, whilst at the same time developing my own potential too! Thank you for the opportunity to take part in the weekend.

Working with Groups took place in February this year at Emerson College.

Congratulations to three of our members; Celia, Gillian and Riitta, who have completed a three year training in 'Anthroposophic Psychotherapy, Psychopathology and Psychosomatics'. With thanks to both Gillian and Riitta for sharing their respective experiences with us.

Professional Development Training

GILLIAN RICHARDS

I will always be deeply grateful for the thorough grounding in Biographical Counselling that I experienced during my diploma course and how it prepared me to approach my work - and my life. Yet, the more I counselled clients with brain injuries and other serious physical and mental health conditions, the more I recognised a need to deepen my understanding of anthroposophic and conventional medical/psychotherapeutic approaches. I wanted to strengthen further my capacities to work with body, soul and spirit.

Highlights for me during this two-year part-time training were: bathing in the wisdom of exceptionally experienced practitioners; learning from gifted colleagues through case studies, biographical exercises and informal conversations; taking up the challenge of presenting my own case studies from different angles over time; meeting my thresholds and venturing beyond and celebrating extraordinary insights gained through group exploration of role-play, art, eurythmy and working with the night.

This training has enabled me to 'see further' in terms of possibilities and potential for healing.

Training Course in Anthroposophic Psychotherapy, Psychopathology and Psychosomatics

Nine 4-day interactive seminars and 8 interim seminars

This part-time modular course will take place over three years between 2017 and 2020. It provides a professional psychotherapy post-qualifying training in an anthroposophical approach to psychotherapy. The course aims to extend existing methods of psychotherapy and counselling such as attachment theory in a way which recognizes the complex way in which contemporary life affects our body, soul and spirit. As such, inspired by the work of Steiner, it is integrative, holistic and bio-psycho-social-spiritual in orientation and will extend the training of psychotherapists, counsellors and other psychological therapists who can demonstrate a capacity for postgraduate study and have experience of working with a variety of psychological and physical problems.

The Core Faculty consists of John Lees, Ad Dekker, Henriette Dekkers, and Marah Evans. The core faculty will also be assisted by Dr James Dyson and Tessabella Lovemore.

For more information please contact: fjohnlees@aol.com

RIITTA JUTILA

What has the AnthPsychotherapy (Psychotherapy, Psychosomatics and Psychiatry for children and adults) Training (2014-2016) taught me?

I developed an interest during my biographical training placements (Alheimers Scotland and a Camphill Medical Practice) 2007 to offer counselling for clients with dementia and their significant others. I did my counselling research on that. This led me to work independently with a varied and diverse client group. I built my practice as a Biographical Counsellor, in association with Camphill Trust / Practice; at a service level contract with a local authority, in private practice and as a volunteer in a human rights organization. The skills and content the Anthroposophic Psychotherapy course provided felt like a natural step forward with my clinical client work and inner and outer research and development.

The course was run by very experienced

psychotherapists (a couple), bringing use of their long term clinical experience and knowledge. This was combined and deepened with their well thought out exercises and examples of their client work. It was presented with a significant and profound living quality, clarity and depth. They shared their extensive know how in 'diagnosing human biography on the basis of the anthroposophical understanding of the human being'.

The human biography was taught through growth and abilities developing during the first 21 years. The connection with the twelve senses, organs and biography and the "genetic" and "epigenetic" interrelationship and so on. I learnt about the different developmental laws as a foundation for the later development stages. An awareness of a 'presenting problem' and its possible origin in the clients I meet, leading to further understanding of Psychopathology in daily clinical practice.

I appreciated the richness and fullness of 'living' expertises of the faculty members representing medical, academic, cognitive, psychotherapeutic perceptions based on their long-term research and case material.

International students brought their client work, their environment and cultural aspects and history of their country.

Being able to present and share your own clients and gaining feedback from faculty and other students brought extra spiritual depth and width to my learning of body, soul and spirit. Use of role play in case presentation and the opportunity for spacial dynamics and movement were present among many other complementing and connecting 'offerings' during the course.

Aberdeen, April 2017

The Mental Health Seminar

GILLIAN RICHARDS

This part-time, three year personal and professional development training is aimed at people working in the field of Health and Social Care. It is grounded in anthroposophy but also considers 'mainstream' psychotherapies. Alongside deliberations on key biographical events; organ observation; anxiety; trauma; loss; obsessions and addictions, it includes William Bento's 'cutting edge' work on links between the twelve DSM personality disorders, their physical manifestations and the 12 zodiacal signs.

I completed the Mental Health Seminar last October alongside other counsellors; group facilitators; doctors; teachers and health/social care professionals in Camphill organisations. The training touched me deeply with its warmth of delivery; wisdom; insights and inspirations. It enabled me to experience incarnation of spirit into body in completely new ways. It was joyful to work with a range of colleagues and to experience the Mental Health Seminar's particular constellation of trainers. Dr. James Dyson, Marah Evans, Dr. Michael Evans, Karen Kamp, Tessabella Lovemore (for 2017, previously Melanie Taylor) have worked together for years. Their ease with each other; their authenticity and willingness to work openly, with humility and deep interest, invited us to do likewise.

The Mental Health Seminar is starting again this June, 2017 and there are a few places remaining.

For further information please see www.mentalhealthseminar.org.uk
Contact Karen Kamp, administrator:
Email: mentalhealthseminar@yahoo.com
Tel. (01667) 459343.



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New Seminar planned to start early in 2017



LUCILA MACHADO

I finished the Mental Health Seminar at the same time as Gillian, after three inspirational years. Many of the aspects of the training were familiar to me as I have done other Anthroposophical training, but what stood out for me was the faculty's efforts to bring to the training mainstream, up-to-date scientific research alongside personal development and anthroposophical views of mental health.

Eurythmy was present at every session which enriched our experience of the themes discussed. We followed the story of the Chemical Wedding of Christian Rosenkreutz, witnessing the steps of the hero's

journey in a path of initiation and shared significant moments of our biography in small groups. All this was well taught and well researched, but for me the best of the Mental Health Seminar was the weekend when we did Goethean science observation to study the human skeleton, dentition comparing this with several animal skeletons and dentition.

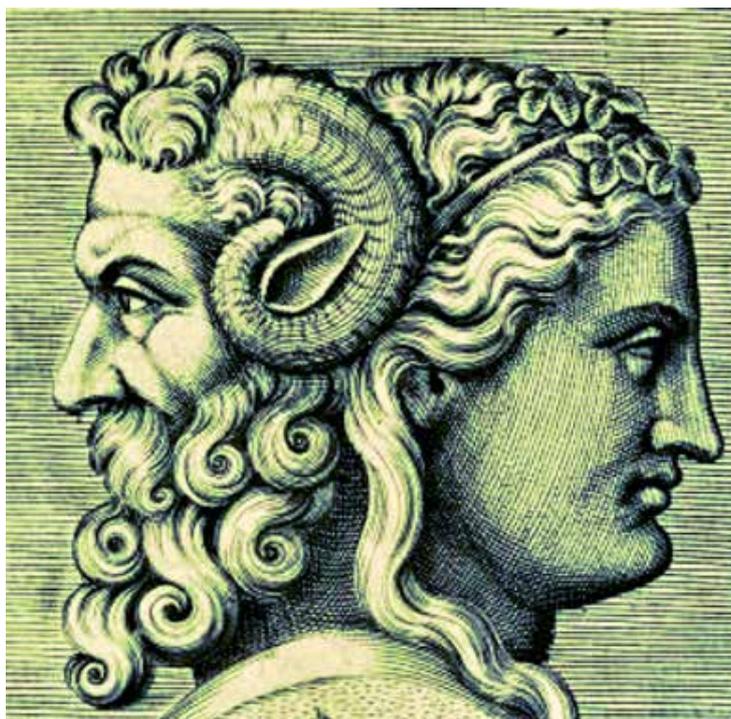
We observed and drew a cat, a horse and a badger skull and their dentitions and then compared this to the human skull and dentition. The conclusion we reached from our drawings and observations brought profound learning that will remain with me always. I learned that although animal

bones show how better adapted and evolved they are and how specialised they became in what they do, making them more efficient than man in every way, they do not have a choice, but do what they are specialised in. Human beings are not so specialised, but they are free. Observing skulls we learned how the human develops in the back of the head (in metaphorical terms the back space is a place of reflection, delayed gratification and waiting) while animals are well developed in the front of their skulls making them quicker to react, but unable to reflect.

That night I dreamt that I lived in a large house in which the whole of the basement was filled with bones!

Biographical Counsellors: Case Study/Seminar Group Meetings Temple Lodge, London

JO BETTS



I love the dark hours of my being.
My mind deepens into them.
There I can find, as in old letters,
the days of my life, already lived,
and held like a legend, and understood.

Then the knowing comes: I can open
to another life that's wide and timeless.
So I am sometimes like a tree
rustling over a gravesite
and making real the dream
of the one its living roots
embrace:
a dream once lost
among the sorrows and songs.

Rilke

January: The waiting room of the year- C.S.Lewis

In ancient Roman religion and myth, Janus is the god of beginnings, gates, transitions, time, doorways, passages, and endings. He is usually depicted as having two faces, since he looks to the future and to the past. Timely indeed for our forth coming journeying with inspired lead, guidance and support from Margli Mathews.

As the seasons and festivals of the year will give us direction and inspiration for all our sessions, meeting in January, Epiphany informed our theme: How do we understand and work with depression and other dark soul moods and experiences, and what is revealed, made manifest in these experiences.

In our first meeting, we each shared a picture of our current practices, the questions and challenges we are meeting and our aims and expectations for our work together. We also reflected and shared our own personal experiences of depression in our biographies.

...enabled us to shift perspectives and deepen reflection. Margli provided us with study material ahead of our meeting; A chapter on Depression from Thomas Moore's book: Care of the Soul. A case study was presented and rich dialogue followed.

Participants: Julie Gibson, Christina Lines, Giovanna Mabanta, Margli Mathews, Jo Betts. We look forward to Celia joining our future meetings.

Invitation to a Journey

JANE MEREDITH

As a Biographical Counsellor I joined the Oasis training so that, as well as counselling on a one to one basis, I could learn to work with a group. Oasis came out of Melanie Taylor's work at Park Attwood and incorporates many of the ideas that biographical counsellors have experienced in their training and practise.

Here in Hereford four of us have become colleagues and friends: Lindsey Garner, Maggie Kingston, Carol Kirk and myself. We have developed our Oasis work over the last six to seven years and are in our fourth year of Oasis journeys. We have seven participants in our latest group and are really enjoying the experience.

We meet for three hours once a week. During that three hours participants share what has been happening during the week, hear a thought for the day from one of the two facilitators, engage with the content and use different artistic activities to help digest what has emerged during the morning. We also drink coffee, laugh a lot and may shed some tears. Very quickly participants meet on a deep level and good friendships are forged. It is so uplifting to see the energy that happens between people when they meet in this space.

The Oasis journey consists of 3 pathways of 12 weeks each and has a strong structure:

The first pathway is biographical. We work for three weeks with each of the different "bodies": physical, etheric, astral and the "I". We always work with the present, past and future of each body. In this pathway we learn about each other and begin to understand the uniqueness and universality of each person.

In the second pathway we work with the Soul Faculties: Thinking, Willing and Feeling. Sometimes we call them the Soul Muscles.

We try to tease out what is meant by thinking, feeling and willing and try to work in different ways with Steiner's exercises. Very often we have to get to grips with our resistance to them!

The third pathway is a Hero's Journey. We find a story and divide it into twelve sections. We tell a part of the story every week and then ask the participants a question that we have drawn out of the tale. We have journeyed together over the last three years with Jumping Mouse, Odysseus and St. Brendan.

We try to keep anthroposophical "jargon" to a minimum and seem to be attracting more people who are not particularly connected to the anthroposophical world. This must be a good thing.

"Awards For All" have funded us, as have a local charity. Participants contribute what they are able to financially and we have been able to pay ourselves some money in the last couple of years.

We would love to see Oasis develop around the country and have met with Melanie in order to sow the seeds for a possible new training. This is such important work and is a way of taking our biographical work out into communities who have such a yearning and need for it. We need more people to take on the challenge..... it is enriching, uplifting, rewarding and creative. It can also be fun.

Perhaps you might be interested in taking this work further or know someone who would love to be involved. If so, please contact me, Jane Meredith:

janemeredith9@gmail.com or 01981 590370.

Oasis
Herefordshire
Exploring the inner
and the outer journey

www.oasis.elysiahealth.org
Personal Development
through small group work

The Oasis journey is
undertaken in a small
group of up to eight
people led by two
trained facilitators.

To apply for the next group
or simply to find out more,
come to our next Open Evening
Contact Lindsey Garner on:

lgarner_@hca@mail.com
01452 261517/
07800 535063
www.oasis.elysiahealth.org

Pathway 2
In this Pathway we look inwards into
the realm of Soul. Why can we be so
resistant to change? And what part do
our defenses play in this? We explore
how we think, act and feel through
simple but challenging exercises.

"The group exercises have helped me to
develop a sense of purpose. The art work
always helps to complete the sessions and
resolves feelings which are sometimes
difficult to put into words, and very often
help me with the aid of the group to
identify feelings."

Report on a talk in Rudolf Steiner House

JANE CHASE



In the Eurythmy Room at Rudolf Steiner House

In March this year I was invited to make a contribution to a series of Thursday evening talks designed specifically to inspire young people with a variety of themes that arise out of Anthroposophy.

The talk took place at Steiner House and was attended by 16 people mostly in their 20's. I firstly gave them an overview with the imagination of life as a whole picture with a sense of something before birth and after death. This was followed with the question how this image might inform their experience of their life within a context i.e., the family they were born into, the culture and the formative experiences of the given early years. It was a general overview asking them to open up to the picture of life having meaning within a spiritual context. I then asked them to pick a postcard to reflect something of where they are now in their life which they shared this with a partner.

Out of this exchange they were invited to write down an anonymous question which I collected. I moved on with the talk to give an overview of the archetypal

life of the 20's and 30's, including the challenges one might meet along the way. I described the road that rises up to meet you at 27/28, and two people spoke out about how it described them perfectly at this point in their life.

I followed on with a second exercise to choose another postcard to think about an image of a future self that they could imagine or wish for. This engendered more talking in the group and opened up thinking about themselves on a developmental path and life as continual growth.

At various points I read out the questions they had written down. Eight questions in a row spoke to a similar theme: 'How do I know what to do next?', 'Am I on the right path?' 'Is what I'm doing the right thing for me?' There were also a series of touching questions: 'Why am I alone at the moment? And; 'how do you cope with the anger you feel against the person you have become'.

I had woven some personal anecdotes into the evening which included

spontaneously talking about the mid-life crisis point, and with great timing I was pointedly asked about what had been my mid-life crisis. After reacting inwardly for a moment that I was going to be completely exposed I answered openly that it had been to do with a struggle of untangling from projections. I felt that this honesty was much appreciated by the group, and one person acknowledged to me after the talk that managing projections was a big thing in his life.

Doing this talk was a gift. I learned so much through doing it and in preparing for it and would encourage anyone else considering doing talks to take the step.

Jane Chase and Pauline Marksteiner are doing a one day workshop in Stroud on the 17th June called Resilient Living.

For more information email jane on janechase29@gmail.com

Your PABC

PABC AGM

Next AGM
 13 May 2017
 10.30 am - 5 pm.
 Venue: Temple
 Lodge,
 Hammersmith,
 London.

PABC MEMBERSHIP

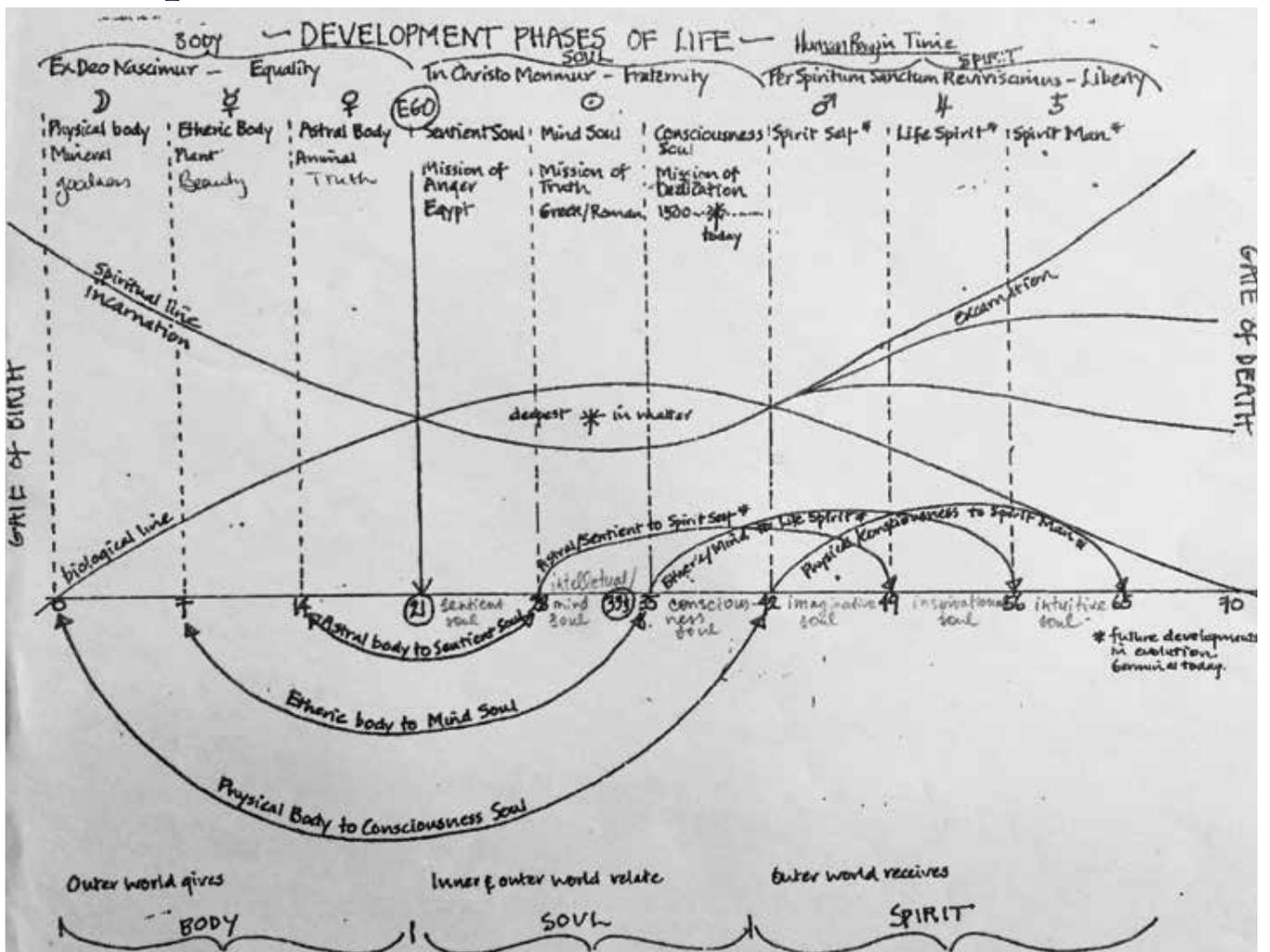
PABC is a professional community of biographical counsellors. We are based in the UK, but we reach out to colleagues in other countries. Our aim is to further develop Biographical Counseling and Biography Work, and to cooperate with other therapeutic and health professions.

Our ongoing activities include peer supervision groups, PABC group on Facebook, workshops and continuing professional development, Newsletter, updating website, supporting research projects and publications. Please contact us to let us know if you would like to join or suggest an initiative.

Your membership to the PABC is a great support to the essential work of continuing to expand and to carry our work together.

Please contact the PABC at pabc@mail.com

Development Phases of Life



DIARY DATES

SATURDAY 13 MAY
PABC AGM
 London, Temple Lodge,
 11am—5.15 pm

FRIDAY 12 - SUNDAY 14 MAY
The Spring Conference of the Medical Section of the School of Spiritual Science
 The Glasshouse College, Stourbridge
 Aimed at bringing together all therapists from across the United Kingdom whose work is inspired by the anthroposophical image of Man and Nature, in health and illness and focusses on the Bridge Lectures by Rudolf Steiner—exploring the connection between Body, Soul and Spirit.
 To include; lectures, group activities, eurythmy, walking in nature and music.
www.ahasc.org.uk

FRIDAY 19 - SATURDAY 20 MAY
Biography Workshop with Christina Lines
 Canterbury
christinalines@hotmail.co.uk

SATURDAY 17 JUNE
Resilient Living
 Exploring inner and outer paths to nourishment and encouragement.
 Pauline Marksteiner and Jane Chase
 Stroud, Gloucestershire
janechase29@gmail.com

SATURDAY 17 - SUNDAY 18 JUNE
Learning to Think Life - A Foundation for Therapy
 A weekend study workshop with Dr. Broder von Laue (as part of a study of workshops)
 Emerson College
www.emerson.org.uk/courses
www.emerson.org.uk/events

WEDNESDAY 14 - SUNDAY 18 JUNE
The Worldwide Biography Conference
 The Gate to the Sun and the Gate to the Moon
 Goetheanum, Dornach
www.biographie-arbeit.org/gb/aktuell.htm

- Gillian Richards and Michaela Alton will be co-facilitating a group exploring the theme 'Crisis-Love-Hope: Strengthening Immunity in a Dangerous World'
- Riitta Jutila, Jaana Tuovinen and Rinke Visser will explore the theme of 'Longevity, Death and Resurrection: Coping with Age, Preparing for Future Incarnations.'
- Ela Kuresevic will present the PABC at the plenum meeting for the International Forums Plenum meeting
www.biographie-arbeit.org/gb/aktuell.htm

28 JUNE 2017
Professional and Personal Development Training in Mental Health
 Psychological Crises, Therapeutic Response and Self Development:
 Twelve Seminars of 4 to 5 days each, spanning three years.
 Emerson College, East Sussex
<http://www.emerson.org.uk/professional-personal-development-training-in-mental-health>

WEDNESDAY 2 - SUNDAY 6 AUGUST
Navigating Chaos Through Uncertainty to Spiritual Resilience. Anthroposophical Society Conference
 Emerson College, East Sussex
www.emerson.org.uk/events

Jane Chase will be contributing to this years confrence offering Biography Work to fit alongside the conference theme.

SATURDAY 26 - SUNDAY 27 AUGUST
Knowledge of Higher Worlds—Decoded
 Spiritual development with Ian Trousdell
 Emerson College, East Sussex
www.emerson.org.uk/courses
www.emerson.org.uk/events

8-9 SEPTEMBER, Temple Lodge, London. Conference and sharing organised by Mercury. The Therapeutic Relationships: Dependency, Destiny and Integrity.
 3 pm on Friday - 5.30 pm Saturday. How do we work with Anthroposophy in our work. Presentations and case studies from counsellors and psychotherapists and discussions. Contact for details: Marah Evans
marah.evans@btinternet.com

SATURDAY 16 & SUNDAY 17 SEPTEMBER
The Study of The Course to Young Doctors - Lectures by Rudolf Steiner.
 Blackthorn Medical Centre
tina.mcgavin@googlemail.com

AUTUMN 2017
Training course in Anthroposophic Psychotherapy, Psychopathology and Psychosomatics
Fjohnlees@aol.com

SATURDAY 30 SEPTEMBER
 Marianne Fry annual lecture - Reclaiming the Heart of Psychotherapy by Nick Totton
 Nick Totton will be presenting powerful ways in which to reclaim the heart of psychotherapy.
 Amanda House, Bristol
<http://mariannefrylectures.co.uk/events/nick-totton-reclaim-heart-psychotherapy>

SATURDAY 11 NOVEMBER
 An informal gathering for the UK's body of Psychotherapists and other therapeutic backgrounds to gather together for an opportunity to share and interact to pool in unconscious wisdom's and imagery. London
<http://homepages.3-c.coop/erthworks/nickevents.html>

FRIDAY 24 NOV - SUNDAY 26 NOVEMBER
Transforming Trauma Jane Chase and Margli Matthews
 This weekend will explore the nature and meaning of trauma in our own lives and in the world today. What challenges and questions do wounding experiences bring and how can we courageously transform these encounters into new faculties of perception? Our work will bring deeper levels of authenticity and empathy into our work and the wider circles of our lives.

24-25 FEBRUARY 2018
Embodied Relating: The Ground of Psychotherapy
 Nick Totton
 The first of five weekend workshops.
 Concluding workshop dates are; April 21st - 22nd, June 30th - July 1st, September 29th - 30th, November 24th - 25th 2018
<http://mariannefrylectures.co.uk/announcement/2017-lecture-reclaiming-the-heart-of-psychotherapy/>

ANTHROPOSOPHIC STUDY GROUP IN BRIGHTON
 Gillian Richards meets fortnightly with a doctor training in Anthroposophic Medicine, a Music Teacher about to undertake the Mental Health Seminar, an anthroposophic Art Teacher and a new student to the Psychotherapy training. If anyone is interested in joining this group, please contact Gillian Richards on gilricbton@aol.com