

# Individuation, **the Shadow** and the Journey of Becoming with Stephen Bushell

Saturday, 21<sup>st</sup> March 2020, 1000-1630  
Venue in Marlborough to be confirmed

## Introduction

Carl Jung coined the term 'Individuation' to describe living towards wholeness, a life-long path of becoming who we have been born to become. He saw this as being innate to the human psyche just as it is for an acorn to grow into an oak and for birds to migrate. Therapeutically, for Jung this demands a shift of the centre of our being from the ego to the Self, a transition we could say from 'living my life' (serving the needs of ego) to 'life being lived through me'.

This begins with accessing the unconscious to work on the shadow (those aspects of myself that I prefer to not see) and the development of an attitude of seeing the crises of life's transitions (including the much spoken-of mid life crisis) as irruptions of potentiality for further growth towards wholeness.

Following Jung's assertion that we can only go so far with a client as we have been ourselves, in this workshop participants will be invited to spend some time working on these themes experientially and then in the afternoon move to engaging with these themes in our client work. **There will be a balance between didactic teaching, experiential work in small groups, and questions and discussion.**

No previous knowledge of Jung is necessary nor expected, just an openness to explore together.

**Biography** - Stephen Bushell is a Jungian Analyst in private practice in Buckingham. He is the Training Coordinator of the Guild of Analytical Psychologists (GAP), a member of the International Association of Analytical Psychologists (IAAP) and is registered with the UKCP. Prior to working as an analyst, for 15 years Stephen provided Spiritual and Pastoral care in inpatient and community Mental Health services across Oxfordshire and Buckinghamshire. He has a long standing interest in the interface of spirituality and psychotherapy and particularly in the practice of meditation.

This event will be open to all therapists and health professionals

Fee: Early bird before 21<sup>st</sup> February £85; or after £95 - includes refreshments but not lunch or parking. CPD certificates will be supplied

**BOOK:** [www.bramhamtherapy.co.uk/events](http://www.bramhamtherapy.co.uk/events) Contact: [events@bramhamtherapy.co.uk](mailto:events@bramhamtherapy.co.uk) or 07599 369566

