

SAP North

The Society of Analytical Psychology

invites you to the third of its innovative, residential weekends

based in Grasmere, Lake District, U.K.

‘Becoming One’s Self’

Dates TBD, Friday tea-time through to Sunday lunch March 2021

Lake View Country House, Lake View Drive, Grasmere, LA22 9TD



SAP North provides an opportunity to explore the ideas of Carl Jung, amidst the evocative landscape of the Lake poets. For March 2021, we are focusing on ‘Becoming One’s Self’ - a Jungian approach to individuation. There will be talks, workshops and discussions on concepts such as the dynamic self, what it means to become oneself and how this informs work in the consulting room. To allow the experience to be further digested and personalized, we provide facilitated groups, social dreaming workshops and an opportunity to walk with others in the Lakeland fells.

The breath-taking beauty and poetic history of Grasmere offers an evocative landscape for reflection on these core Jungian themes. Further information can be found at www.jungnorthwest.uk. For a more detailed idea of the programme, topics and speakers, please download our leaflet and application form: <http://www.jungnorthwest.uk/FuturePlans.aspx>

Please email the completed form to Roselyn Abbott at: info@jungnorthwest.uk

Completion Certificate: each weekend provides 12 hours towards continuing professional development for clinicians in the helping professions. A minimum attendance of 80% is required to receive a course completion certificate.



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The Society of Analytical Psychology

1 Daleham Gardens, London NW3 5BY

020 7435 7696

<https://www.thesap.org.uk/>

The following SAP analysts will be facilitating the weekend:

Roselyn Abbott is a Jungian Analyst, a member of the Group Analytic Society International and the British Association for Psychoanalytic and Psychodynamic Supervision. Ros is also a registered Mentalization Based Treatment Practitioner, and has extensive experience working as a Psychoanalytic Psychotherapist, Supervisor and Group Analyst within the NHS including forensic services, specialising in working with women and personality disorders. Ros holds an MA in Intercultural and Group Therapy, and currently works in private practice as a Jungian Analyst and Group Analyst. Ros is involved in both the SAP Analytic and Psychotherapy trainings, and has edited the Film & Culture section of the JAP.



Martin Schmidt is a Jungian Training Analyst at the Society of Analytical Psychology and WPF in London. He is Honorary Secretary and Regional Organiser for Central Europe of the International Association for Analytical Psychology. Martin has published numerous papers, teaches and supervises widely, both in the UK and abroad. His paper ‘*Psychic Skin: psychotic defences, borderline process and delusions*’ (JAP, Feb 2012) won the Fordham prize and was nominated for the Gradiva award by the National Association for the Advancement of Psychoanalysis in New York. Martin works in private practice in London.



Susanna Wright is a supervising and training analyst for the Society of Analytical Psychology, the BPF and WPF. She worked for several years as an analyst for trainees of the International Association of Analytical Psychology in St Petersburg and has recently retired from a 5-year term as Co-editor in Chief of the Journal of Analytical Psychology, for which she organised conferences in Berlin, London and New York. She holds an MA in the psychodynamics of organisations and has worked in organisational consultancy, as well as lecturing and teaching on clinical training programmes in the UK and overseas. Susanna works in private practice in London and Kendal.



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Ros (SAP Host 077 6391 6877)

Richard (Lake View Host 07813 019 933), Howard's taxi (0777 4628 762)

Password for wi-fi in Lake View Lounge: Grasmere2

Friday March 2021 (Date TBD)

- Windermere train station: Shared shuttle via taxi to Grasmere
- 4pm Lake View Lounge: Refreshments
- 4.30pm Lake View Dome: **Session A 'Introductions: Who am I?'**
- 7.30pm The Good Sport: Dinner

Saturday March 2021 (Date TBD)

- 7.30am Lake View Lounge: Light breakfast
- 8am Lake View Dome: **Social Dreaming**
- 9am The Good Sport: Second Breakfast
- 10am Lake View Dome: **Session B 'Introduction to Jung's concepts of the Self and Individuation'**
- 1pm Lake View Lounge: Lunch
- 1.30pm from Lake View Lounge: **Group walk, visit to Dove Cottage, Rydal Mount or individual reflective time.** Please come equipped with outdoor/walking clothing.
- 4pm Lake View Lounge: Refreshments
- 4.30pm Lake View Dome: **Session C 'Integration and the Self'**
- 7.30pm The Good Sport: Dinner

Sunday March 2021 (Date TBD):

- 7.30am Lake View Lounge: Light breakfast
- 8am Lake View Dome: **Social Dreaming**
- 9am The Good Sport: Second Breakfast
- 10am Lake View Dome: **Session D 'Experiences of One's Self'**
- 1pm Lake View Lounge: Lunch
- 1.30pm Lake View Dome: **Weekend reflections**
- 2pm & 3pm Lake View Lounge: Shared shuttle via taxi to Windermere train station

Each of sessions A-D comprises three sections: a seminar/workshop of an hour and a quarter, a 30 min break followed by a facilitated group for a further hour and a quarter. All events take place in a geodesic dome in the orchard of Lake View Country House. **N.B. It can rain or be windy at times in the Lake District. Please come prepared with suitable walking / outdoor clothing, with suitable walking boots, and a trekking pole if you usually use one.**



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<http://www.lakeview-grasmere.com/> <https://www.facebook.com/lakeviewgrasmere/>

Places are limited to at most 14 attendees each weekend. When attendees are not able to be resident at Lake View Country House, alternative accommodation, just a few minutes away, can be recommended (see below).

All fees are payable in full at the time of booking. Full board includes refreshments, breakfast (Sat & Sun), lunch (Sat & Sun) & two-course dinner (Fri & Sat). Due to the nature of the event, for residents at Lake View Country House it is not possible for friends or family to share a hotel room unless they are also course attendees. Course participants and course staff use the indoor and outdoor facilities of Lake View Country House Ltd at their own risk.

Taxi shuttle service from/to Windermere railway station – add £15/person. This is an approximate cost and final taxi costs will be sorted out on the weekend.

Lake View Country House: All rooms are en-suite. ‘Fellside’, one of the king-size rooms, is a ***suite*** consisting of a bathroom, a king-size bedroom and a separate sitting room with a single sofa bed. Hence this room is suitable for sharing. **Course, Full Board & Accommodation:**

Option 1: one person in a double or king-sized room - £480

Option 2: two people sharing ‘Fellside’ suite - £395/person

Overflow accommodation (once accommodation at Lake View is full, we can direct you to guesthouses which are typically about 2-10 mins walk from Lake View Country House). Room-only, sole occupancy accommodation can usually be provided; prices depend on the size of the room. Attendees are responsible for booking and paying separately for their own alternative accommodation. When booking please mention that you are attending the retreat weekend at Lake View.

Course & Full Board - £305 plus 2 nights room only accommodation

Non-resident, local attendees:

Course & full board - £305

Course & part board - £245

(includes refreshments and Sat/Sun lunches, excludes breakfast & Sat/Sun dinner)

Booking conditions:

We reserve the right to change a speaker at one of our events without offering a refund. Regrettably, refunds cannot be given in any circumstances except as follows:

If you cancel in writing to info@jungnorthwest.uk 60 days before the first date of the event you have booked, you will be entitled to a 100% refund.

If you cancel in writing to info@jungnorthwest.uk 30 days before the first date of the event you have booked, you will be entitled to a 50% refund.

Cancellations do not apply to parts of an event. You may give your place to another person if you let us know that person's name at least 72 hours before the event begins. If one roommate cancels a shared room and you are not able to find another roommate, the remaining person in that room will be liable for the full fees for that room as if it were booked for one person.

We reserve the right to ask a participant to leave the course if deemed in the best interest of the participant or the course. In such a case, outstanding fees would be refunded.



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Confidential application & booking form

Your details

Title:

First Name:

Surname:

Address:

Postcode:

Phone:

Mobile:

Email:

Gender identity:

Date of birth:

Accessibility/dietary needs:

Please let us know how you heard about this SAP weekend:

Please note that the SAP endeavours to ensure that its activities are accessible to all potential participants. At Lake View Country House, seminars/workshops and groups take place in a geodesic dome in the orchard. Access to the door of the dome and to the front of Lake View Country House is currently by a step but this can be altered by a temporary ramp. Unfortunately, we do not have a hearing loop. Course participants and course staff use the indoor and outdoor facilities of Lake View Country House Ltd at their own risk.

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To help us form balanced discussion groups, please respond to the following questions:

1. Please explain briefly what you are hoping for from the weekend(s):
2. Are you currently or have you previously attended personal counselling or psychotherapy?
3. Please describe your current occupation or employment (whether paid or voluntary):
4. These weekends are mainly designed for those in the helping professions. If this is not or has not been your career, please briefly describe your interest in these weekends:
5. Please briefly list your main qualifications, professional training, other relevant learning experience, and any professional clinical experience (e.g. in the mental health field):

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March 2021 weekend: please indicate preferences by checking options below

Taxi transfer (from/to Windermere train station) £15

Options for resident attendees

Residential King size option 1 (not sharing)
Course, Full Board & Accommodation £480

Residential King size option 2 (sharing ‘Fellside’)
Course, Full Board & Accommodation £395

If Residential option 2 is chosen, please give the full name of the person with whom you are sharing (each needs to complete an application form):

Options for non-resident attendees

Course & full board (including breakfast) £305

Course & part board (includes lunch, excludes breakfast and dinner) £245

Total fee £

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Agreement:

The ongoing series of training weekends provided by the SAP in Grasmere aims to facilitate a deeper knowledge and understanding of Jungian and post-Jungian concepts and therapeutic practice. This means neither the training weekends nor the whole series are a form of treatment nor a therapeutic intervention.

I agree to the SAP using the information I have provided to process my application and for statistical purposes. Other than basic contact details, the SAP will not store this information beyond the relevant training weekends.

I give permission for the SAP to send me information about other relevant SAP training events (*please delete this sentence if not wanted*).

Signature: Date:

(please note that a typed signature is acceptable)

Please email your completed form to your host Roselyn Abbott at info@jungnorthwest.uk

To liaise between you, the hotel and the SAP, Ros will phone or email you to discuss and agree your preferences regarding the availability of a place on the course, and (where relevant) your accommodation, accessibility needs etc. Once agreed, Ros will invoice you on behalf of the SAP, and provide you with a **booking reference**.

Your place on a weekend is booked only once the SAP has received your payment in full. In the case of a shared room, booking depends on our receipt of both forms and both payments in full. Once your booking is confirmed, Ros will email you a receipt on behalf of the SAP. CPD certificates are provided by email by the SAP after each training weekend.

You can pay:

- By bank transfer to the SAP:
HSBC, Sort code: 40-03-02, Account number: 71384686
Payment reference: **JungNW/booking reference**
- By sending a cheque payable to the SAP, with your **JungNW/booking reference number** written on the back of the cheque, along with a paper copy of your completed form to:
Public Events Administrator, Society of Analytical Psychology
1 Daleham Gardens, London NW3 5BY
- Any problems with payment? Please email or phone Eileen Egan, Finance Administrator at the SAP (eileen@thesap.org.uk, 020 7419 8898)

