

Seminar series Programme

Seminar 1 – 09th Sep 2023

The “animal” is a central theme in shamanic journeys into the unconscious world, as is the **“anima”** in an analytic journey negotiating trauma. I would like to reflect on this theme in relation to a very traumatised man, Francis Bacon and the exhibition of his work at the Royal Academy - "Man and Beast" - looking at Bacon's access to, and the power of, the **"animal/visceral"** in his own unconscious journey.

Then I would like to explore the **“animal/anima”** in the consulting room particularly in relation to ancient art and quite striking ways that this art has impacted a number of patients in healing trauma.

Finally I would like to think about the poet Ted Hughes and his quite extreme relationship to **animals** and how this played out in his own traumatic journey through life.

Seminar 2 – 23rd Sep 2023

I would like to explore the nature of time in **analytic/shamanic journeys** starting with the Peru exhibition at the British Museum - **"A Journey in Time"** - looking at the fluidity of time and space in South American thought, and in our dreams - the way that the present relates to the past and the future in the **dreamspace** of our own lives and the lives of patients as they negotiate past experiences including interuterine and birth trauma. I would like to share some encounters between me and a patient centering around a very ancient Peruvian culture facilitating a deep connection between us.

Seminar 3 – 21 Oct 2023

I would like to explore some important aspects of Jung's traumatic life, and a detailed exploration of entering into a patient's complex and highly traumatised transgenerational **dreamspace**, where a **very shamanic journey** together, through quite extreme trauma, resonated with certain important aspects of Jung's life and threw some light on Jung's sexual acting out. The essence of trauma is a profound aloneness with intensely painful experiences. I would suggest that entering into a patient's experience at the centre of their trauma where

boundaries between dissolve, opens the door to healing as they are no longer alone.

[Seminar 4 – 25 Nov 2023](#)

I would like to explore the work of Stanislav Grof who augmented his analytic work with his patients taking mind altering drugs. He speaks of the trauma associated with four stages of birth which prefigure patient's traumatic dreamworlds. He also speaks of birth and death as entry and exit points of contact with what he calls the cosmic matrix/the collective unconscious. He speaks of this as transcending space and time and facilitating contact with archetypal figures which Jung encountered in good measure. I would like to give some clinical examples of patients negotiating this interface and the healing impact of this.

Finally I would like to explore Christopher Bache's 73 LSD trips that he records in his book "LSD and the Mind of the Universe" and his exploring deeper layers of the Collective Unconscious and the impact on his life.

Reading recommendations:

Francis Bacon catalogue - RA exhibition - "Man and Beast",

YouTube video about Ted Hughes - "Stronger than death",

British Museum Peru exhibition "Journey in Time",

Memories, dreams, reflections – Jung's autobiography,

"Healing Our Deepest Wounds: The Holotropic Paradigm Shift" by Stanislav Grof.

Christopher Bache - "LSD and the mind of the Universe".