

Workshop Title: To play or not to play that is the question

Facilitators: Ed Fellows & Liz Beauchamp

Facilitator Biography:

Ed is a Senior Psychotherapist in the NHS where he has focussed on working with people with complex and developmental trauma and dissociation. In private practice he offers therapy, group and individual supervision. His interests are how we embody the contextual and relational nature of trauma.

Liz has a private practice in Devon where she offers therapy and supervision, both group and individual. She also works as a business consultant to owner managers in London. Her main interest is working relationally, in both contexts, to support awareness, choice and growth.

We met 13 years ago whilst training in Gestalt at Metanoia. Our friendship has been sustained through a combination of mutual respect, love, and play. We are (mostly) able to be ashamed and laugh together. We invite you to join us in a space where we intend to accommodate our differences and work out how to dialogue and play together.

Capacity: 6-12

Outline / Aims:

We are aware of how play can mean many different things to each of us and can bring up strong reactions – from great joy to deep shame. When discussing the theme of the conference which has led to this workshop we noticed how our early experience of play involved spontaneity and now how we can sometimes limit ourselves through retroflection and egotism. Do we know the rules? Is it allowed? Is this a competition? Will I be laughed at? In this workshop we hope to facilitate an exploration of the groups relationship with play and playing and how that may or may not impact on us.

Alignment:

Referencing our early experiences to play.