

Philosophy, therapy and creativity: thinking, feeling and writing

Start date Saturday 5th January **End date** Saturday 5th January

Venue Madingley Hall
Madingley
Cambridge

Tutor Julie Webb **Course code** 1819NDX017

Director of Academic Centres Sarah Ormrod

For further information on this course, please contact Head of Academic Centre Administration, Zara Kuckelhaus
zara.kuckelhaus@ice.cam.ac.uk or 01223 746204

To book See: www.ice.cam.ac.uk or telephone 01223 746262

Tutor biography

Julie Webb is a psychotherapist and supervisor in private practice in Cambridge and a member of the counselling and wellbeing team at Anglia Ruskin University. As a counselling trainer and lecturer in both FE and HE settings, Julie is passionate about experiential process: how we encounter one another and the ethics involved in empathic, supportive and encouraging environments.

She has a particular interest in the relevance of philosophy to therapy and Zen Buddhism; has published reviews and articles in professional therapy journals and is co-editor of *Therapy and the Counter-tradition: the edge of philosophy* (2016). Her latest contribution is a chapter in *Revisioning Person-centered Therapy* (2018).

She writes poetry, micro-fiction and is currently writing her first novel.

Julie will be joined by Dr Alex Carter who oversees Philosophy and Interdisciplinary courses at the Institute. Alex was awarded his PhD in Philosophy by the University of Essex in 2015. Before this, Alex studied Philosophy & Ancient History at the University of Wales, Swansea and Philosophy at the University of Bristol.

Alex's teaching method invites students to feel the "pain of the problem", i.e. to recognise the very real ways in which philosophical problems affect our lives. Accordingly, Alex is most keen to offer his support to philosophical projects that, not only inform contemporary debates, but actively affect change. Alex's ongoing research interests include the theology of Simone Weil and Ludwig Wittgenstein's ethical philosophy.

Course programme

09:30	Terrace bar open for pre-course tea/coffee
10:00 – 11:15	Philosophy as therapy: existence and meaning
11:15	Coffee
11:45 – 13:00	Philosophy as therapy: language and truth
13:00	Lunch
14:00 – 15:15	'A perfect day' workshop
15:15	Tea
15:30 – 16:45	Self narratives workshop
16:45	Day-school ends

Course syllabus

Aims:

The aim of the course is to introduce students to complementary ideas from both Philosophy and Therapy in order to gain insight into where meaning and value come from in our everyday lives. Students' thinking will be stimulated by coming to think about their lives, and the lives of others, as narratives.

Content:

In the spirit of the subject matter, students will be encouraged to question what makes their lives and experience meaningful and distinctive. Students will engage with existential questions of self and meaning by thinking about and engaging in experiential therapeutic exercises. How can an examined life help us to be more creative, and more fulfilled individuals? Questions like these will be considered against the backdrop of philosophical ideas from William James, Ludwig Wittgenstein, Friedrich Nietzsche and others; which in turn will illuminate aspects of Existential philosophy, existential psychotherapy and person-centred psychotherapy.

Presentation of the course:

Teaching methods: lecture; class discussion; experiential exercises; small group reflective practice.

As a result of the course, within the constraints of the time available, students should be able to:

(Please list here the outcomes of the course. The course will probably have between two and four outcomes.)

The student will:

- Have an awareness of philosophy in practice as therapy.
- Begin to develop a practice of self-awareness.
- Write from a position of experiential knowing.

Reading and resources list

Listed below are texts that might be of interest should you wish to supplement your learning on the course. Any essential reading is marked with an asterisk *

Author	Title	Publisher and date
Bazzano,B; Webb,J. (eds)	<i>Therapy and the Counter-tradition: the edge of philosophy</i>	Routledge (2016)
Bazzano, M.	<i>Nietzsche and Psychotherapy</i>	Routledge (2018)
Cox, G.	How to be an Existentialist	Continuum (2009)
Heaton, J.M.	<i>The Talking Cure: Wittgenstein on Language as Bewitchment & Clarity</i>	Palgrave (2013)
Macaro, A.	<i>Reason, Virtue and Psychotherapy</i>	Wiley & Sons (2006)
Spinelli, E.	<i>The Interpreted World (2nd Ed)</i>	Sage (2005)
van-Deurzen, E.	<i>Everyday Mysteries : Existential dimensions of psychotherapy</i> (2nd Ed)	Routledge (2009)

Website addresses

www.juliewebbcounselling.com
www.manubazzano.com
www.nspc.org.uk (the new school of psychotherapy)
www.existenialacademy.com

Additional information

Venue

Details of how to find Madingley Hall can be found on our website:
<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

Refreshments

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on ice.admissions@ice.cam.ac.uk or +44 (0)1223 746262.

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of: 21 December 2018

