

## Philosophy, therapy and creativity: thinking, feeling, writing

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<b>Start date</b>	21 February 2020	<b>End date</b>	23 February 2020
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<b>Venue</b>	Madingley Hall Madingley Cambridge CB23 8AQ
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<b>Tutor</b>	Julie Webb Manu Bazzano	<b>Course code</b>	1920NRX032
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<b>Director of ISP and LL</b>	Sarah Ormrod
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<b>For further information on this course, please contact the Lifelong Learning team</b>	Zara Kuckelhaus, Fleur Kerrecoe <a href="mailto:shortcourses@ice.cam.ac.uk">shortcourses@ice.cam.ac.uk</a> or 01223 764637
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<b>To book</b>	See: <a href="http://www.ice.cam.ac.uk">www.ice.cam.ac.uk</a> or telephone 01223 746262
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### 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).

Manu Bazzano is a psychotherapist, visiting lecturer at Roehampton University, and an ordained Zen monk. Manu facilitates seminars and workshops internationally and has made a notable contribution to the discussion of contemporary counselling and psychotherapy with prolific publication of articles in professional journals and several books including *Nietzsche and Psychotherapy* (2019), *Revisioning Person-Centred Therapy* (2018), *Zen and Therapy* (2017), *Spectre of the Stranger* (2012), *Buddha is Dead* (2006) and the forthcoming *Re-visioning Existential Therapy*.

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## Course programme

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### Friday

Please plan to arrive between 16:30 and 18:30. You can meet other course members in the bar which opens at 18:15. Tea and coffee making facilities are available in the study bedrooms.

19:00 Dinner

**20:30 – 22:00**      **Welcome and introductions;  
Philosophy & Therapy – happy campers? (JW)**

22:00 Terrace bar open for informal discussion

### Saturday

07:30 Breakfast

09:00 **Session 2: Narratives of the self I – language and meaning (JW)**

10:30 Coffee

11:00 **Session 3: Narratives of the self II – experiential workshop (JW)**

13:00 Lunch

14:00 Free

16:00 Tea

16:30 **Session 4: Nietzsche and Therapy I: (MB)**

18:00 Free

18:30 Dinner

20:00 **Session 5: Nietzsche and Therapy II (MB)**

21:30 Terrace bar open for informal discussion

### Sunday

07:30 Breakfast

09:00 **Session 6: Therapy as Hospitality: Ethics and Philosophy (MB)**

10:30 Coffee

11:00 **Session 7: Embodiment & the 'Body Without Organs' (MB)**

12:45 Lunch

**The course will disperse after lunch**

## **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 may be present in their everyday lives and how they experience themselves in the presence of others. Students' thinking will be stimulated by enquiring 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 Ludwig Wittgenstein, Friedrich Nietzsche, Judith Butler 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; reflective writing practice.

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

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.

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## Reading and resources list

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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, M.	<i>Nietzsche and Psychotherapy</i>	Routledge (2018)
Bazzano, M; Webb, J. (eds)	<i>Therapy and the Counter-tradition: the edge of philosophy</i>	Routledge (2016)
Butler, J.	<i>Undoing Gender</i>	Routledge (2004)
Cox, G.	How to be an Existentialist	Continuum (2009)
Heaton, J.M.	<i>The Talking Cure: Wittgenstein on Language as Bewitchment &amp; 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 (2nd Ed)</i>	Routledge (2009)

### Website addresses:

[www.juliewebbcounselling.com](http://www.juliewebbcounselling.com)  
[www.manubazzano.com](http://www.manubazzano.com)  
[www.nspc.org.uk](http://www.nspc.org.uk) (the new school of psychotherapy)  
[www.existenialacademy.com](http://www.existenialacademy.com)

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## Additional information

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### 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, lunch and dinner will be provided as outlined in the timetable. 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](mailto: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:* 28 January 2020