

THE NIGHT-SEA JOURNEY

An Integrative Approach to Working with Depression

Night-sea journey myths derive from the perceived behaviour of the sun, which: *“sails over the sea like an immortal god, who every evening is immersed in the maternal waters and is born anew in the morning”* (Jung). The sun going down, analogous to the loss of energy in a depression, is the necessary prelude to rebirth.

This one-day workshop approaches depression as both a psychological 'illness' to be 'treated' and as a potentially transformative process linked to personal growth. Holding these contrasting viewpoints in mind, participants will draw on their own experience and personal reflections whilst also considering key humanistic, psychodynamic and cognitive-behavioural perspectives on depression.

The workshop includes: experiential work, theoretical input, supervision and an introduction to the NICE-approved therapy *Counselling for Depression* (CfD).

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Peter is an integrative psychotherapist, supervisor and trainer. He taught previously on accredited courses in London and Northern Ireland, and is currently Programme Leader for a leading training organisation in the West of England. He also has substantial experience of work in an NHS Psychological Therapies Service, where he developed his own integration of psychodynamic therapy and humanistic counselling for clients presenting with depression.

