

## ONE DAY SEMINAR

# Theatre of the Imagination

## *Working Therapeutically with the Imagination: Psychodynamic Perspectives.*

### Aims of the programme:

During this seminar, we will be introducing two similar yet different methods of working therapeutically with the imagination, more commonly referred as waking dreams in psychotherapy. These are Active Imagination and Guided Waking Dream Therapy (Esperienza Immaginativa). Both approaches presented, fall within a psychodynamic framework ie. Carl Jung's analytical psychology and the approach of the Psychoanalytic Paris Waking Dreams Group (G.I.R.E.P) and thus are clearly distinct from the behavioural approaches of guided imagery techniques. We will be describing different ways of how to use dynamically the imagination in the therapy itself, thus transcending the familiar diagnostic use of the imagination through classic psychodynamic projective tests. While the focus of the presentations will be psychodynamic, both approaches can still be blended in, in the practise of integrative practitioners.

### Course Structure:

The day will revolve around two presentations which will be providing a theoretical input to participants. They are aimed to as offer a creative reflective space and base about the application of the therapeutic use of imaginative techniques in one's work.

The first presentation by Mr. Laner Cassar is titled: *From a dialogue with the gods to a conversation with Avatars: Jungian & Post-Jungian Perspectives on Active Imagination*. It aims to explore the development of C. G. Jung's method of Active Imagination from a lonesome venture to a more relational, versatile and creative use in today's psychotherapy with a particular emphasis on visualisation. Furthermore, it questions whether the future of Active Imagination lies in virtual waking dreams so as to remain relevant in today's world.

Dott. Alberto Passerini will be discussing the clinical procedures and methodology of the *guided waking dream approach*. His presentation is titled: *La Psicoterapia con l'Esepiezan Immaginativa*. It will centre around the what, when and how of the unique method of guided waking dream, as well as giving clinical examples to corroborate his ideas.

Both presentations will be covering material related to:

- Historical perspectives on the development and controversies of the two psychodynamic imaginative therapeutic methods in the twentieth century.
- The roles of the therapist from participant observer to active agent in the therapeutic session.
- The use of amplification and interpretation of imaginative and symbolic material.
- A multi-modal sensorial approach of initiating and deepening waking dreams.
- Risks and benefits of using imaginative therapeutic methods.
- Waking dreams as diagnostic as well as therapeutic tools.
- The differences between defensive and symbolic imaginative material.
- Presentation of evidence-based research on effectiveness with particular client-groups as well as current neuro-scientific findings on the physiology of the imagination.

### **Requirements:**

Applicants from the fields of psychotherapy, psychology, counselling, social work, education, and related mental health professions and students in advanced stages of training are eligible to apply. Previous experience of working with imaginative techniques while helpful is not essential for this workshop.

### **About the Maltese Depth Psychological Association**

**Malta Depth Psychological Association** was founded on the 26<sup>th</sup> of July, 2007. This group is a non-profit voluntary one.

It aims to acquire both theoretical knowledge and hands-on experience of the theory and methods of analytical psychology as advocated by C. G. Jung and post-Jungian thinkers as well as those of contemporary psychodynamic researchers.

It has organized various events over the last years. Its public programmes have attracted various mental health professionals that have enriched both their thinking and their practise.

### About the Core Tutors:

**Mr. Laner Cassar** is an analytic-oriented clinical psychologist and psychotherapist in private practice in Malta and Gozo. He is also a diplomacy graduate. He is a co-founder and the president of the *Malta Depth Psychological Association*. He is currently a Ph.D candidate in Psychoanalytic Studies. His main research interests are waking dream methods in psychotherapy, both in Europe and America and currently working on the First International Conference on Waking Dream Therapies.

**Dott. Alberto Passerini** is an Italian Psychiatrist, a psychoanalytic psychotherapist and director and training analyst of S.I.S.P.I. He founded the *Scuola Internazionale con la Procedura Immaginativa (SISPI)*, in Milan and Rome, Italy in 2007, which is a full member of the *Groupe Interanational du Reve-Eveille en Psychoanalyse G.I.R.E.P.*, in Paris. He also founded *l'istituto di Psicologia Rocca-Stendora* in 1991. He is a faculty member of the *Universita' degli Studi dell'Insubria* in Italy, and has been involved in clinical activity and research on the Imaginative Experience approach since the 1980s. He has published extensively both in Italy and abroad.

## **APPLICATION FORM**

### **Theatre of the Imagination**

For bookings kindly contact Mr. Laner Cassar on 99452698

or email [maltadepthpsychology@gmail.com](mailto:maltadepthpsychology@gmail.com)

Name: \_\_\_\_\_

Profession: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Tel nos: \_\_\_\_\_

Why have you chosen to apply for this course?:

**Date and Time:** Saturday 10<sup>th</sup> November, 2012 (0930 hrs – 16.30 hrs)

**Price:** 50 Euro (including lunch)

**Location:** The Archbishop's Seminary, Rabat.

Payment by cheque is to be made to the: **Malta Depth Group**

And send to Mr. Laner Cassar, 'Casa Violetta, M. Busuttil Str, Victoria, Gozo.

Applications must be received by Monday 5<sup>th</sup> November, 2012.

No reservations will be accepted without payment.

**Cancellation policy:** The Malta Depth Psychological Association reserves the right to cancel the workshop should minimum numbers not be reached by the closing time for applications. In the event of participant cancellation within the last postal week before the course, the fee will not be refunded.

**Data Protection:** The data on this form will be used for administration of this event and retained for future marketing.

Tick the box if you do NOT wish to receive further information.