

**Phenomenology, Alienation and Psychotherapy**

**Tony McSherry**

**Saturday 8th May 2021, 10:00AM to 12:30PM**

**Online Zoom Event**

In this workshop Tony would like to present fragments of an imaginary case study of working with a young adult (from a UPCA conference in 2019) as a way in to exploring being open to our own experience as therapists.

He suggests for the time we have on 8th May that we first look briefly at some ideas from Husserl, Heidegger and Merleau-Ponty. This might give us a sense of how we may become alienated from ourselves through theory, ideology, or techniques. Then we can look at Tony’s experience of how being phenomenological in practice might be, through the imaginary case study mentioned.

We will then have the opportunity to break into smaller groups to reflect on our own experiences. These may include examples of when the client has caused us to find something important in ourselves: perhaps strange moments of surprise, strong feelings being evoked, or the sense of not knowing what’s going on with our client.

***NB*** *It may be helpful to have some experiences from our work before the day that are significant to bring to our break-out groups or the larger group.* *We’ll try to look at those phenomenologically*.

Tony will then present some of his own reflections on considering the phenomenology of working with a young adult.

Finally, we can perhaps reflect as a larger group on what thoughts came to mind during our time together.

**Tony McSherry**

Tony is qualified as an existential-analytical psychotherapist, humanistic-integrative psychotherapist and psychotherapeutic counsellor. He is accredited with the UKCP and a member of SAFPAC. He did most of his formal training at Roehampton University at the Research Centre for Therapeutic Education. He works in private practice and the NHS in mental health services. His original career started out in geology. He then became a Franciscan friar, then trained as a mental health nurse and started training in psychotherapy in 2003. Tony is from Ireland, and has lived in Italy, the Middle East, and now in the U.K. (Liverpool). In his work he is interested in the difficulties of being human, phenomenology as taking our experience seriously, and psychoanalysis, especially Lacan’s work. He completed his PhD at Roehampton in 2018, exploring what is therapeutic between people through mental health nursing practise. Stemming from that work he has had several papers published on phenomenology and practise, and two book chapters. His website is: [www.anunusualconversation.com](http://www.anunusualconversation.com/)

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**Where:**

This will be an **ONLINE** Zoom event. Zoom invitations will be emailed to all attendees prior to the event.

**Cost:** £30 (£20 concessionary rate for students & Riverside Associates\*)

**How to book:**

1. To book, please email this form to CPD@riversidecounsellingservice.co.uk

**OR**

Return by post to: **Toni Harvey, 234 Tilehurst Road, Reading RG30 2NE**

1. To secure your place payment needs to be made in advance. You can pay by bank transfer to **Lloyds Bank Account Number: 00792754, Sort Code 30-94-13** using your surname followed by initials of speaker as a reference. For example, Harvey / TM

**OR**

Send a cheque payable to Riverside Counselling Service with your booking form to:

Toni Harvey, 234 Tilehurst Road, Reading, RG30 2NE.

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Name:

Address:

Contact No:

Email:

Payment made by: ☐ Bank transfer ☐ Cheque (enclosed)

Where did you hear about this workshop?

*RECEIPTS WILL BE EMAILED ON RECEIPT OF PAYMENT AND CPD CERTIFICATES WILL BE AVAILABLE ON THE DAY.*

***ENQUIRIES****: PLEASE LEAVE A MESSAGE ON: 01 491 876670 AND WE WILL GET BACK TO YOU.*

*\*Riverside Associates: past counsellors, trustees or volunteers of Riverside.* Registered Charity No: 1018853

TM – 8/5/21