

Altered states of consciousness: Psychiatric and transpersonal perspectives re-visioned

A CPD workshop with Tom Warnecke

Re.Vision, Saturday 25th November 2017



A client arrives with some unusual experiences or reports strange thoughts, curious behaviours or perplexing perceptual changes. These may include sensory or extrasensory experiences or involve religious, spiritual or mystical components. The client may be quite preoccupied with their inner reality but also appear confused or disoriented or perhaps seem anxious or frightened.

In this workshop, we will explore altered states of consciousness phenomena. What are our assumptions about their “pathological”, “energies of transformation” or “progressive” nature? Is there a trauma connection? Are there differences between “psychotic episodes” and “spontaneous non-ordinary states of consciousness” and is it possible to distinguish them? And how do we understand concepts such as “spiritual emergence”, “Kundalini awakening” and “spiritual problems or emergencies” in the context of therapy with a soulful perspective?

Who is it for: This workshop is suitable for both experienced and recently qualified practitioners. Applications from students may also be considered.

Tom Warnecke is a psychotherapist, writer, painter and Re.Vision tutor. He lived in an international spiritual community for 20 years where he also received his first psychotherapy training. His publications include book chapters and journal articles, and he co-founded the Transpersonal Special Interest Group of UKCP. He is a co-editor for the international journal for 'Body, Dance and Movement in Psychotherapy', webcast editor for www.psychotherapyexcellence.com and his book 'The Psyche in the Modern World - Psychotherapy and Society' was published in 2015. He is also a past vice-chair of UKCP.

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