

Title: “Infusing Ancient Wisdom into Contemporary Psychotherapy Practice”

Abstract:

In this paper Catherine weaves together significant personal experiences with treasures she has come to know from ancient texts found buried in the Egyptian desert. The themes of this presentation are about including the parts left out of our personal and collective stories and bringing the lost ones home within a context of the sacred feminine. Catherine explores specific words and practices that emerged from the earliest Christian period, including the Gospel of Mary, and considers how this embodied wisdom infuses her practice as a psychotherapist in the 21st century.

Bio:

Catherine has been practising as a psychotherapist for 25 years in Aotearoa New Zealand. She is trained in Psychosynthesis, her background includes a BA in social anthropology, practising as a social worker in the UK with children and families and many years within a multidisciplinary Community Mental Health team. Catherine has had a lifelong interest in contemplative practices, and is based in Te Awakairangi Lower Hutt.

