

# Psychosynthesis on the move....

An occasional newsletter from the Synthesis Center

Almost Fall, 2011



## A look back

I was reminded by my granddaughter of an important moment in the history of the Synthesis Center and the world. In 1982, nearly thirty years ago, the largest demonstration in the history of the United States was being planned in NYC. It is estimated that over one million people attended the march from the United Nations, protesting nuclear weapons. The Synthesis Center staff and trainees were there. About twenty of us, coming from various places met and marched together, our t-shirts carrying our small piece of the larger message that so many of us wanted to take to the world.

At that time this t-shirt was worn by our small daughter, carried on her daddy's shoulders. Today her young daughter wears it and the message is still the same. The urgency to share that message is as strong as ever.

*One planet, one people, one future.*



May we all know peace, Didi Firman, editor



“The biggest demonstration on earth (until the global anti-Iraq war march of Feb 15 2003) took place in New York on June 12, 1982, when one million people gathered in support of the second UN Special Session on Disarmament and to protest nuclear weapons. Labor unions joined peace groups, other organizations and concerned individuals from across the country in the largest demonstration ever held in the nation’s largest city, in protest against the Reagan administration’s nuclear weapons buildup.”

from [ican.org](http://ican.org) (international campaign to abolish nuclear weapons)

Read on for news of the Center, next year's international conference, new psychosynthesis resources and more!

News & Events at



 Check us out on FaceBook  at:

<http://www.facebook.com/SynthesisCenter>

By popular request we have joined the social networking age! Don't know quite what it all means, but there we are. Help us out by being in touch, telling others and doing whatever it is that we're supposed to do on face book! Thanks to all of you who "like" us...(we like you, too!)



## New Level I Training Program

For more than 30 years the Synthesis Center has offered psychosynthesis training. Embedded in the core principles of this powerful spiritual psychology, the Center's training offers an engaged, enriching personal and professional experience. Facilitators Didi Firman and Jon Schottland bring their love of psychosynthesis to this work and invite you to consider joining us if you are not yet trained in psychosynthesis!

*And please share this with a friend!*

Free Evening Introductions:  
at the Synthesis Center and  
Rocky Hill Co-housing in Florence, MA:

Friday September 1, 7:00 in Florence.  
(call Jon: 802-251-0681 or Joann:413-586-6384)

Friday Sept. 9, 6:30-8:30PM at the Center  
(call 413-256-0772)

Contact the Center for more information or to talk to Didi,  
Jon or one of our graduates!



### On-going Advanced Psychosynthesis training Saturday Seminars and Supervision

Programs are beginning in October and will go through June. Once a month, the Saturday morning seminars focus on pertinent themes in psychosynthesis. Afternoons are supervision groups, where work in the field is our focus. Observer/participants and supervisees create a rich interactive experience using a variety of supervision techniques. This program is open to those with psychosynthesis training! Dates are: October 1, November 5, January 7, February 4, March 3, April 7, May 5 and June 2.

Topics will include some of these wonderful ideas, shared by trainees:

- **Using the body in psychosynthesis sessions;**
- **Grounding awareness and change;**
- **Building empowerment;**
- **Couples;**
- **Working with archetypes and symbols;**
- **The call of self in childhood... and more.**

**To be on our monthly email list for topics, please contact:**  
[programs@synthesiscenter.org](mailto:programs@synthesiscenter.org)



# Yogic Intelligence

September 8 at the Center! (7-8:30)

A free introduction to yoga and ayurveda in healing work for health and mental health professionals, counselors, caregivers and interested laypeople, with psychosynthesis graduate Joann Lutz, LICSW and Brooksley Williams, Ayurvedic Specialist.

**For more information, visit: [www.yogainpsychotherapy.com](http://www.yogainpsychotherapy.com)  
or call 413-586-6384.**



## TRAUMA AND TRANSFORMATION FROM THE INSIDE OUT

**A One-Day Seminar to be presented by  
Wendy Webber and Jan Kuniholm**



This seminar invites us as facilitators or guides to enter the transformative field into which trauma is often the gateway. It also invites us to join in a paradigm shift from existing therapeutic modalities — from pathology to possibility, from diagnosis to *biognosis*, from “helper and helped” to an evolving partnership approach to the therapeutic relationship that empowers the client in new ways.

The seminar is based largely on a successful (and on-going) four-year journey of one woman from severe Post-traumatic Stress Disorder into recovery and wholeness, in which Wendy Webber has worked as therapist and Jan Kuniholm has been caretaker.

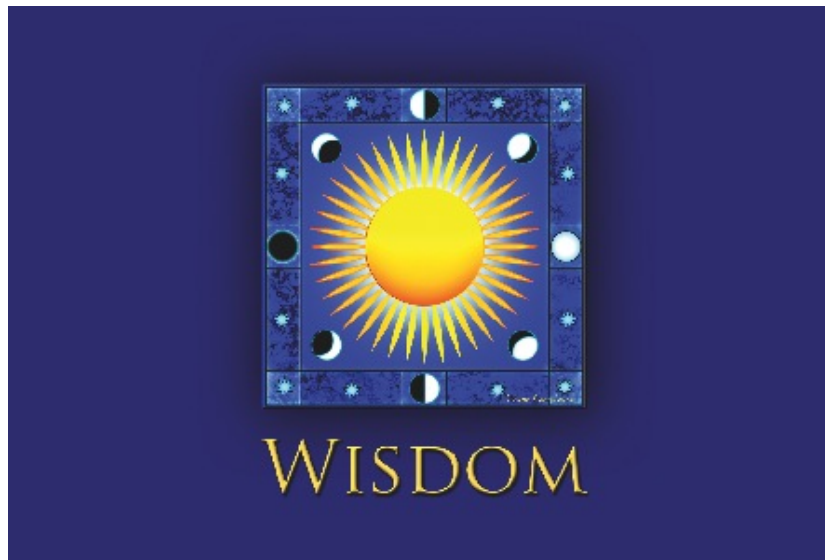
The seminar will include a brief historical introduction of the eruption of early-life trauma into constant anxiety and total overwhelm, a look at unsuccessful interventions, exploration of the theoretical models and philosophy of care that informed choices for intervention and support including the roles of support people, presentation of successful techniques and interventions, and a question and answer session.

The presentation will include experiential exercises, and attendees will learn simple tools and techniques for:

- Being a guide for clients who have experienced pre-natal or early-life trauma
  - Clearing and shifting blocked energy in the client
- Successfully navigating a partnership approach to the therapeutic relationship
  -

For information email Jan Kuniholm at [Jan.Kuniholm@verizon.net](mailto:Jan.Kuniholm@verizon.net)

This Seminar will be held by Advance Registration ONLY  
Seminar Date To Be Determined



## *Spring Presenter's Conference!*

Hard to think of next spring when we haven't ended this summer yet, but just a heads up that we will AGAIN have a spring conference in April! Hope you will all come to what has become a well-loved event in the Northeast psychosynthesis Community.

And Good News in The Larger Psychosynthesis  
World!!!!



## INTERNATIONAL PSYCHOSYNTHESIS CONFERENCE

THE CONFERENCE IS MOVING ALONG AND THE CALL FOR PROPOSALS IS OUT! THE DEADLINE IS OCT. 15. IT IS OUR HOPE THAT MANY OF US FROM THE U.S. WILL COME TOGETHER TO EXPERIENCE PSYCHOSYNTHESIS IN ITS LARGER WORLDWIDE CONTEXT! *See you in Rome!*

<http://www.psicosintesi.it/en/call-proposals>



# The heart of Psychosynthesis

*Psychosynthesisresources.com* offers some of the most wonderful material on psychosynthesis that is available. This site is lovingly and skillfully created by Vincent Dummer, who has taken it upon himself to archive much of psychosynthesis history, including, video “portraits” of key psychosynthesis trainers, the only known video of Dr. Assagioli, key-note speeches from conferences, a great rendition of “This Pretty Planet” rapidly becoming a psychosynthesis anthem, and more. Many thanks to Vincent and all who have helped him in creating this remarkable resource. Visit the site and you will return many times!

<http://www.psychosynthesisresources.com>



# Evocative Words

From Assagioli's "The Technique of Evocative Words"

For a complete copy of this article: <http://www.synthesiscenter.org/PDFgallery.htm>

For the present, let us concern ourselves with the effects of external stimuli. The impressions that reach us from the environment exert a strong influence on the psyche. They modify it and continually condition it, very often in a harmful way. We live in a septic psychic climate or atmosphere by which we are constantly being contaminated. No special demonstration of this is necessary; present-day life offers clear and often dramatic proof of it. And yet, we expose ourselves and others to these influences with a careless disregard and nonchalance which a future civilization will deem inconceivable, and symptomatic of our psychological "stone age." But effective and easily applied means exist both for safeguarding us from these harmful influences and for neutralizing their effects. One of them consists in consciously exposing ourselves to beneficent and constructive stimuli and influences.

That words have their effects on our mood and ideas does not require demonstration. Words are symbols that not only indicate or point out objects or psychic facts, but that also possess the power of stimulating and arousing activity associated with them. They "evoke" and make operative the meanings and *idées-forces* that they signify. This process follows certain laws of which the principal ones are:

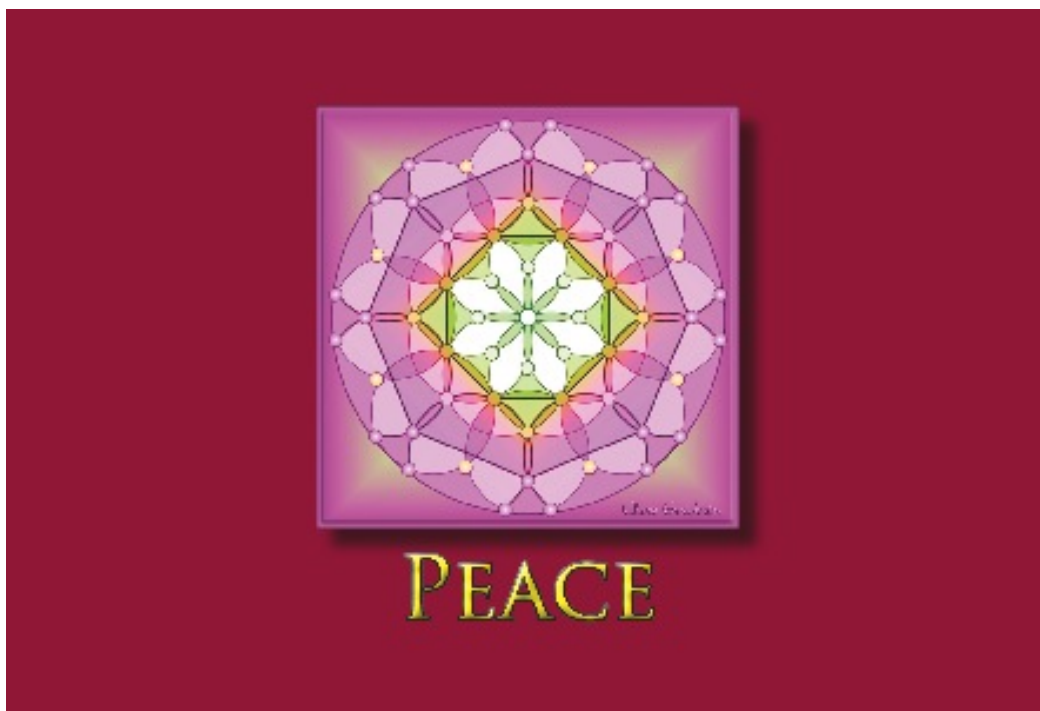
- I. Every idea or image tends to produce the state of mind, the physical state, and the acts that correspond to it.
- II. Attention and repetition reinforce the effectiveness of the idea or image.
- III. The effects of the idea or image, i.e., the activation of that which it signifies, are produced without our being aware of them.

Some of the ideas and words that we all need to be influenced by include: *wisdom, peace, energy, harmony, gratitude, enthusiasm, comprehension, kindness, confidence, courage, love, simplicity, serenity, compassion, silence, patience, appreciation, calm, joy and goodness.* These are the evocative words that are now available for meditation, gift giving, work with clients and more.

**Evocative word cards are now available! Clare Goodwin's beautiful mandalas, combined with Assagioli's evocative words are finally available for purchase. These cards, their words and symbols, are an invitation for strengthening qualities in our lives and in the lives of others. This is one more, small step in creating the world we want.**

To purchase and to visit Clare's wonderful site, go to:

<http://abgoodwin.com/mandala/market-evocative-words.shtml>





*One planet, one people, one future.*



With blessings, from the Synthesis Center folks.  
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