

MICHAELMAS CONFERENCE 2022

CRUELTY AND COMPASSION

WORKSHOP DESCRIPTIONS



Social Eurythmy: The gesture of compassion (Facilitator: Liz Smith)

In this workshop we will explore how becoming aware of the way we move and inhabit our body shifts our perspective, feelings, thoughts and actions towards the other and the situation we find ourselves in. We will explore, experiment and share our findings.



Ways to strengthen the soul with music (Facilitator: Christina Goodall)

Experiencing the healing properties of natural sound, rhythm and singing combined with trust exercises are the foundations of this workshop. Together we will explore how sound and empathetic listening are a solid basis for developing compassion, while stimulating our sense of wellbeing. You will receive tools to help you nurture children when the anxiety in their souls becomes loud and noisy as a consequence of cruelty in their environment.



Conversations with chalk pastels: exploring a spiritual approach to conflict resolution (Facilitator: Richard Goodall)

A spiritual approach to conflict resolution in everyday life
In this workshop, with the help of chalk pastels and conversation, we will explore how we can bring about healing in a conflictual situation even when all possibilities of direct communication have broken down. The impossible becomes possible when our intentions are right and our commitment to the process is in place.



Clay Work: From Cruelty to Compassion - A Path of Togetherness (Facilitator: Tine Bohm)

Through the artistic medium of clay and creative writing, Tine Bohm will guide you to explore a path of awareness of cruelty, within ourselves, leading to strengthening our capacity for compassion, a condition to give even the most difficult child you are working with a chance for healing.



Therapeutic Storytelling: Fostering compassion in children to counteract cruelty (Facilitator Nicole Sparks)

Fostering compassion in children through storytelling
In this workshop you will explore the power of stories, puppetry and sharing this magical world with children. You will be introduced to the use of Therapeutic Storytelling and an Emergency Pedagogy that guides us in working with children who have suffered a traumatic experience, or who live in ongoing vulnerable and traumatic conditions.