

# Occupying our inner and outer worlds mini conference and PCSR AGM 2013



**Saturday 9 November  
10am—4pm  
at NCVO, London  
£20/15 concessions  
& PCSR members**

**10am—1pm:  
Occupying our inner  
and outer worlds**

**2-4pm: PCSR AGM**

The morning event will be an opportunity for activists/therapists to engage with questions around the relationship between inner and outer transformation, being deeply active and politically reflective. It will include an active exploration of why we do what we do.

- *Where does a desire for social change come from?*
- *How can we be active in the outer world without burning out or hurting our inner worlds, and vice versa?*
- *Can reflecting on this make any difference to the effectiveness of our engagement with the injustices and inequalities of the worlds we inhabit?*

The morning will be for those who work as therapists, political activists and anyone interested in these themes or working together for social change and transformation. The morning will be facilitated by Paul Maiteny and Suzanne Keys:

**Suzanne** is a member of the PCSR steering group who has been involved with Occupy London. She is a person-centred counsellor with young people in education and a counselling diploma trainer in London. **Paul** is an ecologist, anthropologist and transpersonal psychotherapist. He has worked for more than 30 years in ecological education and systemic research, with a particular interest in the relationship between emotions, knowledge, values/beliefs, and behaviour.

There will be invited guests from Occupy London and the Activist Trauma Support Network including: **Alison Playford**, activist, writer, and actor: [www.aliplayford.com](http://www.aliplayford.com) **Viola Sampson**, craniosacral therapist and ecopsychologist who has been part of the Activist Trauma Support Network since its formation: [www.violasampson.com](http://www.violasampson.com) **Adrian Harris**, activist and therapist with experience of organising workshops at Climate Change Camps and the 'Who Cares?' Conference organised by Knowledge Lab: [www.adrianharris.org](http://www.adrianharris.org)

**To book, please email: [pcsrinnerandouter@gmail.com](mailto:pcsrinnerandouter@gmail.com)  
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