

The Society of Existential Analysis

presents The first Forum of 2010

Illness as a Path – A Journey to the Dark Places of Wisdom

With Gabriella Otty

FRIDAY 29 JANUARY, 2010

7.00 pm

This forum is adapted from a paper presented at the SEA conference in October 2009. It will explore and conceptualise the profound psychological and spiritual transformation the presenter witnessed in her father as he suffered illness that would eventually lead to his death. Gabriella will discuss this experience as an existential crisis. By confronting an individual with their own mortality and forcing them to re-evaluate the assumptions and beliefs on which they have based their life, illness can become a turning point, a life opening experience. She will also explore how those who choose to accept rather than fight their physical illness may embark on a path of self-discovery, self-acceptance, and spiritual healing. The challenges posed to us in the work we do with clients affected by illness or terminal disease will be considered, and the ways in which, as we sustain them as fellow travellers, we are enriched and transformed ourselves.

Gabriella Otty began her professional career as a conference interpreter and lecturer. Since 2003 she has worked as a voluntary bereavement counsellor for Cruse Bereavement Care and is currently retraining as a psychotherapist at the School of Psychotherapy and Counselling Psychology at Regent's College. Her other interests include acting, theatre, cinema, reading, Bikram Yoga and dance.

Society for Existential Analysis

www.existentialanalysis.co.uk

*Venue: October Gallery, 24 Old Gloucester St,
Bloomsbury, WC1N
(nearest tubes: Holborn, Russell Sq)*

Entrance: £8.00 (or £5.00 for SEA Members/Students)