

The Father's Heart and the Mother's Body

A residential intensive weekend in 'Somatic Soulwork' 8-10 May 2009

The Male Wound

As men we are profoundly affected by the mathematics of birth. Hardly have we emerged from our mother's body before have to leave our prime source of love and nourishment in order to find our identity elsewhere. For this we need our father, yet he may be difficult to locate. Usually he is more occupied with the outer world than the home, let alone the world of inner things, children or emotions. Frequently we prefer not to identify with him: sometimes we find his distant nature unattractive; perhaps his passivity or his aggressive behaviour repels us. Often he seems to have made our first love object - our mother - unhappy.

For we are born into the world of our parents' relationship and, with our as yet still open child-heart, we sense the difficulties and want to make things better. In this way, we open ourselves to be flooded with our mother's disappointment about men, and try to become what she wants. We take her messages as truth, because of our love and innate healing ability.

But the job is too big for us. We can no more make our mother happy than we can provide our own role model to identify with. Later in life we still struggle with these issues and retry to heal them within our intimate relationships. We may discover that the sense of our masculine self is as distorted, with a major element missing. We still yearn (if unwittingly) for what was lacking then: our physically and emotionally present father.

It is father's heart that has the capacity to guide us towards a true masculinity - the same body organ that may have been missing in his relationship with our mother. It is his strong and awakened heart that can hold us and teach us about authority, about giving and receiving. The lack of this contact we still feel today, even if we have not yet recognised it's source.

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In this workshop we will use each other in somatic experimentation to attempt to re-programme our internal relationship with father and mother - and thereby ourselves. This deep soul work attempts to take advantage of the miracle of the body in its capacity to continually renew our cellular memory. We may find that the true male heart is not dead or absent but alive, if dormant, in each of us. When we discover the capacity to seek for and to train our body's energetic centre we may mature to a deep wholeness we only dreamed about in myth and legend.

The course is suited for those who have already worked with us before as well as to those who have not yet experienced our work. Participants from this workshop will be eligible for our weeklong retreat in France - *Images of Masculinity*, in which we attempt to awaken the king inside of us. Come and join us!

Facilitators

The weekends are led by Nick Duffell with either Hank Earl or Darrel Hunneybell.

Nick was born in 1949, has a degree in Sanskrit, has been a carpenter, teacher and organisational consultant. He trained as family therapist, psychotherapist and Sexual Grounding® Therapist, and has been facilitating men's work since 1987. He founded the *Boarding School Survivors* programme, and is the author of *The Making of Them*. With his wife Helena, he runs The Centre for Gender Psychology, co-authored *Sex, Love and the Dangers of Intimacy*, and trains relationship therapists in the UK and Scandinavia. He writes on psychological matters in the national media, is the father of two sons in their thirties, and loves to both pant and saw trees, and to play as music and tennis.

Hank was born in 1955, has a degree in Fine Art, and has played bass in numerous bands. Since time immemorial he has been a mental health worker in London's notorious East End (Hackney, to be precise). Hank has a long term interest in Men's work and is a founder member of the original *Searching for my Father I found my Self* quarterly men's group. He assists Nick in facilitating group 2 and co-leads the third series with Darrel.

Darrel was born in Huddersfield in 1963. Having trained with The Institute of Psychosynthesis, he accredited as a psychotherapist with the UKCP. He is a clinical supervisor working with both individuals and groups. He has over

20 years experience in the NHS and local government, in both Social Services and education. He brings an understanding of the effects of abandonment, alienation and institutionalisation to his work. Darrel has assisted Nick on *Boarding School Survivors*, *Images of Masculinity* and *Men: Sex, Power and Spirit*. He co-leads the third series of the quarterly men's group, *Searching for my Father I found my Self* with Hank.

Practicalities

Venue: The workshop will be held at Tekels Park, Camberly, in the home-counties, easily accessible from London and the south.

Working times: Friday 6pm to Sunday 5pm.

Cost: Course fees and accommodation: £180 Early-bird discount by 31/1/09; or £200 before 1/4/09; £230 thereafter.

Accommodation: £154, payable to venue.

Application procedure: Please fill in the application form and include your reasons for wanting to do this workshop. Forms can be downloaded from <http://www.genderpsychology.com/menonly.htm> or email us. Send your completed form back to us at info@genderpsychology.com and post a signed copy along with your deposit for £100 to the address below. Please make out cheques to **The Centre for Gender Psychology**. To pay by internet contact us for bank details, or you can use PayPal on the website. **N.B.** Deposits are non-refundable and balance must be paid 4 weeks before the workshop date.



applications:

CGP, c/o Lyn Jones, 257 St Andrews Road, Bridport, Dorset DT6 3DU, UK. "

the centre for *gender* psychology

www.genderpsychology.com e-mail: info@genderpsychology.com