



The Association for Humanistic Psychology

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## The Individual and Identity



**Prof. Andrew Samuels**

### Where have all the Individuals Gone? – The Shadow of Solidarity

Radical politics (and radical therapy) point out that individuals are embedded in relationships, networks, groups and ecosystems. This isn't wrong, of course. But has the potential of an individual to contribute to social and political change thereby underestimated? Have we gone too far - been too academic and abstract - in stressing the contingent and context-bound nature of an individual person? Are we saying 'there's no such thing as an individual'? I think this is important to explore because many of the horrid, conformist features of contemporary society themselves also rest on the idea that we 'belong'. Is the 'big society' the same *kind* of idea as an ecosystemic approach? In a mixture of talk and experiential work, we'll see how it feels to be the woman or man alone, as we probe the bounds of personal responsibility. (I freely acknowledge that I am trying to work out something for myself here and maybe it won't be so either-or on the day!)

Andrew Samuels has offered several workshops for the AHP over recent years, which have been well received as innovative and useful. He is well-known as a commentator on political and social issues from a psychotherapy point of view. Andrew is a university professor, Jungian analyst, writer, and political consultant. He is Chair of the United Kingdom Council for Psychotherapy and was co-founder of Psychotherapists and Counsellors for Social Responsibility. His books have been translated into 19 languages and include *The Political Psyche* and *Politics on the Couch*.  
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Professor Ernesto Spinelli has gained an international reputation as one of the leading contemporary trainers and theorists of existential analysis as applied to psychology and psychotherapy and, more recently, the related arenas of coaching and conflict mediation. He is a UKCP registered existential psychotherapist, a Fellow of the British Psychological Society (BPS) and the British Association for Counselling and Psychotherapy (BACP) as well as an APECS accredited executive coach and coaching supervisor. In 1999, Ernesto was awarded a Personal Chair as Professor of psychotherapy, counselling and counselling psychology. Ernesto is Director of ES Associates, an organisation dedicated to the advancement of psychotherapy, coaching, and supervision through specialist seminars and training programmes.

**Prof. Ernesto Spinelli**

### Emphasising the Human in Psychotherapy



Many years ago, the relational analyst, Leslie Farber, raised the concern that with the ever-encroaching demand upon therapists' professionalism, those qualities that emphasised their humanity would be eroded if not permanently lost.

This is not to say that 'professional' and 'human' cannot go hand-in-hand. However, it does often seem to be the case that many practitioners experience a significant conflict between the two in terms of how they can act and be in the presence of their clients. This talk will attempt to provide psychotherapists and coaches with a series of challenges intended to foster their experience of their humanity while retaining an appropriate professional stance. The focus taken for this exploration is informed by ideas originating from existential theory whose key concerns lie with the question of 'what it means to be human'.

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