

# Self & Society

2015 Event Series

## Improvisations – Brushing Up Your Clinical Intuition:

with **Martin Pollecoff**

**Friday 27<sup>th</sup> March 2015**  
**18:45 - 21:30**

**Location: 7-9 Breams Buildings,  
London EC4A 1DT**

*Nearest Station: Chancery Lane*

**Book here:**

<http://www.ahpb.org>



*"In theory, theory and practice are the same, in practice they are not" -*

Quote, Yogi Berra, Baseball Coach

At college we learn the scales and the five-finger exercises of therapy. In our Clinical work we play Jazz. Each session is a unique encounter, so we have to improvise - there is no sheet music or script to follow. There are no empirically validated pre-fabricated methodologies that cover the fast-moving dynamics of in-the-room relationships.

That gap between theory and practice is filled with what we call 'Clinical intuition'. Improvisation is about learning to trust (again) the genius of your own imagination, hunches, gut feelings, body sensations, in short - the wisdom of your own unconscious. Let me make this clear, these deeply personal hunches are not 'the Truth', but that are the starting point for conscious enquiry and a place from which to gain feedback from your client. This workshop is an introduction to techniques that allow you to practise reconnecting to your own relational intuition. Improvisation is for any practitioner or student practitioner who wishes go deeper and to move out of the ruts that we all experience in practice.

### **Martin Pollecoff**

says: I have taken what I have learned from my own studies in theatre improvisation and creativity, then adapted those techniques to the consulting-room . This work is FUN. You can't fail at it - it's lively (did I mention this is CPD that's Fun) it's energetic - you move around a lot and if that's difficult for you - don't worry - we will improvise. So wear comfortable clothes and let's create something interesting together. This is not about the philosophy of therapy - you bring that in with you - it's about the Art and Craft. '

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