



New  
seminar  
starting  
26 Feb 2025

# MENTAL HEALTH SEMINAR

With Mike Chase, Dr James Dyson,  
Dr Michael Evans, Dr Gabriele Förster,  
Ginny Bayman and Jane Chase

**An Anthroposophic  
Training in Mental Health,  
Psychological Crises,  
Therapeutic Response &  
Personal Development.**

Painting: We Stand Behind the Sky - Autumn  
By Artist Richard Heys

[emerson.org.uk/mhs25](http://emerson.org.uk/mhs25)



# Are you connected to or caring for people living with mental health challenges? Do you wish to develop new capacities and broaden your understanding in this field?

## **Crises in mental health are of increasing relevance in our uncertain times, manifesting in all areas of life and work.**

The Mental Health Seminar is an in-depth Anthroposophic training which explores this complex theme within the context of contemporary human consciousness.

With twelve modules spanning three years, the course aims to deepen knowledge and cultivate experienced-based and empathic understanding needed in today's society.

### **Who is it for?**

- Professionals active in counselling, psychotherapy, social work and health and social care
- Teachers, educators, therapists and alternative health practitioners
- Anyone interested in gaining a deeper Anthroposophic understanding of human development, psychological crises and therapeutic response

### **What will you learn?**

- An overview of anthroposophic and mainstream psychology and related psychotherapeutic perspectives
- A comprehensive exploration of human development from 0-21 yrs
- An understanding of sensory psychology, attachment theory and trauma
- Physiology of the seven life processes and their relationship to adult learning
- The challenges of psycho-spiritual development and the search for personal authenticity
- An exploration of personality structure and its somatic expression in personality disorders

- Insights into working with individuals, organisations and communities
- How to support physical, emotional and mental well-being in ourselves and in others

### **Course modules and themes:**

1	Core Psychological Themes
2	Childhood Development 0-7 years
3	Childhood Development 7-14 years
4	Adolescence 14-21
5	Anxiety & Trauma:
6	Depression & Bipolar Phenomena
7	Obsessive Disorders, Compulsive Behaviours & Addictions
8	Personality Structure 1 - Narcissism, Avoidant, Paranoid & Histrionic
9	Personality Structure 2 - Obsessive, Antisocial, Dissociative, Borderline
10	Personality Structure 3 - Schizoid, Schizotypal, Passive aggressive, Dependent
11	Addressing the Question of Evil
12	Conflict & Community Building

*Course module dates available on the website*

### **Course faculty**

The Mental Health Seminar is led by Mike Chase, Dr. James Dyson, Dr Michael Evans, Dr Gabriele Förster, Ginny Bayman and Jane Chase. Their combined experience encompasses medicine, psychosomatics, child psychology, family counselling, psychotherapy, movement, drama and art therapy.

For more information or to apply please visit: [emerson.org.uk/mental-health-seminars25](http://emerson.org.uk/mental-health-seminars25) or email [registrar@emerson.org.uk](mailto:registrar@emerson.org.uk). Applications will be considered in order of receipt. **Bursaries are available.**

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