

R.D. Laing

IN THE 21ST CENTURY

August 7-12, 2016

ESALEN INSTITUTE
Big Sur, California

SYMPOSIUM SPONSOR

Sponsored & Organized by
Free Association, Inc.,
San Francisco, California

SPEAKERS & FACILITATORS

- Fritjof Capra, Ph.D.
- Michael Cornwall, Ph.D.
- Nita Gage
- Rebecca Greenslade
- Will Hall
- Edie Irwin
- Yana Jacobs, LMFT
- Douglas Kirsner, Ph.D.
- Chuck Knapp
- Heather LaFace, Ph.D.
- Scott Lines, Ph.D.
- Matthew Morrissey, LMFT
- Nick Putman
- Steve Sorkin, PhD
- William Stranger
- Michael Guy Thompson, Ph.D.
- Amber Trotter
- Andrew Turkington, RN, LMFT

FOR INFORMATION OR INQUIRIES

Michael Guy Thompson, Ph.D.
michaelguythompson@mac.com

What is Therapeutic?

A FIVE-DAY SYMPOSIUM & WORKSHOP



R. D. LAING wore many robes in his career, including psychiatrist, psychoanalyst, philosopher, social critic, author, poet, and mystic, and at the peak of his fame and popularity in the 1970s he was the most widely-read psychiatrist in the world.

Arguably the most controversial psychoanalyst since Freud, Laing's meteoric rise in the 1960s was the result of his rare ability to make complex ideas accessible with such best-selling classics as *The Divided Self* (1960), *Sanity, Madness and Family* (1964), *The Politics of Experience* (1967), *Knots* (1970), and many others. Laing's impassioned plea for a more humane treatment of those in society who are most vulnerable catapulted him into the vanguard of intellectual and cultural debate about the nature of sanity and madness, and inspired a generation of psychology students, intellectuals, and artists to turn this disarming Scotsman into a social icon.

Now, in the second edition of this newly inaugurated annual event, Laing's former students and colleagues from around the world, including Fritjof Capra, Michael Guy Thompson, Douglas Kirsner, Nita Gage, Edie Irwin and others, will meet for five days at Esalen Institute in Big Sur, California, to continue our critique of Laing's contemporary legacy. Last year we explored one of Laing's most fervent questions: *What is Sanity? What Is Madness?* from a variety of perspectives. This year we will continue our conversation by asking, *What Is Therapeutic?* in all its clinical, philosophical, and political permutations. Joining us again will be some of the leading lights in the burgeoning Alternative to Psychiatry Movement, including Will Hall, Michael Cornwall, Chuck Knapp, Nick Putman, Yana Jacobs and others, to help us share alternatives to the contemporary, often abusive psychiatric treatment for those in extreme mental and emotional distress.

Among the questions we will explore:

1. What may the term "therapeutic" mean if decisively severed from the medical model from where it originated?
2. What is the fundamental purpose of therapy, if not to "treat" a pathological condition, and who should engage in such practices?
3. How are we to re-conceptualize the so-called "treatment" of severe mental and emotional distress, once we abandon the outdated concept of mental illness?
4. How might revisioning conventional notions of what is genuinely therapeutic help our society embrace alternatives to psychiatric drug treatments, and lead to more humane interventions?
5. What is the relationship between the therapeutic and the spiritual, and how might traditional spiritual practices inform our conception of therapy and its goals?

Join us for five days at breathtaking Esalen Institute on the Pacific Coast to explore how we can promote more humane and effective ways of helping those suffering from extreme states.

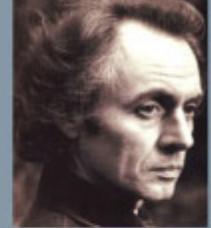
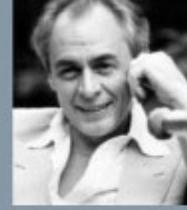
—MICHAEL GUY THOMPSON

FOR INSTRUCTIONS ON HOW TO REGISTER ON ESALEN'S WEBSITE, PLEASE VISIT

<http://www.esalen.org/workshop/week-august-7-12/rd-laing-twenty-first-century-what-therapeutic>



R.D. Laing in the 21st Century



What is Therapeutic?

Esalen Institute, Big Sur, California • August 7 – 12, 2016

Symposium Workshop Co-organizers: Nita Gage | Steven Sorkin, PhD | Michael Guy Thompson, PhD

SUNDAY – AUGUST 7

8:30 – 10:00 pm

Michael Guy Thompson, PhD, Fritjof Capra, PhD, Steve Sorkin, PhD, Nita Gage

Welcome, Let's Get Acquainted

We will spend this initial, breaking-in meeting to introduce ourselves to each other and give you an idea of what our five days together will be like and explain what went into our decision to arrange for this very special program for you. We will begin with introducing the five principal organizers of our Workshop to you, then the faculty, guest faculty, and finally a chance for everyone attending this special week to introduce yourselves and what you are hoping to gain from this experience.

MONDAY – AUGUST 8

10:00 – 10:50 am

Michael Guy Thompson, PhD

(moderated by Douglas Kirsner)

On Sympathy: The Role of Love in the Therapeutic Process

Michael will explore a favorite theme of Laing's, the nature of love and its relevance to psychotherapy. One of the authors that Laing introduced Michael to when he was in analytic training with him at Laing's school in London was the German philosopher, Max Scheler. Michael will discuss Scheler's conception of sympathy (as opposed to the psychoanalytic conception of empathy) as that edition of love that is most germane to the therapeutic process.

11:00 am – 12:00 noon

Fritjof Capra, PhD

(moderated by Nita Gage)

Science and Spirituality

Fritjof Capra, author of *The Web of Life* and coauthor of *The Systems View of Life*, will present a unified post-Cartesian view of mind, matter, and life, which will shed new light on the traditional concepts of soul, psyche, and self, as well as on R.D. Laing's radical approach to psychiatry.

12:00 – 4:15 pm

Lunch Break and Play Time

Lunch at the Dining Hall, enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 4:15 pm.

4:15 – 6:15 pm

Nick Putman

(moderated by Michael Cornwall)

Would R. D. Laing be practicing Open Dialogue if he was with us today?

There is an undeniable affinity between the philosophy that underpins the Open Dialogue approach from Western Lapland and that espoused by Laing in books such as *The Divided Self* and *Sanity, Madness and the Family*. The proposition that there is meaning in madness, that we can usually make more sense of such experiences once we understand their context, and that we have a better chance of doing so if we were to take a phenomenological stance, can be found in both Laing's work and the Open Dialogue approach. Nick Putnam, who trained with Laing's organization in London and went on to introduce the Open Dialogue approach to the U.K., will outline the basic features of Open Dialogue, explore the parallels with Laing's legacy, then debate the affinity between Laing and Open Dialogue with the audience, including those who worked with Laing personally as well as audience participants who are currently engaged in the Open Dialogue process.

6:15 – 8:00 pm

Dinner Break

Dinner in the Esalen Dining Hall. Please return to the evening portion of today's program promptly at 8:00 pm.

8:00 – 10:00 pm

Michael Cornwall, Rebecca Greenslade, Will Hall, Edie Irwin, Yana Jacobs, Heather LaFace, PhD, Amber Trotter, and Andy Turkington, LMFT

(moderated by Nita Gage and Michael Guy Thompson)

Break-Out Groups for Processing Today's Presentations

We will devote this two-hour evening session to breaking up into small groups to discuss issues that came up for us in today's program. This may include extending discussions that occurred earlier in the day or taking the opportunity to raise new issues and concerns. We will then reconvene as a large group to integrate what we learned from the break-out discussions. Attendance is required for those who are seeking Continuing Education Credits for this Workshop, but nonetheless encouraged for everyone.

TUESDAY – AUGUST 9

10:00 – 10:50 am

Douglas Kirsner, PhD

(moderated by Steve Sorkin)

Laing's Conception of Therapy

Drawing from Laing's extensive archival unpublished lecture materials and from his own conversations with Laing, Doug Kirsner, the Australian philosopher and psychoanalytic scholar, will explore Laing's little-known views on the therapeutic process and what the practice of psychotherapy properly entails, from the so-called Laingian perspective.

11:00 am – 12:00 noon

Michael Guy Thompson, PhD, Nita Gage, Matthew Morrissey, LMFT

(moderated by Michael Guy Thompson, Nita Gage, Matthew Morrissey)

Gnosis Retreat Center: Bringing Kingsley Hall to the Bay Area

The three speakers are currently planning to establish a residential community modeled on Kingsley Hall and Portland Road in London, to be located in San Francisco or surrounding area. Like Portland Road, this house is intended to be a refuge for those in crisis, or for those in chronic need, as well as for those adventurers simply seeking a more sane way to live, without medicating drugs. The presenters will explore the role of "communion" with their conception of Gnosis and the sacrament of gathering around the dinner table. This household, or "re-treat" center, will be operated under the aegis of Free Association, Inc., the same not-for-profit association that organized the 2013 Laing Symposium at Wagner College in New York, as well as the Laing Symposium & Workshop hosted at Esalen last year and now. Michael, Nita, and Matthew will share their vision of this project and how you might help to make it a reality.

12:00 – 4:15 pm

Lunch Break and Play Time

Lunch at the Dining Hall, enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 4:15 pm.

4:15 – 6:15 pm

Feature Video Presentation

(moderated by Michael Guy Thompson and Douglas Kirsner)

"Approaches:" Video Demonstration featuring R. D. Laing & Harold F. Searles, followed by discussion with Fritjof Capra, PhD, William Stranger, and Michael Guy Thompson, PhD

In 1975 Peter Robinson, the documentary filmmaker who directed the 1971 documentary, *Asylum*, invited Laing and Harold Searles to participate in an unprecedented clinical demonstration of their respective "approaches" to working with patients suffering from psychotic process. In this little-known and near-extinct one-hour demonstration of their clinical styles, Searles and Laing take turns interviewing the same patient who also shares her experience with them. Robinson chose Laing and Searles because they were at that time regarded the two most famous – and controversial – psychoanalysts who advocated psychotherapy as the optimal treatment for schizophrenia. The result is a riveting as well as astonishing demonstration of two clinical masters at their best and most innovative. The screening will be followed by a discussion with audience participation.

6:15 – 8:00 pm

Dinner Break

Dinner in the Esalen Dining Hall. Please return to the evening portion of today's program promptly at 8:00 pm.

8:00 – 10:00 pm

Michael Cornwall, Rebecca Greenslade, Will Hall, Edie Irwin, Yana Jacobs, Heather LaFace, PhD, Amber Trotter, Andy Turkington, LMFT

Break-Out Groups: Alternatives to Psychiatry

(moderated by Nita Gage and Michael Guy Thompson)

We will devote this two-hour evening session to breaking up into small groups to discuss issues that came up for us in today's program. This may include extending discussions that occurred earlier in the day or taking the opportunity to raise new issues and concerns. We will then reconvene as a large group to integrate what we learned from the break-out discussions. Attendance is required for those who are seeking Continuing Education Credits for this Workshop, but nonetheless encouraged for everyone.

WEDNESDAY – AUGUST 10

10:00 – 12:00 noon

Nita Gage, Will Hall, Edie Irwin, Michael Guy Thompson, PhD, and All the Workshop Participants

(moderated by Nita Gage)

All-Day Adult Playgroup Workshop – A Tribute to Laing's Famous Workshops from the 1970s

Part I: Nita Gage

Breath Work as a Means to Simulate Altered States

Drawing from her own extensive experience moderating such workshops, Nita Gage will facilitate an opportunity for anyone who is interested in participating in this exercise to access mild altered states via guided imagery, deep breathing, and other Shamanic techniques. This workshop is intended to simulate the kind of playgroups Laing was famous for organizing in London in order to gain greater awareness of the potential for expanded states of consciousness readily accessible. This two-hour session will presage a one-hour afternoon session in which these experiences will be processed.

12:00 – 4:15 pm

Lunch Break and Play Time

Lunch at the Dining Hall, enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 4:15 pm.

4:15 – 5:15 pm

Breath Work (continued)

Part II: Nita Gage

Breath Work as a Means to Simulate Altered States (continued)

Nita will continue to facilitate the chance to experience states of expanded consciousness elicited via deep breathing and other Shamanic exercises, followed by opportunities to process these experiences in a warm and safe environment.

5:15 – 6:15 pm

Part III: Will Hall

R. D. Laing as Shaman: Psychotic Reality and Visionary Response

Drawing from his own extensive research into spiritual practices and alternatives to conventional psychiatric treatment for psychotic states, Will Hall will introduce Laing as a Shamanic healer whose ground-breaking clinical methods had little to do with psychiatry or psychoanalysis as they are typically conceived.

6:15 – 8:00 pm

Dinner Break

Dinner in the Esalen Dining Hall. Please return to the evening portion of today's program promptly at 8:00 pm.

What is Therapeutic?

SPECIAL THANKS TO THE ESALEN INSTITUTE & FREE ASSOCIATION, INC.

For more information and inquiries, contact Michael Guy Thompson, PhD: michaelguythompson@mac.com

SPECIAL EVENING EVENT 8:00 – 9:30 pm

Michael Guy Thompson, Nita Gage & Matthew Morrissey

Mad to Be Normal: How R.D. Laing Revolutionized the Treatment of Madness

(moderated by Michael Cornwall and Richard Goldberg)

Michael Guy Thompson, author and psychoanalyst, will be joined by his colleagues who are in the process of opening a spiritual living community household in the San Francisco Bay Area, modeled on their work with Laing in London. This novel approach is an offshoot of Laing's pioneering alternative treatment center, Kingsley Hall, that dispensed with medication and treatment, relying instead on the radical notion of simply living together at close quarters for extended periods of time. All three presenters are spearheading the concurrent five-day workshop, *R. D. Laing in the Twenty-First Century: What is Therapeutic?*, this week.

This special event is reserved by Esalen for all attendees of the Workshops convening this week, and is open to everyone. It is NOT part of our scripted 26 hours of Program time, as it is open to the entire Esalen community and conceived as an opportunity for the participants in the various Workshops to meet everyone else who is residing at Esalen this week. Attendance is not compulsory, but you are cordially invited to join in and participate in this very special opportunity to meet other Esalen workshop attendees.

THURSDAY – AUGUST 11

10:00 – 12:00 noon

William Stranger, Fritjof Capra, PhD, Scott Lines, PhD

Spirituality and the Therapeutic I: Breakdown or Breakthrough?

Laing, Madness, and the Spirit

(moderated by Steve Sorkin, PhD and Michael Guy Thompson, PhD)

When, in *The Politics of Experience*, Laing famously opined that "Madness need not be all breakdown; it can also be breakthrough," he introduced the idea that psychotic states may also be a healing experience, perhaps of a spiritual nature? Bill Stranger will introduce this panel discussion that will explore the nature of spirituality, and what role if any it plays in extreme states typically "diagnosed" as pathological. Bill will be joined by Fritjof Capra and Scott Lines, each of whom will share their views on this topic in response to Bill's presentation. The second hour of this two-hour panel will comprise an informal round-table discussion that will include audience participation.

12:00 – 4:15 pm

Lunch Break and Play Time

Lunch at the Dining Hall, enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 4:00.

4:15 – 6:15 pm

Chuck Knapp and Edie Irwin

Spirituality and the Therapeutic III: Working in Community – Seed Bed for the Growth of Humility

(moderated by Michael Guy Thompson)

Chuck and Edie will be focusing on the Mahayana Buddhist therapeutic principles of body, speech, and mind, and basic sanity, as understood and practiced in the Tara Rokpa (Scotland) and Windhorse Communities (Boulder, Colorado). These will be explored in the context of the personal health of the clinician, the full spectrum of life experience for the client and family, and the radical inseparability of everyone involved in the healing environment.

6:15 – 8:00 pm

Dinner Break

Dinner in the Esalen Dining Hall. Please return to the evening portion of today's program promptly at 8:00 pm.

8:00 – 10:00 pm

Michael Cornwall, Rebecca Greenslade, Will Hall, Edie Irwin, Yana Jacobs, Heather Laface, PhD, Amber Trotter, Andy Turkington, LMFT
What Is Therapeutic About Spirituality? What Has Our Week Been Like?
(moderated by Nita Gage and Michael Guy Thompson)

We will devote this two-hour evening session to sharing our thoughts and reactions to today's presentations on spirituality on the outside lawn below the dining hall in an informal conclusion to our five days together. Relax! Participate! Enjoy!

FRIDAY – AUGUST 12

10:00 – 12:00 am

Michael Guy Thompson, PhD, Fritjof Capra, PhD, Steve Sorkin, PhD, Nita Gage

Closing Comments and Audience Discussion

We want to spend this last block of time together to review our five days at Esalen and what it has meant to you.

How can we stay in touch and help make the connections we made with one another this week endure?

We also want to look ahead to next year, when we will host another five-day experience of R. D. Laing in the Twenty-First Century. Next year the theme for our annual Symposium and Workshop will be: **What Are Altered States?**

We hope you will be able to join us next year for another exciting time together at Esalen!

Don't forget: check-out is 10:00 am, before our morning session. Make sure you are ready if you have booked a return shuttle to the airport.

Good-Bye!

Fritjof Capra, PhD, is a physicist and systems theorist, a founding director of the Center for Ecoliteracy in Berkeley, CA, and on the faculty of the Beahrs Environmental Leadership Program at the University of California, Berkeley. Dr. Capra is the author of several international bestsellers, including *The Tao of Physics* (1975), *The Web of Life* (1996), *The Hidden Connections* (2002), and *The Science of Leonardo* (2007). His most recent book is a multidisciplinary textbook, *The Systems View of Life*, coauthored with Pier Luigi Luisi, and published by Cambridge University Press in 2014. He lives in Berkeley, CA.

Michael Cornwall, PhD, LMFT has done therapy with people in extreme states since 1980 in medication-free sanctuaries and community settings. He completed his doctoral research on the Jungian sanctuary, *Diabasis*, and leads Esalen workshops and conferences on extreme states. He blogs on www.madinamerica.com.

Nita Gage, DSPS, trained with R.D. Laing and his associates at the Philadelphia Association from 1974–1980. She left London and returned to America in 1980 and pursued post-graduate education in psychology and psycho spiritual studies. She trained and studied with shamanic teachers and specializes in integrative psycho spiritual healing. Nita is co-founder of the NeuroImaginal™ Institute, www.neuroimaginalinstitute.com; Director of Healer Within Retreats, www.healerwithinretreats.com, teaching medical and addiction professionals NeuroImaginal Practices for health and well being. She is the author of *The Women in Storage Club, How to Reimagine Your Life*, a book that addresses self-awareness and resiliency through NeuroImaginal practices. She lives in Cambridge, England and Marin County, CA.

Rebecca Greenslade is a psychotherapist, supervisor and meditation teacher based in London. Her research focuses on psychotherapeutic practice as a form of philosophical praxis and the ethics of social activism within psychotherapy practice. Deeply inspired by the work of R.D. Laing, Rebecca organized the R.D. Laing in the 21st Century Reading Group forum in London. She is a Zen practitioner and student.

Will Hall, MA, Dipl.PW, works as a therapist, teacher and community development organizer, including Freedom Center, Portland Hearing Voices, The Icarus Project, Madness Radio, the Harm Reduction Guide to Coming off Psychiatric Drugs (translated into 10 languages), Valley Free Radio, two-year certification in Open Dialogue with Mary Olson, Jaako Seikkula and colleagues, more than 12 years of support group facilitation, and a private practice with individuals and families. A meditator and yoga practitioner, Will lives with altered states of consciousness, and since his teens has also been a social movement activist, including a staff person at the Resource Center for Nonviolence and the Earth Island Institute.

Edie Irwin, co-editor of Akong Tulku Rinpoche's *Taming the Tiger* (Rider) and is the author of *Healing Relaxation* (Rider); both are available online. Edie studied with R. D. Laing in India and London in the 1970s and since 1980 has worked under the guidance of Akong Tulku Rinpoche. She is currently a member of the Tara Rokpa Therapy Training faculty and practices psychotherapy in Edinburgh, Scotland.

Yana Jacobs, LMFT is currently a Senior Program officer at the Foundation for Excellence in Mental Health Care, www.mentalhealthexcellence.org a private community foundation with a mission to bring alternatives into the mainstream public and private sectors. She began her work at Soteria House as a staff member in the mid 70s, mentored by Loren Mosher, MD. Soteria House became her foundation as she moved into other areas of employment within the mental health field. Yana spent over 30 years working both in private practice as a therapist and in the public sector at Santa Cruz County Mental Health in California. She first worked with their crisis team and later became the Chief of Adult Outpatient/Recovery services. As an ally to people with lived experience she implemented a Peer-Run Respite House, funded by a SAMHSA Transformation Grant. Yana believes we must work both as an activist on the outside and with our allies on the inside if we are going to bring about real change.

Douglas Kirsner, PhD, holds a Chair in Philosophy and Psychoanalytic Studies at Deakin University, Melbourne, Australia. He is the author of *The Schizoid World of Jean-Paul Sartre and R. D. Laing* (2003), and *Unfree Associations: Inside Psychoanalytic Institutes* (2009). He lived in one of the post-Kingsley Hall, Philadelphia Association households during the 1970s and has retained a special research interest in Laing's work. His 1980 interview with Laing has recently been published in *The Psychoanalytic Review* (April, 2013). He lives in Melbourne.

Chuck Knapp, a student of Chogyam Trungpa and graduate of Naropa University, worked closely with Ed Podvoll, founder of Windhorse, for many years. He was a founding member and Director of Friendship House, a residential treatment home for people suffering extreme mental states, and co-founded Windhorse Community Services in Boulder, Colorado, where he now serves as a Co-Director. He has published extensively on his work at Windhorse and has a special interest in exploring mindfulness-based therapeutic environments for both individual and social well-being.

Heather LaFace, PhD, is on the Adjunct Faculty at Antioch University Santa Barbara as well as at Pacific Graduate Institute. She is in private practice in Los Angeles and Orange County where she works within a framework of attachment and relational theory. Her current writing and research interests explore paradigm-shifting connections between neuroscience, philosophy, and social theory, with a special interest in approaching extreme states from a developmental systems orientation. She lives in Los Angeles.

Scott Lines, PhD, is a psychologist and psychoanalyst practicing in Berkeley and San Francisco. He is on the clinical faculty of the California Institute of Integral Studies as well as Access Institute for Psychological Services, both in San Francisco. His theoretical and research interests focus on British object relations theory, the phenomenology of altered states, and the neurological processes involved in human relationships. His spiritual practice is grounded in Zen Buddhist philosophy. He is a member of the Psychoanalytic Institute of Northern California. He lives in Berkeley, CA.

Matthew Morrissey LMFT, is a psychotherapist in private practice in San Francisco. He is the co-author and co-editor of *A Way Out of Madness: Dealing with Your Family After You've Been Diagnosed with a Psychiatric Disorder*. Matthew interned for two years at Burch House, a therapeutic community in New Hampshire modeled after PA households in London.

Nick Putman is a psychotherapist and Open Dialogue practitioner who specializes in working with people experiencing 'psychosis' with their families. He has spent the last twelve years living and working in a variety of community based services for people experiencing extreme states, including those run by Laing's Philadelphia Association, the Arbours Crisis Center, the Richmond Fellowship, and Windhorse in Massachusetts. He has trained in the Open Dialogue process with Mary Olson and Jaako Seikkula in the U.S. and has visited the Open Dialogue teams in Western Lapland. Over the past two years Nick has helped to introduce and develop the Open Dialogue approach in the U.K., where the National Health Service is now involved in teaching this method. For more go to: www.opendialogueapproach.co.uk

Steve Sorkin, PhD was actively involved with R. D. Laing and the Philadelphia Association for several years in the 1970s and continues to remain an associate member there. Dr. Sorkin is a licensed clinical psychologist and has provided clinical services in traditional and alternative settings. He has held faculty positions at George Washington University and the American School of Professional Psychology and a variety of administrative roles, including President of Argosy University/Washington, DC, Dean of The Chicago School of Professional Psychology/Washington, DC, and Associate Executive Director of the American Psychological Association. He consults to graduate education institutions and serves on several boards, including the Executive Committee of the Washington Center for Psychoanalysis at George Washington University, and Free Association, Inc., San Francisco.

William Stranger is the founder and editor of *Dharma Café Books* and www.dharmacafe.com, an online magazine. He is also the co-founder of the Calistoga Institute, a California-based policy institute dedicated to fostering optimal well-being, cultural regeneration, and inherent unity in the Napa Valley community. A disciple of Adi Da Samraj since 1973, William's background in the history of consciousness, classical spirituality, trans-personal psychology, and post-Cartesian political, scientific, artistic, cultural paradigms, along with his work as peace activist, lecturer, author, literary agent, and publisher, gives him a broad knowledge of today's nascent cultural renaissance. He lives in Berkeley, CA.

Michael Guy Thompson, PhD, received his psychoanalytic training from R. D. Laing, with whom he was in supervision, and Hugh Crawford at the Philadelphia Association in London, and served as the organization's administrator from 1973 to 1980. He is Personal and Supervising Analyst and Faculty Member, Psychoanalytic Institute of Northern California, San Francisco, and Adjunct Professor at the California School of Professional Psychology and the California Institute of Integral Studies, both in San Francisco. He is the author of more than 100 journal articles, book chapters, and reviews, as well as five books, *The Death of Desire: A Study in Psychopathology* (1985), *The Truth About Freud's Technique: The Encounter with the Real* (1994), and *The Ethic of Honesty: The Fundamental Rule of Psychoanalysis* (2004), *The Legacy of R. D. Laing: An Appraisal of His Contemporary Relevance* (2015), and just-released, *The Death of Desire: An Existential Study in Sanity and Madness* (July 2016), an extensively revised and expanded edition of the original, now published by Routledge. He lives in Marin County, CA.

Stephen Ticktin, MD is a Canadian psychiatrist and psychotherapist. He obtained his medical degree from the University of Toronto in 1973 and then spent a year in London, England, as personal assistant to David Cooper. He subsequently studied with the Philadelphia Association from 1978–1984. While in London he helped found the *British Network of Alternatives to Psychiatry* and the *Supportive Psychotherapy Association*. He has been a visiting lecturer at Regent's College School of Psychotherapy and Counseling and was also involved with the New School of Psychotherapy under the direction of Emmy van Deurzen. In 2004 he returned to his native Toronto where he currently lives and works as a GP-Psychotherapist. He is also an amusing story-teller and song writer.

Amber Trotter is a doctoral candidate at the California Institute of Integral Studies, PsyD Program, in San Francisco.

Andrew Turkington, LMFT trained as a psychiatric nurse in the U.K. and later moved to the U.S. where he received his psychoanalytic training from Michael Guy Thompson and associates at Free Association, Inc. in San Francisco. He now teaches Psychiatric Nursing at Unitek College in Hayward, California and is in private practice in Alameda and San Francisco. His interests include phenomenology and scepticism.

REGISTRATION FOR THIS SYMPOSIUM WORKSHOP

is handled exclusively through Esalen. In order to register for this Symposium Workshop please go to the link below, which takes you directly to the page on the Esalen catalog that will permit you to register. When you are ready to register, please follow these instructions:

1. BECAUSE THIS WORKSHOP IS RESTRICTED, BEFORE YOU REGISTER YOU MUST OBTAIN A PASSWORD FROM MICHAEL GUY THOMPSON. Email Michael at michaelguythompson@mac.com. He will provide you with the password by return email which will permit you to access the Esalen registration page.

If you have any other questions about registering or the Workshop, please contact Michael Guy Thompson at michaelguythompson@mac.com.

2. ONCE YOU HAVE THE PASSWORD, telephone Esalen at 888-837-2536, give them the password, then you will be able to register at the following link:

<http://www.esalen.org/workshop/week-august-7-12/rd-laing-twenty-first-century-what-therapeutic>

THINGS TO KNOW WHEN YOU ARE REGISTERING

FEES FOR REGISTRATION INCLUDE accommodation and meals, all-inclusive. The rate per person varies from \$650 to \$3,500 for a five-day workshop, depending on the choice of accommodation. The most popular option is \$1,215, the "Shared Standard" arrangement by which you share a room with one or two people. If you choose this option another person attending the Laing Symposium Workshop will be assigned to your room randomly. If you have a friend who is also attending this Workshop with whom you would like to share the room let Esalen know.

If you have any questions about the various accommodations contact Esalen directly at: 888-837-2536. If you are calling from outside the United States call: +1 703-342-0500.

ESALEN RATES ARE ALL-INCLUSIVE

All listed rates include:

- Workshop tuition
- Accommodations and meals
- Fresh produce from the Esalen Garden
- Vegan and vegetarian options for all meals
- Coffee, tea, and bread bar open 24/7
- 24-hour use of hot spring bath facilities, Arts Center (except when a workshop is scheduled), Meditation Round House, and the entire Esalen grounds
- Participation in scheduled daily classes such as yoga, dance, meditation, art, and special events
- One-year subscription to the Esalen catalog

TRANSPORTATION FROM AIRPORTS TO ESALEN

Ridesharing: Esalen encourages ridesharing to reduce the number of cars on the road and at Esalen. See the reservation form online at www.esalen.org for ridesharing options, or tell your reservationist you are interested.

Van Shuttle Service Prices from airports to Esalen:

Visit Visit: www.esalen.org/page/start-your-esalen-journey-shuttle for more information about the Van Shuttle Service.

- \$60 from Monterey Peninsula Airport (MRY)
- \$100 from San Jose International Airport (SJC)
- \$120 from San Francisco International Airport (SFO)

Prices listed include round-trip transportation and are payable upon arrival to Esalen. No discount applies if return trip is unused. Return service must be confirmed with the Esalen office at least 48 hours prior to departure.

Schedule:

Van service to Esalen is offered on Friday and Sunday afternoons, coinciding with our workshop schedules.

Depart SFO: 12:00 pm / Depart SJC: 12:45 / Depart MRY: 2:45 / Arrive at Esalen: 4:00

Depart Esalen: 4:30 pm / Arrive MRY: 5:45 / Arrive SJC: 7:45 / Arrive SFO: 8:30 pm

Shuttle Pick-Up Locations:

- SFO: Courtyard #4 near the DOMESTIC UNITED AIRLINES Baggage Claim area.
- SJC: Outside Terminal B in Lot 5.
- MRY: Outside of Baggage Claim area.

Making or Canceling a Reservation:

Reservations for the van shuttle service can be made when booking a workshop reservation online, or on the phone with the Esalen Reservations staff at least 48 hours before the departure date. Return service must be confirmed with the Esalen office at least 48 hours prior to departure.

Although there is no charge for cancelling a shuttle reservation, we ask that you provide at least 48 hours notice.

If you have any questions about the van schedule to and from the airport you are using contact Esalen at: 888-837-2536. If you are calling from outside the United States please call: +1 703-342-0500.