



Early Development and Identity

**A CPD training seminar with Carmen Joanne Ablack
Zagreb, 25 – 27 November 2011**

This workshop will be experiential and a place to explore the early development and later meaning of identity; identity of family, region, culture, economic group etc as reflected in early learning from the earliest aspects of family and later in early schooling.

How does such information inform the way we hold ourselves in the world as young people and later as adults? What happens to our sense of identity and our ability to be with the other as we work with the emergent self in relation to another who is different to me? This of course first starts with the baby, the infant, the toddler... what does it mean to be me and what does it mean to be "not me"? What do I experience in and out of awareness and how does this translate to how I hold my body, move my body or give and receive of myself in relation to the other?

We will explore and experiment with these questions individually and in small and large group activities and processes. This is an individual and collective journey into the non-verbal, expressive and verbal manifestations and understandings of identity and diversity in community.

Carmen Joanne Ablack - Carmen is an Honorary Fellow of the UK Council for Psychotherapy, she has been leading and teaching groups since the 1980's. Carmen has a background in performance and facilitating performers as well as an extensive knowledge of working with identity, trauma, relationship and group processes as a psychotherapist. She currently teaches on the MA programme at the Gestalt Centre London and is a former trainer and supervisor at the Chiron Centre. Carmen has been a visiting tutor and supervisor at psychotherapy trainings in Europe since the early 1990's.