After a long history of antipathy towards religion and spirituality, counselling and psychotherapy are now addressing the issues raised by religion and spirituality. While religion still remains contentious, there has been a widespread acceptance of the positive place of the sacred and spirituality both in wider culture but crucially for therapists in the lives of our patients. This day will explore the place of spirituality in the person of the therapist and in their clinical practice. One session is entitled ‘Entering Thresholds: Past and Present’ and the second ‘Entering Therapeutic Space’. These will address the power of spirituality for positive good and also address the shadow side of spirituality when it becomes ‘toxic’.

Alistair Ross is a Minister of religion, a practical theologian, an academic psychoanalyst, and a psychodynamic therapist, supervisor and trainer. He is Director of Psychodynamic Studies, lecturer, and Dean and Fellow of Kellogg College at Oxford University. Alistair is also Chair of the BACP’s Professional Ethics and Quality Standards committee, Reviews Editor for The European Journal of Psychotherapy and Counselling, and on the editorial board of Practical Theology. Alistair’s research and writing is focussed on the complex relationships between the sacred, spirituality, religion, psychoanalysis, psychotherapy and counselling. (more biographical details on the WMiP website at – www.wmip.org )

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