



The World of Psychotherapy is Coming

The 6th World Congress for Psychotherapy will be held in Sydney in August 2011. Some readers may recall publicity surrounding the bid to host this triennial congress in Australasia. At the 4th World Congress held in Buenos Aires in August, 2005 this bid won over its competitor and Sydney was announced as the venue for this major event, expected to attract approximately 3 – 4,000 delegates, which would make it the largest conference of its kind ever held in Australasia. The bid was a joint effort between Australia and New Zealand and it is likely to be preceded by an Asia-Pacific congress to be held in New Zealand in 2010. The warm response made by many psychotherapy organizations and individual practitioners in support of the bid was a critical aspect underpinning its success. The organizing committee would like to thank all concerned for the support that proved so crucial to the outcome.

This occasion presents psychotherapy in this region with a unique opportunity to enter into dialogue with leaders in the field and to bring the need for effective psychotherapy services to the attention of the community here and elsewhere. It is anticipated that it will be also be an impetus towards cohesion in the psychotherapeutic community that will allow growth in the vitality, reach and standards within the profession. Of course it is also hoped that the congress will have therapeutic value, both to delegates attending and in terms of the development of ideas and the growth of community awareness about the role of

psychotherapy in relation to mental distress and personal growth. The development of psychotherapy as a profession cannot be separated from the development of a community culture that supports personal growth.

The host organization, the World Council for Psychotherapy (WCP), is dedicated to recognition of psychotherapy as an independent discipline with its own body of knowledge based in the coherent articulation and observation of human experience. WCP has a deliberate policy of including and involving the many different schools and forms of psychotherapy. As such the congress provides practitioners with a unique opportunity for cross-fertilization of ideas between colleagues of diverse backgrounds and orientations. The reality of psychotherapy in the modern world is that there are a multiplicity of legitimate voices, all with a contribution to make. It is time to break down the division and insularity that have historically impeded the profession. Australasia, with its cultural diversity and pluralism, is well placed to contribute to this process.

The theme for the conference is "World Dreaming", a phrase that captures something of the historical origins of psychotherapy and the cultural origins of the peoples of Australia and New Zealand. Moreover the emphasis on the human world of dreaming rather than the inanimate world of objects will provide a space for beginning to understand difference and move towards conciliation.

In the minds of committee members, a diversity of "dreamings" is envisaged: infant dreaming, first people dreaming, trauma dreaming, healing dreaming, therapist dreaming, patient dreaming, brain dreaming, spirit dreaming, group dreaming, etc. Let our imaginations extend this list and start having the dreaming towards involvement in something larger than our own individual practices.

Of course the success of this venture is very much in the hands of the Australasian psychotherapeutic community. We hope many of you will join us in our enthusiasm for the project and we welcome inquiries and suggestions. At this stage we will not be focusing on the details of program development in terms of choosing speakers and the like. However individuals and organizations wishing to find out more or become involved are welcome to contact us. Sydney has a proud recent history of hosting major international events. A psychotherapy congress may not attract the hype and razzamatazz of the Olympics or the Rugby World Cup. However the development of greater self-awareness and reflective consciousness within our community and the diminution of the sense Australasians have historically had of the gulf separating the "antipodes" from the rest of the world are fruits towards which this congress can make a contribution. If we all want it to.

Anthony Korner,

Chairman, Organizing Committee, WCP, Sydney 2011.

World Dreaming

*We are such stuff
as dreams are made on;
and our little life
is rounded with a sleep.*
The Tempest, William Shakespeare

As long as people have hope they will dream. Even for a person in despair a dream may speak of hope. There are waking and sleeping dreams. Dreams are quintessentially personal yet they are relational. The sharing of dreams can create community. Perhaps we either develop communal dreams or we deal with societal nightmares. Beyond dreams as isolated events there is dreaming as worldview and dreaming as way of life, as exemplified by Australian Indigenous culture. This is a worldview where the life in the world, in the land and in our connection and relation to it is recognized. There is a sense in which the dreaming can be synonymous with the healing of

emotional scars. Where the personal story can be born, heard and respected. Arguably these are also the aspirations of psychotherapy. As therapists we understand the need to connect with the dreams and aspirations of our clients and we sense the way in which dreams reveal the personal and deepen relatedness. The achievement of a sense of community will never come about through technological advance. It can only come about through common understanding and experiences of connection. For the individual this means finding connection with their own past, finding a place in the present and developing the courage to dream the future in collaboration with others. The complexity of this challenge in the world of the global village is tremendous. We are confronted every day with the failure of traditional solutions to the creation of community in the face of global diversity

and conflicting worldviews. The capacity of psychotherapy to create understanding that can bridge personal and cultural differences will be determining of its place in the 21st century and beyond.

In Sydney at the 6th World Congress for Psychotherapy in 2011 we have an opportunity to consider and respect that most human level of experience, the dream. We will hear of the Australian Indigenous Dreaming, of psychoanalytic dreaming, of the diversity of therapies and, especially, of healing. We will hear from therapists, scientists, from those who have undergone therapy and other dreamers. To those working in the profession and to those interested in psychotherapy we invite you to join us in August, 2011. To those who have the courage to dream, why not submit a paper?

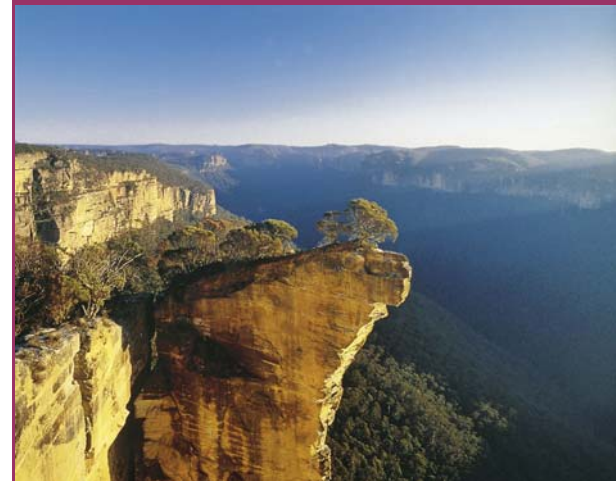


Congress Themes

- Current Issues in Psychotherapy
- Training, Education, Supervision
- Research
- Family, Relationships
- Developmental, Life Span, genders
- Ethical and Philosophical
- Culture and First Peoples
- Modalities
- Spirituality

ORGANISING COMMITTEE

Dr Anthony Korner, Chair;
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Ms Sophie Holmes, PACFA,
Victorian FPA;
A/Prof A.Roy Bowden, New Zealand,
Ms Margaret Morice, New Zealand,
Alisa de Torres, APS



INVITED KEYNOTE SPEAKERS

Helen Milroy
Jessica Benjamin
Harlene Anderson
Russell Meares
Jonathon Fay
Hinewirangi Kohi-Morgan
Mary Target,
Deborah Luepnitz

