

The Analytical Psychotherapy Training: Birmingham

Public Lecture Series

2026 – 2027



About our Events

We offer a diverse programme of events throughout the year for anyone with an interest in analytical psychology, depth psychology, and the connection between the inner world and outer life. Our lectures explore how core psychoanalytic concepts, dreams, and symbolism apply to contemporary social, political, and personal issues.

Who is it for?

Our events are designed to be inclusive and engaging for a wide range of individuals, including:

- The Curious Public: Anyone interested in Jung, Jungian analysis, and personal psychological growth.
- Practitioners & Clinicians: Counsellors, psychodynamic therapists, psychoanalysts, psychotherapists, and psychologists looking to deepen their perspective.
- Students & Professionals: Those studying or working within the mental health sector who wish to explore depth psychology.

Saturday 7th November 2026

IN-PERSON ONLY

The VII Sermons to the Dead as the Cornerstone of Jung's Individuation Process: An Introduction to the Text and its Clinical Relevance

Speaker: Katerina Sarafidou

The VII Sermons to the Dead appears in the closing chapters of the Red Book and presents a cosmological framework that underpins the entire undertaking of Jung's Liber Novus. It provides the foundation of Jung's notion of individuation and reveals the full nature and purpose of the individuation process. It is the formulation of Jung's own myth which he set out to discover when he embarked on his experimentation with the inner figures in 1913 and then documented in his Black Book diaries. These lectures will give an overview of the VII Sermons in the context of the Red Book and Black Books. They will explore the role of its text in individuation, and its implications for the work of analytical psychotherapy.



Katerina Sarafidou is the Head of Research and former Director of the MSc Psychodynamics of Human Development run by Birkbeck College and the British Psychotherapy Foundation. She is an honorary member of the British Jungian Analytic Association and one of three founders of The Circle of Analytical Psychology, which offers a 2-year course on Jung's Liber Novus.

Saturday 16th January 2027

VIA ZOOM ONLY

The Transcendent Function in Nelson Mandela's Politics

Speaker: Dr Steve Myers

In an increasingly one-sided and polarised world, there is a greater need than ever for the transcendent function to find expression outside the therapy room and in the world of politics, culture, and religion. This session will examine how the transcendent function emerged naturally in the early life of Nelson Mandela and in his presidential work in overcoming the deep hatreds within South Africa that were systematised in apartheid. This online session will use a mix of presentation, film, and discussion to explore the practical implications of the transcendent function both in opposing repression or persecution and in reconciling oppressor and oppressed. It will conclude by examining how the lessons from Mandela's example can be applied in contemporary political conflict.



Dr Steve Myers has a Masters in Jungian and Post-Jungian Studies and PhD on a Jungian subject from the University of Essex. He is author of Myers-Briggs Typology: Overcoming One-Sidedness in Self and Society and is currently working on a second book for Routledge provisionally titled A Jungian Solution to Political Polarisation: Devils in the Corner. His background is commercial and academic, rather than therapeutic, having worked as a consultant to improve relationships and leadership in the workplace.

Saturday 6th March 2027

IN-PERSON ONLY

"It Doesn't Bear Thinking About": Living and Working in a Time of Peril

Speaker: Rachel Dunkley Jones

It has become a commonplace to say that we live in dark times. The breakdown of familiar structures is evident on all levels. Wars, genocide, climate crisis, increasing polarisation - the list goes on. The myths we are living seem increasingly apocalyptic, calamitous.

What is this doing to us and how do these dynamics shape our work? How do we and our patients engage, and avoid engaging, with our collective predicament? What happens when collective archetypal energies enter the consulting room? And how do we maintain and repair our connection with soul and earth, while also remaining thoroughly present to the 'topside world' and its travails?



Rachel Dunkley Jones is an Analytical Psychotherapist in full time private practice in Birmingham. She trained with the Analytical Psychotherapy Training: Birmingham and is a member of the West Midlands Institute of Psychotherapy. Her background is in literature, anthropology and sociology, and she has a longstanding interest in the interface of psyche and the social world.

Saturday 8th May 2027

IN-PERSON ONLY

Bluebeard, Curiosity and Digital Saturation

Speaker: Leigh Money

I am interested in exploring how our relationship to 'what can be known' is changing with access to online search, AI, social media and other digital tools. In particular, how these resources curtail our ability, willingness, or desire to stay with the 'not-yet-known' or keep an open, curious attitude. While this has implications for us all collectively, it also has a particular impact on the practice of psychotherapy.

As a 'cautionary tale' for the curious, Bluebeard offers multiple readings that enrich our understanding of these contemporary developments. Just as the young bride is given the keys to every room in Bluebeard's castle, our phones may act as keys to all sorts of rooms, rooms that contain both treasures and horrors.



Leigh Money is a member of The Society of Analytical Psychology (SAP) London. She has a particular interest in digital technology; specifically, the ways in which it is re-shaping human communication and connection. She was awarded both the Michael Fordham prize (2024) and the Gradiva Award (2024) for her paper 'Labels and the Self: Identity Labels as Scaffold', an exploration of the way that identity labels can be used both creatively and defensively.

Saturday 12th June 2027

IN-PERSON ONLY

Be Yourself, Everyone Else Is Already Taken

Speaker: Hellen Mabhikwa

In this lecture I borrow my title from Oscar Wilde, and I will elaborate on this using Jung's idea of individuation. Repeatedly in his Red Book Jung discovers that becoming oneself is a long cyclical process. I hope to discuss a few aspects of this process which Jung reworks repeatedly in his own confrontation. I wish to discuss un-lived life, voluntary love, community, redemption, solace and solitude. A clinical example will be used to illustrate my evolution alongside the patient. I hope to convey how this journey awakened me to a new relationship with death.



Hellen Mabhikwa is a Jungian Training Analyst and Supervisor at the APT:B and other institutes. She runs a supervision of supervision group at the SAP. Hellen teaches on the latter at on the APT: B full course. She is a member of the training committee. She is interested in the overlap between Jung's idea of individuation as it appears in the Red Book with some southern African practices especially in their original form pre-colonisation. Hellen wrote a piece on this in a book recently published by the SAP via Karnac titled: Training being trained.

Fees & Application Details

NOVEMBER 2026

In-person only at St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham B29 7LL
10.15am – 3pm

WMIP Members: £95 (or £105 solidarity*)
Non-WMIP Members: £105 (or £115 solidarity*)
Trainee psychotherapist and other full-time trainees' fee: £47.50 (or £57.50 solidarity*)
(proof of student/trainee membership is required)

Refreshments and a buffet lunch are included

JANUARY 2027

Via Zoom Video Conferencing only
10.15am – 12.45pm

WMIP Members: £50 (or £60 solidarity*)
Non-WMIP Members: £60 (or £70 solidarity*)
Trainee psychotherapist and other full-time trainees' fee: £30.00 (or £40.00 solidarity*)
(proof of student/trainee membership is required)

MARCH, MAY & JUNE 2027

In-person only at St Paul's Convent, 94 Selly Park Road, Selly Park, Birmingham B29 7LL
10.15am – 12.45pm

WMIP Members: £50 (or £60 solidarity*) / Non-WMIP Members: £60 (or £70 solidarity*)
Trainee psychotherapist and other full-time trainees' fee: £30.00 (or £40.00 solidarity*)
(proof of student/trainee membership is required)
(Refreshments are included)

Please refer to the application form for further details on reduced fees offered

*** 100% of the additional £10 solidarity fee goes directly toward funding a subsidised place on our 2027 Introductory Course for individuals from under-represented or low-income backgrounds**

Payment Details

Please make BACS payments as follows:

Account Name: The Training in Jungian Analytical Psychotherapy

Bank: Barclays

Sort Code: 20-08-44 / **Account No:** 03737950

Please use your name as the reference

Designated seating will be available at the front of the venue, near the speaker, for guests who are hard of hearing (please tick the relevant box on the application form).



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