



Psychosynthesis Coaching Academy

Going to Depth with Psychosynthesis

Prospectus for 2026

Psychosynthesis Coaching Limited, v1-1, July 2025

Taking your coaching to the next level... coaching at depth



Picture by Elliot Friedman from Annual Psychosynthesis Coaching Symposium in November 2018

Individual Coach, Team Coach and Supervisor accreditation with EMCC



Introduction

This new five-month programme is designed for practising coaches who want to work at greater depth. As well as graduates of Psychosynthesis Coaching Limited's CPLC and HCP programmes, we will also consider applications from other accredited coaches (e.g. with EMCC, ICF, AC or APECS), who have relevant previous training and experience, as well as psychosynthesis trained counsellors and therapists who are practising coaches.

This first programme takes place in-person in London, starting February 2026. The course takes you on a personal and professional psychosynthesis journey of depth and discovery.

Structure of the Programme

5 x two-day weekend seminars, supported by small group reflection sessions, webinars and online materials. The broad scope of these are:

1. **The Self and personality** – sacred wound and the inner child; disidentification, subpersonalities and the I-Self
2. **The Will** – psychological functions and the will; aspects, qualities, levels and stages of the Act of Will; the nature of free will
3. **The Soul's journey** – the journey of the soul, the nature of suffering, psychological disturbance, crisis and breakdown
4. **Spiritual emergence, awakening and crisis** – crises of meaning and duality, Assagioli's four stages of awakening, psychological mountain climbing and transpersonal inspiration
5. **Synthesis and polarity** – interplay of polarity and opposites; inner and outer, individual and collective; concrete and abstract mind; the process of synthesis at different levels; synthesis for leadership in a VUCA world.

Context

The course takes you on a newly designed personal and professional journey into psychosynthesis psychology, over five weekend workshops. The aim is to both enable participants to experience Assagioli's core concepts of psychosynthesis and to bring this psychospiritual psychology into relationship with the world we engage with today as practitioners, coaches and leaders. Each weekend workshop is facilitated by a different experienced psychosynthesis trainer alongside Aubyn Howard and Bonny Tydeman, as guides of the overall journey.

Details of the 2026 programme

Going to Depth with Psychosynthesis Psychology: Inperson London, CIEE Russell Square, London: 14-15 February 2026, 14-15 March, 11-12 April, 9-10 May, 6-7 June; Saturdays 09:00 – 17:00, Sundays 09:00 – 16:00.

Course fees

£2200 + VAT. Early bird (booking by 20 December 2025): £2000 + VAT.

The programme is limited to 18 participants. Places are secured with a deposit of £500+VAT. Instalment payments for the balance can be made over the duration of the programme.

If you would like to apply to attend, please [go online to our website here](#).

Course Content Overview

Going to Depth with Psychosynthesis Psychology

The five seminars are being developed with the guest facilitators for each one – the following provides an overview of the topics and territory of this new and unique journey.

Self and Personality: 2-day seminar with Theo Dijkman

- ❖ *Self and personality formation*
- ❖ *Incarnation and the sacred wound*
- ❖ *Identification and disidentification*



This seminar will explore how our sense of Self comes into the world and the personality is formed through relationships. Self as understood by psychosynthesis is the source of higher qualities in the human psyche which include intuition and inspiration. Over time the sense of Self becomes identified with different aspects of the personality leading to alienation, an experience of not being oneself. This alienation can be described as a wounding at the level of our soul. Through a process of identification and disidentification a connection with our core sense of Self can be reestablished offering a different, more intuitive approach to life's challenges.

Act of Will: 2-day seminar with Anne Welsh

- ❖ *Transpersonal Will, Free Will and Agency*
- ❖ *The Act of Will as a depth coaching model – revisited*
- ❖ *Assagioli's Star diagram – developing the psychological functions and related aspects of will*



We explore the Will as a central concept of psychosynthesis, using experiential exercises, self-reflection and dialogue to explore the distinction between the Will of the Self and the will of our subpersonalities. What do we mean by and how can we experience free will or agency in a VUCA world, variously characterised in terms of systemic forces and structural determinism, power and control, victimhood and despair? We turn to how the depth coach supports the development of will by their coachees, how the will can be healthily expressed in all its aspects through the psychological functions; thinking, feeling, sensation, intuition, imagination and desire.

Soul's Journey: 2-day seminar with Theo Dijkman

- ❖ *The call of Self and the journey of the Soul*
- ❖ *The developmental journey of becoming*
- ❖ *Psychological disturbance, crisis and breakdown*



The focus of this seminar is an exploration of what drives the human psyche and considers this to be determined by an inner knowing, a call of Self, rather than being driven by a historical narrative. The human psyche is on a constant journey of engagement with and development through relationships with others and the world around it. This journey can at times be unsettling and disturbing. The natural response to this is to cure the unsettledness, to calm the disturbance. A psychosynthesis approach is engaging with this as a process rather than as a cure in which breakdown can become a breakthrough.

Spiritual Emergence: 2-day seminar with Jessica Nelson

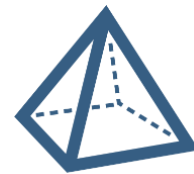
- ❖ *Spiritual emergence and emergency*
- ❖ *Assagioli's four stages of awakening*
- ❖ *Psychological mountain climbing*



This seminar explores – in interactive ways – Psychosynthesis concepts relating to psychological evolution beyond Self-Actualization towards Self-Realization (Spiritual Awakening). Models include Firman and Vargiu's Dimensions of Growth, Assagioli's 4 Stages of Awakening and his Psychological 'Mountain-Climbing' metaphor. Some life experiences and crises may have a spiritual origin and can be worked with to harness effectively higher qualities such as Intuition, Creativity and Inspiration (Spiritual Emergence). However, not all 'spiritual awakening' occurs in a well-integrated personality. Over the weekend, we will begin to distinguish between healthy Spiritual Emergence and more extreme psychological disturbances which can occur in a Spiritual Emergency.

Synthesis and Polarity: 2-day seminar with Keith Silvester

- ❖ *Liquid modernity and the way we now experience change*
- ❖ *Concrete and abstract mind – finding a new pattern for a VUCA world*
- ❖ *Polarity and synthesis, evolution of consciousness*



We complete our journey by returning to Assagioli's core concepts of *Polarity and Synthesis* and *Unity in Diversity*, seeking to bring these into relationship with the VUCA world as we encounter and experience it today. We set this inquiry within the context of societal shifts in consciousness and social evolution, and the relationship between individual and collective consciousness. We explore how the interplay of concrete/linear mind and abstract/intuitive mind is key to reframing problems, discovering unseen options or resources and finding systemic solutions when working with leaders, teams, groups and organisational systems.

Reflective practice and personal integration

The weekend workshops are supported by small group reflective practice sessions that take place in between the workshops. These provide an opportunity to personally and professionally reflect and integrate the experience from the weekends, e.g. by asking ourselves:

- ❖ *How does this topic impact or inform my experience of self, my growth and development, my shadow and potential?*
- ❖ *How might it come into the coaching and leadership space – with individuals, teams and systems, with families and communities?*
- ❖ *How does it inform my sense making about what is emergent in the wider system at different levels?*
- ❖ *How can it inform my understanding of the dynamics in play and the interventions I make as a practitioner?*

The Diploma in Depth Coaching

The award of **Diploma in Depth Coaching** can be achieved by participants of **Going to Depth with Psychosynthesis** who have graduated from our **CPLC** or **HCP** + programmes and also complete either (i) **The Essential Psychology for Depth Coaches** or (ii) **Team Coaching & Group Dynamics**. For more details see our website or contact Aubyn Howard.

The Facilitators

Aubyn Howard

Aubyn is the co-founder (with Paul Elliott) of Psychosynthesis Coaching Limited. He holds an MA in Psychosynthesis Psychology with the London Institute of Psychosynthesis and an MSc in Change Agent Skills and Strategies with the HPRG at Surrey University. He draws upon more than 30 years' experience as an organisational consultant, facilitator, educator and coach, supporting transformational change and leadership development with leaders of all sizes of organisation, across many different sectors and national cultures. For the last 10 years his focus has been the growth and development of Psychosynthesis Coaching and its' EMCC accredited training programmes for individual and team coaches and supervisors. APECS Accredited Master Executive Coach, EMCC Senior Practitioner and EMCC EISA Psychosynthesis Coaching Supervisor. Author of *Psychosynthesis Leadership Coaching: a Psychology of Being for a Time of Crisis* (2020).



Bonny Tydeman



Bonny is a soulful leadership coach, psychospiritual guide and spoken word artist. In her coaching work with individuals and groups, she focuses on the cultivation of authentic expression as a pathway to finding meaning and belonging. Her background in the creative industries - where she was a creative producer, art director and cultural curator - informs her rich and imaginative approach to self-enquiry and initiation. She is passionate about the transformational power of creativity; the synthesis of spiritual exploration with psychological understanding; and the meeting place of personal and social transformation. Bonny has hundreds of hours of experience helping people to navigate change and challenge and is professionally supervised and accredited (at Senior Practitioner level) by the EMCC. She has trained in embodied coaching supervision and is on the faculty at the Psychosynthesis Coaching Academy, where she has acted as course tutor and co-facilitator. As a spoken word artist, she explores deep existential terrain with boldness and humour. Her debut spoken word album - *Welcome the Dark* - is now available on Spotify.

Theo Dijkman



Theo Dijkman has worked as a psychotherapist and clinical supervisor working in private practice for over 30 years. He has been UKCP registered since 2002, has completed a Foundation in Group Analysis and for 10 years was a senior faculty member of the Institute of Psychosynthesis in London where he delivered seminars on their MA programme. Since 2019 he has focused on his clinical practice as well as his writing. His articles for the professional psychotherapy and counselling community have appeared in international psychosynthesis publications. He has presented his papers to psychotherapy forums and at international conferences. Prior to his psychotherapy training he held senior management positions in mental health services in Scotland.

Anne Welsh

Anne has worked in the field of personal and professional development for over 30 years. Initially she trained in psychology and practiced as a psychotherapist. Alongside this practice she was operations director of a psychological training and development institute, training people in coaching, psychotherapy and counselling. In the last 10 years, she has specialised in executive coaching and worked with clients across the globe. Since 2010 Anne has been training and supervising employees at GlaxoSmithKline in Job-Plus Coaching. She is also currently training in-house coaches for the House of Commons in the UK. Anne is an APECS Accredited Master Executive Coach, EMCC Senior Practitioner and a EMCC EISA coach supervisor.



Jessica Nelson



Jessica Nelson (MA Psychosynthesis Psychotherapy; UKCP) began her professional career as a solicitor but shifted gear midlife to study psychotherapy as a better fit for her values and personality. She has run a private practice for over 25 years, undergoing further trainings in Mindfulness, Social Dreaming, Advanced Integrative Energy Therapy and Psychosynthesis Supervision. Between 2005 and 2015, Jessica worked as a group facilitator and trainer at Bucks University, the Psychosynthesis and Education Trust and the Institute of Psychosynthesis. She has subsequently taught Mindfulness courses to business groups, schools and writing academies and is currently undertaking a depth training in Mindfulness Teaching. Jessica considers herself privileged to witness the alchemy and transformation, magic and miracles of everyday life.

Keith Silvester

Keith Silvester is a psychotherapist, trainer, supervisor and coach, qualified at the Institute of Psychosynthesis in 1990 where he later did his coaching training. He was Director of Programmes of the Psychosynthesis Trust from 2003-2010 where he still now teaches and supervises. From 2009-2017 he was also Chair of Training Standards of the Humanistic and Integrative College of UKCP. Since 2018 he has been President of the European Federation for Psychosynthesis Psychotherapy. From 1993-2003 he was Head of the Counselling and Advisory Service of the Central School of Speech and Drama in London. A graduate of the University of Cambridge, he has an MSc in Training from Leicester University. He is a qualified community worker and Alexander Technique practitioner.



If you would like to apply for a place on **Going to Depth with Psychosynthesis**, please [go online to our website here](https://www.psychosynthesiscoaching.co.uk).

The venue for the course is: **CIEE Global Institute London, 46-47 Russell Square, WC1B 4JP**