

# *Coaching at Depth*

## **The Sixth Psychosynthesis Coaching Symposium**

Friday 10 April 2026, NCVO, Kings Cross, London

*What does it mean to work at depth as a coach?*

*Why is this important now?*

*How does psychosynthesis provide a context and container for this work?*

### **Our time together will include:**

- Opening session with Kenneth Sorensen, Aubyn Howard and Bonny Tydeman in which we explore the way in which psychosynthesis is evolving today.
- Breakout sessions offering opportunities to work in a deeper way with the core psychology of psychosynthesis in relation to our work as practitioners.
- Breakout sessions in which we build bridges between psychosynthesis and other significant frameworks and developments.
- Lightning talks from a range of practitioners in the community (*please get in touch with Bonny if you want to give one*)
- The opportunity to make new connections, deepen relationships and form partnerships in the breaks and over drinks afterwards.

### **Symposium details:**

**Date/Times: Friday 10<sup>th</sup> April, 09:00 start – 17:30 end**

**Cost: £150 + VAT** (early bird discount of 10% for bookings by end February)

Book your place here: <https://dandelion.events/e/psychosynthesiscoachingsymposium2026>

**Venue: NCVO, Society Building, 8 All Saints Street, London, N1 9RL**

All coaches, leaders, therapists or other practitioners are welcome, whether new to or experienced in psychosynthesis.

*Drinks and eats afterwards: The Fellow, 24 York Way, Kings Cross*

*A CPD certificate will be issued on request.*

Picture: [Greg Becker](#)

## More about the Symposium Context and the Day...

The world we're living in demands more of us than ever before. The crises we face - ecological, social, psychological - are too complex and interconnected for surface-level responses. As coaches and practitioners, we're being called to develop new capacities: to stay present to overwhelm without fragmenting, to hold complexity without retreating into over-simplification and to meet collapse with something more than despair or denial.

Psychosynthesis offers frameworks and practices for this work: from the essential core of Self, through emotional and psychological integration, to our fundamental interconnection with each other and the world.

**Join us for a day of collective exploration into what it means to work at depth - and why this matters now.**

## The Agenda

| Time  | Activity   | Person                       |
|-------|--|------------------------------|
| 09:00 | <b>Arrivals</b>  |                              |
| 09:15 | <b>Welcome:</b> Opening & Context setting  | Aubyn Howard & Bonny Tydeman |
| 09:30 | <b>Keynote:</b> Facilitating Depth through Psychosynthesis                                   | Kenneth Sørensen             |
| 10:30 | <b>Break</b>   |                              |
| 11:00 | <b>Breakout 1</b> - No Man is an Island: An Entangled Experience of Self                     | Theo Dijkman                 |
|       | <b>Breakout 1</b> - The Story of Your Life: Stages of Crisis and Awakening                   | Anne Welsh                   |
| 12:30 | <b>Lunch</b>   |                              |
| 13:30 | <b>Breakout 2</b> - It's a Wild World: Making Sense in Confusing Times                       | Keith Silvester              |
|       | <b>Breakout 2</b> - A Depth Perspective on Leadership Development                            | Aubyn Howard                 |
| 15:00 | <b>Break</b>   |                              |
| 15:30 | <b>Lightning Talk:</b> What Psychedelic Experience Reveals About Developmental Capacity      | Sonal Kadchha                |
| 16:00 | <b>Lightning Talk:</b> Depth in the Age of Algorithms: Staying in Right Relationship with AI | Nyla Khan                    |
| 16:30 | <b>Lightning Talk:</b> Ground & Rise Tarot: A Bridge for Coaching at Depth                   | Sam Starr                    |
| 17:00 | <b>Closing Plenary</b>   | Aubyn Howard & Bonny Tydeman |
| 17:30 | <b>End</b>   |                              |

## Keynote Session

### Morning Keynote - Kenneth Sørensen Facilitating Depth through Psychosynthesis

Working with Psychosynthesis as a coaching or counselling paradigm gives access to *multiple levels of depth*, which can be engaged according to the client's needs, capacity, and life situation. Psychosynthesis both *includes and transcends mainstream psychological modalities*, while adding perspectives that are distinctive—most notably in its understanding of *essential identity*.

In this opening keynote, Kenneth will outline how the process and practise of *synthesis* enables us to work at multiple levels with our clients, and help them to strengthen their centre – so they can meet future challenges with clarity, responsibility, and creative freedom.

### Workshop Breakout Sessions will include:

#### Theo Dijkman - No Man is an Island: an entangled experience of self

*Exploring Phenomenological depth*

From Indra's Net of ancient Buddhist philosophy to the poem of John Donne in the 15<sup>th</sup> century, and the spider's web of relationships of 21<sup>st</sup> century post-feminist thinkers, all have considered life to be an interconnected experience of the human and material world. Assagioli suggested that "*neither biologically nor psychologically are we a "closed system". Our physical body is not isolated from the surrounding life.*"

The egg diagram shows this permeability of our psyche and the exchange of information between the unconscious and conscious, between the internal and external world in all its manifestations. From this perspective our sense of self is a continually changing experience of entangled relationships with others and the material world around us. Through sensory interaction with the world and each other, we'll explore how being together shapes individual and collective experience. This is depth as felt relationship, as the lived reality of interbeing - discovering that our sense of self is a continually changing experience of entangled relationships.

#### Anne Welsh - The Story of Your Life: Stages of Crisis and Awakening

*Exploring Existential depth*

This workshop will invite participants to reflect on the trajectory of their becoming, listening to how crisis and awakening have shaped their identity. Using Assagioli's stages of awakening as a framework, you will explore the existential terrain of your life, and how you have established a sense of meaning, purpose and identity through change and challenge.

#### Keith Silvester - It's a Wild World: Making Sense in Confusing Times

*Exploring Intellectual depth*

In our current zeitgeist there seems to be a consensus that we live in a complex, polarised world: wars that do not get resolved, seemingly irreversible climate change, the impact of technology and

social media and, with 'fake news' and not knowing who or what to believe. This may be surprising given how much 'consciousness' there is. Certainly in western societies we have had decades of therapy and personal development approaches to draw on. So how come "the world is getting worse" (to quote James Hillman and Michael Ventura from 30 years ago)? In this workshop we will explore how our contemporary world can be understood through an interpretation of Assagioli's egg-shaped model of the psyche and its application to organisational and collective social change.

### **Aubyn Howard - A Depth Perspective on Leadership Development**

*Exploring Integrative depth*

The gap between the crises we face and the leadership capacities needed to meet them continues to grow. Aubyn brings together three approaches that have been "strangers to each other" - horizontal, vertical and inner development - through a psychosynthesis lens. How do we work with leaders to develop the depth capacities this moment demands? This workshop explores depth through integration and synthesis - bringing inner healing into relationship with systemic awareness, personal growth with collective transformation, whilst staying embodied and grounded in the natural world. Participants will experience new ways of working with leadership development and take away practical models and tools, continuing an inquiry that began with dialogues between Roberto Assagioli, Abraham Maslow and Clare Graves in the 1960s.

### **Psychological Flexibility & Transformation at Depth: What Psychedelic Experience Reveals About Developmental Capacity, with Sonal Kadchha**

In an era that often equates intensity with transformation, this talk examines what altered states of consciousness, induced by psychedelics, reveal about the psychological structure required for real and enduring change. Drawing on Psychosynthesis, we explore how psychological flexibility, discernment, and the development of the observing self determine whether depth stabilises into growth or dissolves into fragmentation. This talk invites a rethinking of transformation itself, not as breakthrough, but as integration sustained over time.

### **Depth in the Age of Algorithms: Staying in Right Relationship with AI, with Nyla Khan**

AI is already in our clients' hands, and many are turning to it for reflection, meaning-making and guidance, often without an ethical container. Rather than rejecting or romanticising this shift, Nyla Khan explores what happens when a psychosynthesis practitioner steps into experimentation with care. Drawing on psychosynthesis, contemporary AI ethics and lived testing, Nyla asks: how do we engage technology without outsourcing Will or discernment?

### **Ground & Rise Tarot: A Bridge for Coaching at Depth, with Sam Starr**

A brief introduction to Ground & Rise® Tarot as a method that connects symbolic enquiry with psychological awareness of our complex inner landscape. We'll also work with the cards in small groups to discover insights around coaching at depth.

# Working with Shadow, Shame and Soul Making in Coaching

## A One Day Workshop Intensive with *Debbie Friedman and Anne Welsh*

On the day following the Psychosynthesis Coaching Symposium, we are offering this unique one-day masterclass with Debbie and Anne.

It will be experiential, personal, professional and practical – with meditation, seminars, exercises, reflections, group dialogue and practice guidelines.

*Numbers are limited so please book early.*

*A CPD certificate will be issued on request.*



### Details

**Date/Times: Saturday 11<sup>th</sup> April 2026, 09:30 – 17:00**

**Cost: £150 + VAT**

**Reserve a place on our website here: [https:// symposium-2026-and-masterclass/](https://symposium-2026-and-masterclass/)**

**Venue: CIEE Global Institute London, 46-47 Russell Square, WC1B 4JP**

### Workshop Overview

- ❖ A psychosynthesis context for working with the unconscious in coaching
- ❖ The context of existential and neurotic shame in coaching
- ❖ How shame appears through an embodied approach.
  - Encouraging Shame out of Hiding
  - The Impact of Shame
  - The Compass of Shame
  - The Inner Work
- ❖ Soul making as a vital calling for the coach working with depth and vision.

### The Facilitators



**Debbie Friedman** studied Fine Art and Art History at Middlesex University prior to her qualification as a psychotherapist at the Institute and has continued to develop her creative arts projects alongside her psychotherapeutic work. BA (Hons) Fine Art/Art History, MA Psychosynthesis Psychotherapy, UKCP registered psychotherapist. She was a senior trainer and supervisor at the Institute and now includes energy psychotherapeutic methods in her practice and teaching. She has had a private psychotherapy practice in North London for over 20 years.



**Anne Welsh** 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 she was operations director of a psychological training institute, training people in coaching, psychotherapy and counselling. In the last 15 years, she has specialised in executive coaching and worked with clients across the globe. This has included training and supervising employees at GlaxoSmithKline in Job-Plus Coaching and 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.