



# PESSO WEEKENDS WITH SANDY COTTER IN OCT 23 - JUL 24

## LONDON

October 28 | Sat  
October 29 | Sun

December 2 | Sat  
December 3 | Sun

January 27 | Sat  
January 28 | Sun

April 20 | Sat  
April 21 | Sun

June 1 | Sat  
June 2 | Sun

## VENUE

Barnsbury Therapy Rooms,  
144 Liverpool Road, Islington,  
London N1 1LA

## BATH

November 10 | Fri | Evening

November 11 | Sat  
November 12 | Sun

February 9 | Fri | Evening

February 10 | Sat  
February 11 | Sun

May 10 | Fri | Evening

May 11 | Sat  
May 12 | Sun

July 5 | Fri | Evening

July 6 | Sat  
July 7 | Sun

## VENUE

3 Widcombe Terrace,  
Bath  
BA2 6AJ

## TIMINGS

Friday 19:00 - 21:30 | Saturday 9:30 - 17:30/18:00 | Sunday 9:30 - 16:30/17:00

## COSTS

**Full Participant: £350 (£295 - Early Bird Booking\*)**

**Observer Participant: £100**

*\*An Early Bird booking is two months before the date of the workshop:  
London Workshops: before August 28, October 2, November 27, February 20, April 1  
Bath Workshops: before September 10, December 9, March 9, May 5*

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# SANDY'S THERAPY BLOG

SANDY COTTER BA MA MSc

A 2016 graduate of Metanoia's MSc Integrative Psychotherapy Programme, Sandy has a long history of studying psychology both formally and informally through master classes, workshops and dedicated personal therapy. Sandy is UKCP registered as a result of completing the Metanoia MSc in psychotherapy.

In 1964 she graduated Summa Cum Laude from Michigan State University in Psychology. Following that she came to England and took an MA in the History of Art from the University of London's Courtauld Institute. A combination of her two passionate interests - psychology and art - characterise Sandy's approach to working with people. The theories of Carl Jung and the archetypal psychology of James Hillman were major influences on the integration of approach Sandy presented in her MSc thesis for Metanoia. The transpersonal lens is of key importance in how she approached her therapeutic practice.

Throughout the 1970s Sandy studied personally with a number of the masters of the Human Potential Movement. Among these were Alexander Lowen, Stanley Keleman, Myron Schraf and James Hillman. In more recent years she took up a dedicated programme of training with Albert Pesso and is now one of three accredited supervisors in Pesso Psychotherapy in the UK.

In addition to her psychotherapy, Sandy is a leadership specialist in the corporate world where she works and an executive coach in a number of blue chip companies, many of whom have been her clients over decades. Sandy was a co-founder of the prestigious Praxis Centre at Cranfield School of Management which initiated the application of the principles of Humanistic psychology to leadership development in the 1980s. In this context, Sandy developed her unique Centaur model based on transpersonal and body-mind psychology and dedicated to building an ethical basis in corporate cultures.