



THE WELL GROUNDED THERAPIST

More Movement and Stillness at the Edge

A 3 day residential on Lindisfarne with Miriam Taylor and Vienna Duff

Friday 5th June – Monday 8th June 2026

The Well Grounded Therapist is returning to the secluded & tidal island Lindisfarne (Holy Island), off the Northumberland coast. It will offer an alternative focus to those who work with challenging aspects of the field, in psychotherapy & across a range of helping professions. We will develop relational ground and explore the edges of contact by inviting you to attend to your own ground and to experience relationship with different elements of the island. Expanding our focus can support and replenish our capacity to stay open to potentially dysregulating figures.

In this, sometimes wild & sometimes tranquil place, we will weave inner and outer processes to sharpen awareness, to deepen, nourish and restore connections with ourselves, with others and the environment of this island. The workshop will be created through a mix of story-telling, ritual, stillness and movement, with time and space for process & reflection.

Spending time in a variety of outdoor and internal spaces, we invite you to:

- Be welcomed into a caring and inspiring environment
- Be part of a nourishing and containing group
- Explore listening to your 'self' and 'others' in stillness and flow
- Experiment with your edges and what supports your ground
- Receive support from two experienced facilitators

Venue: Marygate House– a Christian Retreat centre who welcome all groups. Rooms are shared (twin occupancy) and all meals provided <https://marygatehouse.org.uk/index.html>

Cost: Early bird, to end December 2025 £655; then £695. Bookings close 20th April 2026

Location: Dates have been carefully chosen in relationship with the tides! Lindisfarne is a tidal island which can ONLY be accessed when the tide is low enough to create a safe window for crossing the long causeway. Please plan your journey to arrive well within the safe-crossing time <https://www.lindisfarne.org.uk/general/travel.htm>

Enquiries and bookings please contact: miriamt@relationalchange.org

Our article 'Reorganisation in the Traumatized Relational Field: The Well Grounded Therapist' was published in the British Gestalt Journal, Vol. 27, no.2, 2018, and an edited version was reproduced in Deepening Trauma Practice, 2021, by Miriam Taylor



Miriam Taylor is a Gestalt psychotherapist, supervisor and international trainer. She is a member of the Leadership Team of Relational Change. With almost 30 years' experience, Miriam no longer works clinically with individuals but continues to supervise and teach. Taking an ecological approach to working with trauma, she focusses on how this is lived in the body and relationally. She is the author of two books Trauma Therapy and Clinical Practice:

Considerations of Neuroscience, Gestalt and the Body (2014] 2025), 'Deepening Trauma Practice: A Gestalt Approach to Ecology and Ethics' (2021) and several invited and peer reviewed articles.

Miriam's interest in listening deeply to the wider field led her to join a Wilderness Experience in the Eastern Sierra of California. She lives and works in the Cambridgeshire Fens.



Vienna Duff is a Gestalt psychotherapist & supervisor. Previously working in the NHS, voluntary sector and as a university lecturer, she now has a small therapy & supervision practice. She is an Associate of Relational Change and co-facilitates a Relational Community of Practice with participants from previous Well Grounded Therapist residentials.

She has co-authored with Miriam Taylor and with two previous WGT participants, Lynne Brighouse and Kristine Steensen.

Vienna's grounded style is sustained by her experiences of the conditions needed for re-generation. Developed by exploring trans-generational trauma and eco-psychotherapy through a range of projects over many years, the relationships between time, place and environment became figural. Her eco-psychotherapeutic perspective has led (creatively) to her involvement in a number of community-based projects. In 2022 she relocated to Northumberland.

This workshop is the 5th WGT residential:

Poulstone Court, Herefordshire 2016, 2018, 2021

Lindisfarne/Holy Island, Northumberland 2024 & 2026

