

SOUTHERN ARIZONA FRIENDS OF JUNG

The Way of the Psychonaut

Film & Discussion facilitated by Catherine Penn Williams, MA, LPC

Saturday, January 16, 2021 • 6:30-9:30 pm (via Zoom)

Fee: \$15 (members); \$20 (non-members)

Registration deadline is 12:00 pm on day of the event

Zoom link will be emailed by 1:00 pm on day of the event

The ***Way of the Psychonaut*** explores the life and work of **Stanislav Grof, MD**, Czech-born psychiatrist and psychedelic psychotherapy pioneer. Stan's quest for knowledge and insights into the healing power of non-ordinary states of consciousness, influenced the discipline of psychology and profoundly changed many individual lives.

Filmmaker Susan Hess Logeais and Grof begin with a series of interviews that reveal his journey from material scientist to a spiritually aware explorer of the deep psyche. Interviews combined with re-enactments of Grof's most remarkable therapeutic sessions bring to life the development of his theories. Through his experiences, Grof gained a profound trust in the wisdom of the higher self and discovered the lasting impact of unconscious memories from the birth process to influence a person's life. In the process, Grof unlocked a way for renegotiating these experiences and liberating people from their traumas.

As the film unfolds, interviews with luminaries create a conversation between Grof and those most pivotal in his life; Michael Murphy, who invited him to Esalen as Scholar in Residence; Fritjof Capra, who introduced Grof to Quantum Mechanics and recognizes him as the only one to offer an experiential approach to understanding those concepts; Richard Tarnas who co-founded archetypal astrology with Grof during his ten years at Esalen; and Rupert Sheldrake, who remembers how Grof introduced him to a world where he could freely explore ideas without fear of retribution.

When the focus turns to the present moment, Grof laments society's desire to shun the shadow and embrace the positive. Only when we learn to work out our conflicts within, will we co-exist peacefully with each other and the planet.

Facilitator Biography:

Catherine Penn Williams, MA, LPC, is a Jungian-oriented psychotherapist who has been in private practice in Tucson for over 33 years. She was certified as a Holotropic Breathwork practitioner by Stan and Christina Grof in 1989. She had a Holotropic Breathwork practice for several years in the Tucson area, and, during that time, she worked as a senior trainer in a certification program for Integrative Breathwork practitioners offered by the Eupsychia Institute. Since the mid-1990s, she has devoted her professional focus to the work of C.G. Jung, whose model of the human psyche is the only one she found comprehensive enough to provide a roadmap for experiences that occur in all realms of consciousness.