

GERRY PYVES

MA (Oxon), PGCE (Man), Dip T.M.(CHM), CTA (UKATA), PTSTA (EATA)

This short biography focuses on the FIVE key themes that have dominated my life and work:

MUSIC: from the young age of 8 yrs old I was groomed in the family tradition of singing in a cathedral choir - my father was head chorister in St.Paul's Cathedral on V.E. day. I had the enormous privilege of singing in Hereford Cathedral Choir and later on in my life sang in many other cathedral groups. The sheer physicality and vibrational thrill of singing in community with others has stayed with me and is one aspect of THE KNOWLEDGE. Finding simple ways in which we can 'make voice' (or simply hum) together is now being recognised in neuroscience as a major factor in creating both neural harmony and social cohesion.

THEATRE: My very first adult job was working with an experimental theatre company in Cardiff. This involved community and street theatre projects as well as focusing on the extraordinary work of Jerzy Grotowski. This was an expressionistic approach to theatre that involved intensive training in the raw power of the body to express human emotion. This approach also embraced the importance of ritual and archetypes for the human psyche. Movement and sound are a key aspect of THE KNOWLEDGE and neuroscience has now recognised that simple rituals of togetherness are essential for bringing balance and healing to both the mind and body.

TOUCH: My lifetime's commitment to healing touch is well documented elsewhere (see www.nohandsmassage.com). There is more research on the healing power of touch than most other therapies combined. Within neuroscience, the role of touch in the healing of traumas is possibly one of the biggest and most recent of breakthroughs. Exploring how we can use touch safely to remove both current and historical trauma is integral to THE KNOWLEDGE.

STORY: As a history graduate I was always fascinated with going to the very roots of events. I regard going right back to the beginning of the story and understanding just what happened as the most therapeutic activity of them all. As a school teacher I was also privileged to work with children in re-telling stories from the past through drama. Discovering our hidden life narratives and using drama to tell ourselves a new story is central to THE KNOWLEDGE. Neuroscience is now showing us that "telling a new story" and doing this in a safe group or community is a powerful medicine.

PSYCHOLOGY: From the age of 22 I have been involved in either learning or practicing some form of therapy. For much of that time I have been travelling the path of a Transactional Analysis Psychotherapist. Gaining recognition and experience as a UKCP recognised psychotherapist and supervisor as well as obtaining worldwide recognition as both a trainer and supervisor in Transactional Analysis has been an important journey in external validation. Accessing the enormous wisdom and research into 'just what makes us human' (from Freud to the very latest neuroscience) lies at the very heart of THE KNOWLEDGE. This information should not just be available to professional therapists like myself!

It has taken me 60 years of my life to be able to both learn and then integrate the above into a coherent and accessible programme that anyone can learn - in just one year. THE KNOWLEDGE requires a commitment to travelling what I believe is the most exciting and courageous journey of them all - the journey of the inner self. My life's work now is to provide a safe and informed space for people to do this together in groups.

