

Arbol de La Vida - The Tree of Life

Pre-Conference Workshop

Analysis & Activism Conference
29th October 2026
4:30 pm to 7:30 pm.



YA'AXCHE - Ceiba Tree

The Tree of Life is a universal symbol of the Self and the individuation process, requiring for every growth to heaven a root in the depths of the underworld. As an archetype, it holds the opposites in a *coniunctio* of the spiritual and the instinctual. It is associated with the four cardinal directions, acting as a bridge for communication between gods, humans and the dead. Like the tree, our lives 'hang' between the above and below, for "between the unbearable fires grows your life". The tree reveals the map not only of the psyche, but also of the eternal cycle of life and the cosmos.

This workshop aims to cultivate a sense of awareness of the interconnection between the mind, the body and the collective psyche. We will invite you to engage in meditative moments exploring the living reality of your individual tree, to be experienced in the *temenos* formed together through movement and music, image and word. We will explore how your tree provides meaning and growth, connects ancestry with futurity and humanity with divinity. The body, like a tree, stands in between, as the container of experience, acting as the vital, living bridge connecting the upper and lower, the spiritual and the chthonic. The goal is neither height nor depth, but the centre, the point of dynamic equilibrium.

Please dress comfortably, in layers, and bring along your journal and any art materials you enjoy using.

Also bring an image(s), picture(s) or painting(s) of your beloved tree, or an object that connects you to her.

We invite you to bring your unique SELF to weave together a unique collective matrix of holding, hope and life with all her aspects. Bring your open heart to experience the wholeness your tree embodies for you.

We look forward to welcoming you.



Warm wishes,

Heba Zaphiriou-Zarifi and Emma Ting Wong

Facilitators:

Heba Zaphiriou-Zarifi (GAP, UKCP, IAAP)

Heba is a Jungian training analyst, supervisor and seminar leader. She has delivered talks at IAAP-sponsored conferences including the Jungian Odyssey, and at the C.G. Jung Club—London where she recently played ‘Soul’ in Jung’s *Seven Sermons to the Dead*. Graduate of Leadership Training in BodySoul Rhythms® at the Marion Woodman Foundation (2003), she integrates depth psychology with embodied active imagination, voice and dream work as well as energy-based therapies.

Heba founded the Central London Authentic Movement Group (2001), training Jungian analysts and psychotherapists in working psychosomatically. She has conducted workshops in Authentic Movement in several countries, most recently in Greece, France, Columbia, and in India for BSAP (Bangalore Society of Analytical Psychology) where she also supervises IAAP routers.

Heba maintains an active private practice in both London and the Levant, where she leads individual and group sessions with genocide survivors and victims of war. Creativity is rooted in her work combining voice work with dream and art work.

She is a published author in many academic journals and Jungian publications and has recently conceived and developed the *Stand By The Mother* lecture series. She also devised Silence Retreats, which she leads in various parts of the world.

Heba’s alma mater is the Sorbonne, where she concluded a master’s degree in Dance and Choreography and her master’s and doctoral theses in Philosophy. Heba writes poetry and sings in various choirs.

Emma Ting Wong (HKIAP, IGAP, IAAP)

Emma Ting Wong, PhD, is a London-based clinical psychologist, Jungian analyst and Mindfulness teacher with over two decades of clinical experience. Originally from Hong Kong, she blends the nuances of cultural identity, the depth of dreamwork, her Mindfulness practice and the transformative integration of creative arts within her therapeutic process.

Moving beyond the consulting room, Emma is a dedicated facilitator of experiential retreats, workshops and social dream matrices. Her work explores the profound healing potential found within the collective dreams and embodied expression.

Emma currently serves as the President of the Hong Kong Institute of Analytical Psychology (HKIAP) and is a member of the Independent Group of Analytical Psychologists (IGAP) in the UK. As a member of the Steering Committee for the Analysis and Activism Group, she is committed to bringing a vision of deep relatedness to both organisational leadership and analytical elements.