

Ingrid Stotesbury

Pedagogy Statement

Einstein once said, "Wisdom is not a product of schooling but of the lifelong attempt to acquire it."

By this I understand him to be referring to the desire and passion for understanding not just facts, but the deep embodied knowing that comes with experience and reflection. I believe, as he did, that learning and wisdom are not places we 'get to' but are a lifelong pursuit of passion, enquiry and curiosity about life and those we share it with.

As we learn and expand how we understand ourselves, understand others and our experience of the world, there will always be challenges to our beliefs, values, pretexts and assumptions, and this, I believe is at the core of what learning should be. When this sits alongside our joy and excitement at where our learnings take us, the possibilities are endless.

As an educator at Ikon, my pedagogical stance is one of experiential practise, and reflection. I believe that the most fulfilling learning moments are those which are lived first through practise and embodiment, then reflection and integration. This is ideally done when students experience a safe and supported environment to learn in, where they can.

As a therapist and educator of future therapists, I hope to encourage students to challenge their own assumptions and belief systems, to learn from what is changing, and to eventually enter the professional world as strong, ethical practitioners who approach working with clients with a humble curiosity and compassion.