



Tavistock and Portman Charity

Understanding the life of the mind

Labyrinth at EFTA (Lyon): What T&P Achieved

At the European Family Therapy Association (EFTA) conference in Lyon, we presented *Labyrinth*—an experiential, ethnographic approach that combines movement, imagery, and shared language to explore wellbeing and identity in human systems.



Colleagues from around the world stepping into the Labyrinth together at EFTA, Lyon.

Through stations including the labyrinth walk, compass reflections, fractal imagery, and the Word Exchange, we invited participants into practices that supported **slowing down, orientation, connection, and reflection.**



The Tree of Words – participants added blossoms and leaves as gifts and reflections.

The presentation drew strong interest from systemic colleagues worldwide, including Colombia, Australia, the United States, and across Europe. For us, EFTA was both an opportunity to share our work and to build new international conversations.



Shoes set aside before walking the labyrinth: a ritual of entering differently.

What we achieved

- Shared a practical, creative, evidence-aware approach to supporting regulation, reflection, and connection.
- Demonstrated how systemic practice can use low-cost experiential tools to foster wellbeing.
- Engaged systemic colleagues from across the globe, strengthening international networks.
- Opened dialogue about linguistic justice, whose words and vocabularies are centred in practice.
- Gathered feedback and momentum to shape our upcoming publications.



Stones carrying words like “inspire,” “balance,” and “joy” became gifts to self and others.

Why it matters

- Offers **accessible practices** that reduce stress and foster focus.
- Creates **shared languages of change** across families, teams, and communities.
- Provides a model of **experiential praxis**—learning through doing, not only theorising.



The Compass: exploring pulls away from and back toward one's "True North."

Next steps

- **Collaborations** with systemic colleagues worldwide to host the Labyrinth in diverse contexts.
- Preparing **publications** to share our findings and contribute to systemic literature.



Shoes at the labyrinth's edge – a sign of trust, entry, and shared ritual.

We welcome conversations with colleagues around the world who would like to host the Labyrinth or connect on publications.



Returning to the Tree of Words – recycled, blossoming, and gifting words carried forward.