



376, Hale End Road, Highams Park, London, E4 9PB
Phone/Fax: 020 8531 9760 Email: admin@janhawkins.co.uk
Website: www.janhawkins.co.uk

Study Days Program September - December 2009

Following are a series of study days for practitioners to focus on specific issues in a small group. Each day will consist of some input on the topic, experiential processing, and space to discuss particular practice issues relating to the theme. Each workshop will be from 10.00am till 4.00pm (register/coffee from 9.30am) and will be at the above address. Each workshop will cost £60 to include lunch and refreshments. If you would like to attend, please send the attached slip with your booking fee.

Friday 25th September 2009 – Vicarious trauma

This day will allow practitioners to focus on the effects of listening to traumatic experiences, and how we may be vulnerable to taking that trauma within ourselves in our work. Sometimes known as 'compassion fatigue', "empathic strain," "secondary victimization," (Lindy, 1988; Figley, 1983), bearing witness to another's trauma **will affect us**. On this day we will explore the variety of ways in which our accompanying of another as they work with their trauma can affect us, and how we can recognize and attend to our own needs.

Saturday 10th October – Suicidal Ideation

This day will provide the opportunity for counsellors and others in the helping professions to explore the sensitive issue of the potential for suicide in clients with whom they are working. The issue of 'chronic suicide' sometimes known as 'indirect suicide' will also be explored. Organisational policies often mean that any discussion of suicidal ideation leads to disclosure and breach of confidentiality of the client/counsellor relationship. Those in private practice must develop their own policy in regard to if and at what point, they may need to disclose to a GP that their client is at risk of suicide. This study day will allow for exploration of each participant's feelings and experiences with the aim of developing deeper confidence in their own attitudes, beliefs and practice in relation to suicidal ideation.

Friday 23rd October 2009 - Selective empathy

How is it that sometimes we feel heard and deeply accompanied, whilst at others we feel that our communication skills have collapsed, or that the listener has just changed the subject? Whilst we may expect, tolerate and understand this in our everyday relationships, how would we feel if our therapist seemed to be doing the very same thing? Person-centred practitioners aim to provide the core attitudinal qualities of empathy, congruence and unconditional positive regard. How do we spot our own selective empathy? This day will allow participants to explore the possible blind spots or unresolved issues that cause selective empathy. It will include discussion of the self directed nature of the person-centred process, and how unrecognized selective empathy may subtly be directing.

Friday 20th November - Healing sexually after childhood abuse

The long term effects of childhood abuse can include difficulties in relationships, as well as sexual dysfunctioning. How do we support those clients who wish to reclaim their sexuality and develop healthy sexual relationships? This workshop will explore healthy sexual development, and ways of supporting and encouraging clients who choose to focus on sexual healing after childhood abuse. The day will include input and discussion as well as open space for the exploration of material brought by participants.

Saturday 5th December The healing power of story: the Emperor's New Clothes

For those who recognise the sense of bewilderment of seeing through something or someone whilst others seem to be in agreement about what is there, this story can be deeply empowering. This day will explore the story of the Emperor's New Clothes, and the loneliness of seeing what others do not, the difficulty in keeping quiet, or the cost of speaking up. This day may be useful to practitioners as well as for anyone who is looking for a personal development opportunity and is drawn to this story.

Please reserve me a place on the study day on:

Vicarious trauma – Friday 25th September 2009

Suicidal ideation – Saturday 10th October 2009

Selective empathy - Friday 23rd October 2009

Healing sexually – Friday 20th November 2009

The Emperor's New Clothes - Saturday 5th December 2009

I enclose a cheque for _____ payable to The FDP (may be post-dated to one week before workshop)

Name: _____

Address: _____ Tel: _____ Email: _____

_____ Dietary needs: _____

Any additional needs _____

Please return to: 376 Hale End Road, Highams Park, London, E4 9PB