



376, Hale End Road, Highams Park, London, E4 9PB
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Website: www.janhawkins.co.uk

Study Days Program Autumn 2010

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. Each day will be facilitated by Jan Hawkins, who is a Person-Centred therapist, supervisor and trainer.

Paradoxical safety – Friday, 10th September 2010

Why is it that some of our clients seem stuck in unhealthy patterns despite their desire to change? Why do people caught in abusive relationships, recognise the dangers and hate their situations, yet steadfastly remain in those relationships? Is it simply resistance? This study day will focus on the paradoxical safety of the hated and unhealthy patterns as well as what may be needed to empower the individual to move on. We will explore also anxiety management strategies which can help those who want to make changes but feel pinned or trapped by the increase in anxiety such changes can provoke.

Paradoxical safety- Personal development day – Saturday 25th September 2010 - see separate flier

Working with anxiety and panic attacks – Friday 1st October 2010

Many people present for counselling/therapy with anxiety and/or panic attacks, or during the course of therapy, suddenly find themselves beset with the effects of anxiety and panic. This day will focus on the underlying causes of anxiety and panic, as well as focusing on simple methods for supporting clients to manage these frightening states of being.

The Healing Power of Story: The tale of the ugly duckling – Friday 15th October 2010

The story of the ugly duckling has particular relevance to those who feel the outcast in their family of origin. For individuals who grew up sensing that there was something wrong – some mismatch between themselves and other members of the family – this story can bring hope. This day is appropriate for anyone who feels drawn to the story, whether because you identify with the experience of feeling different and outside the family, or you are working with clients who have this experience.

Suicidal Ideation – Friday, 22nd October 2010

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.

Winnie the Pooh and the inner landscape - Saturday 20th November 2010 – Personal development day – see separate flier

Vicarious trauma – Friday, 3rd December 2010

This day will 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**. 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.

Please reserve me a place on the study day on:

- | | |
|--|--------------------------|
| Paradoxical safety – 10.9.10 | <input type="checkbox"/> |
| Working with anxiety & panic attacks & – 1.10.10 | <input type="checkbox"/> |
| The tale of the ugly duckling – 15.10.10 | <input type="checkbox"/> |
| Suicidal Ideation – 22.10.10 | <input type="checkbox"/> |
| Vicarious trauma 3.12.10 | <input type="checkbox"/> |

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



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Personal Development Day

Paradoxical safety – why do I long for change but stay stuck?

No one chooses to go to counselling/therapy when they feel good, when everything in their lives feels as it should be. Counselling/therapy is about exploring what hurts, what is blocking our development, and how to make changes. How frustrating then, when one has laboured in the therapeutic relationship to identify patterns of behaviour or relating, and has come to understand how those patterns developed, can now see what is necessary to change these patterns – and yet, one remains stuck. Often we explore the situations or relationships in which we continue to feel hurt, bullied or abused, yet we seem unable to extract ourselves and find newer, healthier situations and/or relationships.

This personal development day will allow participants to share as much or as little of their own story as they want to, to allow each to focus on situations or relationships where change is needed, but has so far been impossible. In a confidential and small group (maximum of 8 people), we will consider the paradoxical safety of staying in the known pattern – known but often hated – rather than the unknown and therefore much scarier newer, healthier patterns we could be developing. We will focus on the additional anxiety and potential panic that arises when challenging ourselves to move on from unhealthy situations and/or relationships, and how to overcome that anxiety and panic. We will also look at how we can begin to regulate our emotions as we learn about healthy assertion in previously damaging situations or relationships.

Jan Hawkins is a Person-Centred therapist, supervisor and trainer who is committed to providing experiential opportunities for the ongoing development of counsellors/therapists and others in the caring professions, as well as opportunities for personal development for those who are in therapy/counselling who seek some input on specific issues. If you would like to discuss this personal development opportunity, please do phone or email Jan. Each day is from 10.00-4.00pm (register from 9.30), and the cost of £60 is inclusive of lunch, refreshments and materials. If you would like to book a place, please send the following form with your cheque to the above address.

Please reserve me a place on the personal development day on: Paradoxical safety, 25th September 2010

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

Name: _____

Address: _____

Tel no: _____ email: _____

Dietary needs: _____ Any special needs: _____

Please return form and payment to: The FDP, 376 Hale End Road, Highams Park, London, E4 9PB



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Personal Development Day
Winnie the Pooh and the Inner Landscape
Saturday 20th November 2010

There is potency for healing available in fairy tales, myths and stories. Certain stories grip us, whilst others leave us cold. The story of Winnie the Pooh can be rediscovered in many ways, one of which is reflecting on our own inner landscapes, and aspects of ourselves. This day will allow personal reflection on inner states and characters as they relate to Christopher Robin and friends. Those who have read the Winnie the Pooh books as children or adults may already be familiar with Rabbit's organising and list making as he attempts to keep control of events in the Hundred Acre Wood. Or Piglet's nervous, rather anxious nature as he lives in what he perceives as rather a perilous place, unless he is feeling a little braver with his friend Pooh. There may be some who recognise their own inner Eeyore, who sees everything through a dark cloud. This is a day for personal reflection and fun! Who knows where it might take us?!

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Please reserve me a place on the personal development day on: Winnie the Pooh and the Inner Landscape 20.11.10

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Address: _____

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Dietary needs: _____ Any special needs: _____

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