

FOUNDATION FOR THE DEVELOPING PERSON

376, Hale End Road, Highams Park, London, E4 9PB Phone: 020 8 531 9760

Website: www.janhawkins.co.uk e-mail: jan@janhawkins.co.uk

Twitter: @TheFDPsocial Facebook: Fdp SocialOutreach

Website: www.janhawkins.co.uk

Study Days Program Autumn 2019

Following are the details of the next series of study days for practitioners focussing on specific issues in a small group. Each day will consist of some input on the topic, experiential processing, and space to discuss practice issues relating to the theme. Each workshop will be from 10.00am till 4.00pm (register/refreshments from 9.30am) and will be at the above address. Each workshop will cost £70 to include lunch and refreshments. If you would like to attend, please send the attached slip with your booking fee. Jan Hawkins facilitates each day, having a passion for experiential, ongoing learning opportunities for practitioners. Jan has been teaching for over thirty years and a therapist for 30 years. For a list of publications, see www.janhawkins.co.uk.

Self – soothing: Friday, 13th September 2019

One of the first skills new born babies develop is that of self-soothing. They do this via the experience of being soothed, of being comforted. This brings a distressed baby back to a sense of calm, well-being and safety. For adults whose early life experiences included being left when distressed, or being denied comfort when hurt or afraid, it can be difficult to support the self during times of anxiety whilst working in therapy. Adults who find it difficult to self soothe may find themselves caught in addictions which mask feelings of inner pain and distress. Adults, who seek therapy for a variety of reasons, may benefit from considering their self-soothing abilities as these will undoubtedly be needed when painful material is processed. This day will focus on the processes involved in self-soothing, how participants own self-soothing strategies inform them as practitioners, and how we may empower and encourage self-soothing in our clients.

Alice in Wonderland and Complex Post Traumatic Stress Disorder - Friday 4th October 2019

CPTSD shares the symptomatology of PTSD but results from chronic trauma, often from childhood. It affects many Survivors of childhood trauma long into their adult lives. Survivors may have lived continuously with nightmares, sleep disturbances, hypervigilance, hyperarousal, self-harming, dissociation, self-esteem and self-concept issues and a variety of other difficulties. Others who have lived with chronic trauma in relationships of domestic violence, and other chronic trauma experiences, develop the same painful symptoms of CPTSD. This study day will focus on the effects of this for daily living and consider ways of supporting clients in their understanding, and overcoming of this painful and distressing (sometimes paralysing) experience. We will also explore the related 'Alice in Wonderland Syndrome' symptoms which help to understand some of the dissociative experiences people with CPTSD live with.

The Healing Power of Story: The tale of the ugly duckling – Sunday 20th October 2019

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.

Selective empathy - Friday, 15th November 2019

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.

Vicarious trauma – Saturday 23rd November 2019

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 see separate flier for personal development day ‘Honouring the Scapegoat’ Sunday 1st December 2019
Please do pass on to any clients for whom this day may be useful.

Certificate in ‘Spiritual Dimensions in Therapeutic Relationships’: A five-day course from Sept 2019 Feb 2020 leading to a Certificate of 30 hours CPD: 5 Saturdays: 14th Sept ‘19; 12th Oct ‘19; 9th Nov ‘19; 7th Dec ‘19; 1st Feb ‘20
For program and application form please either contact jan@janhawkins.co.uk or see website www.janhawkins.co.uk

Please reserve me a place on the study day on:

- | | |
|---|--------------------------|
| Self-soothing 13.9.19 | <input type="checkbox"/> |
| Alice in Wonderland Syndrome & Complex PTSD 4.10.19 | <input type="checkbox"/> |
| Tale of the Ugly Duckling 20.10.19 | <input type="checkbox"/> |
| Selective empathy 15.11.19 | <input type="checkbox"/> |
| Vicarious trauma 23.11.19 | <input type="checkbox"/> |

I enclose a cheque for _____ payable to The FDP (may be post-dated to one week before workshop, please note: cancellations within the week of the study day will be charged for)

Name: _____ Tel: _____ Email: _____

Address: _____ Dietary needs: _____

Any additional needs _____

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

FOUNDATION FOR THE DEVELOPING PERSON

376, Hale End Road, Highams Park, London, E4 9PB Phone: 020 8 531 9760

Website: www.janhawkins.co.uk e-mail: jan@janhawkins.co.uk

Twitter: @TheFDPsocial Facebook: Fdp SocialOutreach



One day personal development workshop:

Honouring the scapegoat: Shedding the labels that mark
Sunday 1st December 2019

Were you ever ridiculed, humiliated, or bullied? Have those taunts hurt you? Do you find yourself, even today, nervous or shy, almost anticipating the same from people in your life? At some level, did you believe bad things others said about you? Were you the scapegoat, used as the butt of someone else's jokes, insecurities and/or rage? It is time to move on!

This is a workshop for anyone who has ever been called names, ridiculed, shamed and blamed in their lives, and who wants to lay these labels to rest. By creating a safe environment, where all involvement is optional, we will use creative ways to lay aside the past, and release your own positive qualities.

Participants will need access to support networks before and after the workshop for processing the feelings and memories which may be revealed by focusing on this painful experience. This may be in the form of ongoing counselling/therapy, or with supportive friends, family or partner. The workshop aims at providing a healing experience, but healing can sometimes be painful. By setting up support, the positive effects may be enhanced.

If you would like to know more, please contact Jan at the number above. The workshop will be limited to eight people, will begin at 10.00 am (arrive from 9.30 for refreshments) and finish at 4.00pm and will cost £70 to include lunch and refreshments. To book a place, please send the form below with your payment.

Please reserve me a place on the workshop on: 1.12.19

I enclose a cheque for _____ payable to The FDP (may be post-dated to one week before the workshop: please note that cancellations within a week of the day will be charged for.)

Name: _____ Tel: _____

Address: _____

Email: _____ Dietary needs: _____

Special needs _____

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