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Study Days January-March 2012 Certificated for CPD

Following are a series of study days for practitioners to focus on specific issues in a small group. Practitioners from a variety of disciplines as well as from the wide range of therapeutic approaches are welcome where the themes of the days appeal. Each day will consist of some input on the topic, experiential processing, and space to discuss particular practice issues and/or particular clients with 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. The study days will be facilitated by Jan Hawkins, who is a Person-Centred therapist, supervisor and trainer.

Counselling and the Autistic Spectrum – Saturday, 18th February 2012

The autistic spectrum is a broad umbrella incorporating such terms as 'Asperger's Syndrome', 'Autism', 'High Functioning Autism' and 'Autistic spectrum disorder'. Many children and adults who have diagnoses within the spectrum are able to attend mainstream schools, colleges and workplaces, yet they can experience a great deal of confusion and anxiety in any social setting. This study day will focus on the autistic thinking style and how this impacts on everyday living and in particular on the counselling relationship. Jan Hawkins has been working with adolescents and adults with within the autistic spectrum for 25 years and has an adult son who has autism. She also gives training on issues relevant learning disabilities, taking her understanding of the inner worlds of her clients to residential care workers, support workers, social workers, teachers and counsellors.

Suicidal Ideation – Friday, 24th February 2012

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.

Tears – crying and the absence of crying – Friday 9th March 2012

Crying is a natural process, a way of releasing emotions. When might crying instead be getting in the way? What about people who find they can't cry? As therapists, do we feel crying is evidence of movement within the healing process? If so, what do we feel about the client who steadfastly cannot cry? This day will explore tears through the seminal work of Judith Kay Nelson (Seeing through tears: Crying and attachment, 2005), as well as providing an opportunity to look at participants' experiences of crying and how these colour our attitudes as therapists.

Touch in therapy – Friday, 23rd March 2012

The issue of touch within therapy relationships relies on the personal integrity of the therapist, unless the tradition of therapy they practice prohibits it altogether. This day will provide space for focus on each participant's relative comfort and/or discomfort with touch within therapeutic relationships. We will consider what might constitute 'safe' touch between therapist and client, as well as the potential healing aspects of touch. Whilst not seeking to advocate touch as an aspect of all therapeutic relationships, where touch does feel appropriate, natural and potentially healing, to rule it out may serve to undermine the relationship rather than enhance it. This day will explore questions and encourage each participant to reflect and consider where touch fits into their own practice.

Please reserve me a place on the study day on:

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|--|--------------------------|
| Counselling and the Autistic Spectrum; Saturday, 18.2.12 | <input type="checkbox"/> |
| Suicidal Ideation; Friday, 24.2.12 | <input type="checkbox"/> |
| Tears, Crying and the Absence of Crying; Friday, 9.3.12 | <input type="checkbox"/> |
| Touch in therapy; Friday, 23.3.12 | <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
