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Study Days Program January-March 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.

Dreams – how may these be explored in person-centred therapy? **Friday 29th January 2010**

What fascinates me about the dreams that my clients bring to their sessions, is that the client often changes in their dream world before changing in their conscious, waking life. The rich world of dreams in both superficial and deep ways can provide a way of deepening understanding when the therapist is willing to take the client's lead into the exploration of the story of the dream. Person-centred practitioners may enjoy exploring how dreams may be responded to without losing the self directed nature of the therapeutic relationship. Participants are invited to bring along a dream to focus on during the day.

The tale of the ugly duckling – Friday 5th February 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.

Winnie the Pooh and the inner landscape - Saturday 27th February 2010

There is a 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. A day for personal reflection and fun! Who knows where it might take us?!

Counselling and the Autistic Spectrum – Friday 5th March 2010

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. Time will be given to input/discussion, experiential processing and discussion of case work where desirable by participants. 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.

Self – soothing: Friday 19th March 2010

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 distress. 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.

Please reserve me a place on the study day on:

Dreams – Friday 29th January 2010

The Ugly Duckling – 5th February 2010

Winnie the Pooh inner landscape – Saturday 27th February 2010

The Autistic Spectrum – Friday 5th March 2010

Self soothing - Friday, 19th March 2010

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