



Study Days Program Spring/Summer 2019

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Continuing my rolling program 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 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. The cost for each will be £70, to include lunch and refreshments. If you would like to attend, please send the attached slip with your booking fee. Jan Hawkins has 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.

Counselling and the Autistic Spectrum: Friday 3rd May 2019

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, anxiety and isolation in any social setting. Many adults struggling in their lives generally and in relationships, have never had their Autism recognised or assessed. 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.

The psychopathic personality: Saturday 11th May 2019

Much research has gone into attempts to define and understand ‘psychopathic personality disorder’ (sometimes alternatively known as ‘sociopathic personality disorder’). There tends to be an assumption that psychopathy always leads to violence and/or murder. We hear about serial killers being ‘psychopaths’. Yet these are only a few of the 4% of the population’s psychopathic personalities. For many therapists, we may rarely or never see a client who has this cluster of personality traits, but we will see lots of clients who have been affected by them. Men and women locked into abusive relationships and finding themselves unable to leave. Clients who are overwhelmed by managers at work who wield power, and in whose presence they lose confidence and their own frame of reference. This day will be an opportunity to focus on the character traits which make a psychopathic person worth understanding.

The healing power of story: The Emperor’s New Clothes Fri 17th May 2019

For those who recognise the sense of bewilderment of seeing through something or someone whilst others seem to agree 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.

Alice in Wonderland Syndrome and CPTSD – Saturday 8th June 2019 – in Log Cabin in beautiful garden in Theydon Bois, Essex.

What can we learn from the story of Alice in Wonderland that helps comprehend the issues facing individuals who live with complex PTSD? This day will focus on the experiences of depersonalisation, derealisation and dissociation as they affect individuals who have experienced chronic trauma in their lives. We will explore the experience of living with complex PTSD and in what ways this experience differs from that of PTSD.

Touch in therapy: – Saturday 22nd June 2019

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.

Tears – crying and the absence of crying – Friday 5th July 2019

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.

Certificate in 'Spiritual Dimensions in Therapeutic Relationships': A five-day course from Sept 19-February 20 leading to a Certificate of 30 hours CPD; Dates: 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:

Counselling Autistic Spectrum 3.5.19

Psychopathic personality – 11.5.19

The Emperor's New Clothes – 17.5.19

Alice in Wonderland & CPTSD – 8.6.19

Touch in Therapy 22.6.19

Tears & the Absence of Tears 5.7.19

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

If you are not on the mailing list, and would like to be, please send an email with the following sentence in the subject heading 'I consent to receiving mail outs from The FDP' - this due to GDPR regulations.