



Bucks Adlerian Training

Workshop Title Letting Go and Moving Forward
 Date/time Saturday 8 July 2017 at 1400 and Sunday 9 July 1000 – 1600
 Venue Manor Barn House, Water Stratford, Buckingham MK18 5DS

Please bring a contribution of food towards a shared lunch on both days

About the workshop

"Close! stand close to me, Starbuck; let me look into a human eye; it is better than to gaze into sea or sky; better than to gaze upon God. ...this is the magic glass..."

So spoke Captain Ahab in Melville's *Moby Dick*. Without that "magic glass," we gradually cease to be. I see you seeing me and I exist. I see you seeing me see you and we exist. Mutual re-cognition is the glue that holds us together, not merely as friends, but as individual selves. In co-creating and exchanging a blizzard of signals, verbal and non-verbal, we are reinforcing the synapses that form the neural nets that encode our very selves.

Good-byes are poignant preludes to the leave-takings and withdrawals that deprive our psyches of the sustenance they need to maintain our selfhood. As such, every good-bye is a premonition of disintegration, a foretaste of death, another step on the path to "adieu."

No wonder we're not fond of good-byes. In both our personal and professional lives, there are times when reality dictates that we must stand up and "end" something. Either its time has passed, its season is over, or worse, continuing it would be destructive in some way.

To move forward, whether it is professional or in a relationship, we have to identify what is holding us back. Innovation and change - moving forward - involve risk. When we clearly identify the direction we need to go, it makes the risk seem less frightening because we can visualize the rewards.

This workshop will be looking at "letting go" and "moving forward" through visualisation, art, writing, and psychodrama exploring early memories and life styles.



About the facilitator Wendy Goddard has a degree in Psychology, an Advanced Diploma in Counselling and is a qualified teacher/trainer and supervisor. She is dedicated to disseminating good practice by facilitating seminars and workshops, much influenced by the work of Alfred Adler. She has had three careers: a psychiatric nurse, teacher and LEA advisor, counsellor and supervisor. Her creative approach is always fun but well-grounded in theory. She founded a Charity working with children and families and has published three parenting manuals based upon Adlerian principals and still offers training and supervision, although she admits to enjoying more time playing with and telling stories to her newest grandchild.

BOOKING SLIP for "Letting Go & Moving Forward" 8 & 9 July 2017. Concessionary Fee for Adlerian students: £50.00. Non students: £110.00. Payment is required 2 weeks before the training to secure your place. For all enquiries & booking: Jill Reynolds 01280 847853 or email: jill@adlerian.org.uk; www.adlerian.org.uk

If you have any special needs, please let us know and we will do our best to accommodate these, please call to discuss

Name..... Telephone.....

Address.....

Email.....

Please send booking form & payment to Jill Reynolds, Manor Barn House, Water Stratford, Bucks MK18 5DS . Cheques payable to Bucks Adlerian Training. CPD certificate provided on completion of the training
 Fees paid for workshops are non-refundable. If you are unable to attend, you are welcome to send someone in your place.