



Advanced Certificate in Counselling Studies and Continuing Professional Development

Continuing Training Opportunities in Adlerian Integrated Approaches

Saturday 10th November 2018 9.45am for 10am to 5pm
Bottisham Village College, Bottisham, Cambridge CB25 9DL

ONE-DAY WORKSHOP

Bruce Tate Registered Member MBACP (Accred), BA Hons is co-tutor on the Certificate and Diploma in Adlerian Counselling courses at Bottisham Village College. He currently works as an independent counsellor alongside training commitments. Bruce has attended Adlerian training in Europe, the USA and Canada, and has completed training with Pink Therapy. He is passionate about Adlerian theory and practice. Bruce teaches at the international Adlerian Summer School (www.icassi.net) and has taught in Greece, Ireland, the US and Slovakia. In December 2017 he lectured in Shanghai and presented a two-day workshop in Singapore. Plans include leading training in China and Romania.

Encouraging ourselves and others

Presented by **Bruce Tate**

'Children need encouragement like plants need water' (Rudolf Dreikurs). Courage is seen as one of the key psychological needs we all have and the concept of encouragement is central to living in a cooperative society. When we feel in touch with our courage we 'have a go' and will try again when we are not successful. Encouragement is a key ingredient for improving our relationships with others.

Being able to encourage ourselves is important in developing and maintaining our self-esteem and personal confidence. How we interact with others may nurture their courage. Often this is not the case when the importance of courage is overlooked.

Participants will learn how encouragement is different from praise/rewards; how we can encourage ourselves and others and how we often overlook encouragement. The day will include discussion and experiential exercises. No prior knowledge of Adlerian theory is required.

Tea & coffee will be provided. Please bring some food for a shared lunch.

BOOKING SLIP for 'Encouragement' workshop on Saturday 10 November 2018. **Fee £80 (£48 concessionary).**
For all enquiries & to check eligibility for concession rates, contact Susan Tarasewicz Tel: 01223 811372.

Email: starasewicz@bottishamvc.org

Name..... Phone.....

Address.....

..... Email.....

Please tick the appropriate box below. I am attending as part of:

the Advanced Certificate Training Programme (payment made separately)

the Continuing Professional Development Programme and enclose payment of £80 £48

Please send to: Counselling Course Co-ordinator, Bottisham Village College, Lode Road, Bottisham, Cambridge CB25 9DL **with cheque** payable to 'Bottisham Village College'