



ONE-DAY WORKSHOP

Advanced Certificate in Counselling Studies and Continuing Professional Development

Ongoing Training Opportunities in Adlerian Integrated Approaches

Saturday October 9th 2010 9.45am-5pm

Bottisham Village College, Bottisham Cambridge CB25 9DL **01223 811372**

Exploring lifestyle, goals and movement within counselling practice

Presented by **Dr Karen John**

Dr. Karen John is a developmental psychologist who works as a researcher, trainer, lecturer, consultant, psychotherapist, and as supervisor of therapeutic and work-based practice. With 38 years of experience in mental health services, research and training, her abiding aim is to help individuals, families, organisations and a range of professionals to recognise and overcome internal and external obstacles that interfere with their healthy functioning and development. Over the past ten years she has supported agencies, leaders and staff involved in integrating services for children and families. Most recently she has been mentoring and tutoring leaders of Children's Centres as part of the development and roll-out of the National Professional Qualification for Integrated Centre Leadership and MA courses. She has developed a number of short courses on child and adolescent mental health, work-based supervision, family change and changing families, and working with young people and families.

Within the practice of Individual Psychology, lifestyle assessment, including analysis of family constellation, early recollections and approach to the life tasks, is central to helping clients to understand themselves and the issues troubling them, as well as to identify their strengths and move forward in their lives. At the same time, clients typically arrive distressed and/or in crisis, and often, there is little time to undertake a full lifestyle analysis. As counsellors we need to develop our skills at co-investigating our clients' movement and goals in life, forming and checking out hypotheses as part of the counselling process.

The focus of this one-day workshop is to:

- 1) **Review the purposes of assessing lifestyle**
- 2) **Demonstrate and practise a range of methods for assessing lifestyle within brief counselling relationships**
- 3) **Collaboratively explore the meaning and relevance of behaviours and early memories in terms of current dilemmas and presenting issues**

Methods: Brief presentations, interactive demonstrations, small and large group discussion and experiential exercises. Participants will learn most from engaging in the exercises and demonstrations, which will provide opportunities for active participation, 'learning through doing', and exploring ideas, feelings and how what is learned might be applied in practice.

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

BOOKING SLIP 'Exploring Lifestyle' workshop on Saturday 9th October 2010. Fee **£80 (£65 concessionary)**.

For all enquiries & to check eligibility for concession rates, contact Bottisham Village College on 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 £65

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