



ONE-DAY WORKSHOP

Advanced Certificate in Counselling Studies and Continuing Professional Development

Ongoing Training Opportunities in Adlerian Integrated Approaches

Saturday 29 September 2018 9.45am-5pm

Bottisham Village College, Bottisham Cambridge CB25 9DL 01223 811372

Bruce Greenhalgh is head of Employee Assistance in a global company based in the UK. He has been working in the field of Employee Assistance for over thirty years. He trained as an Adlerian therapist in the late nineties: has an MA in integrative counselling and psychotherapy; a diploma in Adlerian Supervision; is BACP accredited; a Fellow of the Chartered Institute of Personnel and Development; a trainer in the field of Mindfulness and one of the senior tutors on the Bucks Adlerian Training course. Bruce has delivered training on broad a range of topics such as counselling, parenting, managing mental health in the work place, Critical Incident work, mindfulness, stress management, well-being and resilience mainly in the UK, but also in Hong Kong, USA, Ireland, Belgium and Spain. He manages a team of clinical consultants and oversees EAPs and well-being programmes. He is passionate about Individual Psychology and has been teaching on the subject for over 14 years and enjoys working with individuals in whatever capacity they require help.

Exploring lifestyle, goals and movement within counselling practice

Presented by **Bruce Greenhalgh**

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 'Lifestyle' workshop on Saturday 29 September 2018. **Fee £80 (£48 concessionary).**

For all enquiries & to check eligibility for concession rates, contact Bottisham Village College 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**'