

A workshop for counsellors
“Working with Emotions”
Saturday 3rd March 2018
10am – 4pm

at The Uplands Day Centre, Shrewsbury, SY3 8GA

Facilitated by: Debra Nash MSc. Member Institute of Group Analysis, UKCP Registered

Debra is an experienced Psychotherapist, Supervisor and Group Analyst. Debra provides clinical supervision for Confide Counselling Services.

The Course: The workshop will look at the challenges inherent in the task of exploring feelings with our clients. It will offer the opportunity to address some of the complexities of the seemingly straightforward question: ‘How are you feeling?’ This is not a simple question to ask.

Clients may have developed defences to protect them from experiencing how they feel. They may want to protect you from being confronted with their feelings. They may well be more comfortable telling you what they *think*. They may come overwhelmed by their feelings, unable to speak about them or to differentiate between them; or they may present as cut off from their emotional world, seemingly unaware of what they feel and yet somehow feeling ‘not quite right’, nothing much matters.

The consulting room offers an opportunity for clients to explore their feelings in a safe environment where they are not alone, but knowing how one feels can be fraught with danger. Expressions of feeling have previously been met with rejection, indifference or punishment. Clients who have had earlier experiences which have overwhelmed their emotional world, have learned to protect themselves by suppressing their feelings. Knowing or expressing one’s feelings can be ridden with shame. It’s been pointless to express their feelings before so why start now? It may be difficult for our clients to believe that there is any gain in them being truly conscious of how they feel.

The workshop will be a combination of presentations, group discussions and group tasks.

If you would like to book please contact Confide to obtain a booking form or alternatively go to our website www.confide.org.uk

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Name: (Block Capitals).....

Address: (Block Capitals).....

Tel No: email:

Organisation:

CPD Certificates will be issued

- * I enclose £65 [] Non-Confide Counsellor
 £55 [] Student Counsellors (Course:)
 £50 [] Confide Member
 £25 [] Confide Staff

** Please make cheques payable to Confide Counselling Service and send to us with completed form at the address below or alternatively email the form and pay by BACS using your initials and “TRAINING” as the reference for payment. HSCB Sort Code: 40 41 30 A/C: 72229633*

Fee includes refreshments and light lunch

Do you have any special dietary requirements?

We offer group discounts for Organisations wishing to send 3 or more delegates. Please contact us to enquire

PLACES ARE LIMITED – your place will only be confirmed once payment is received

The Venue for this workshop is: **The Uplands Day Centre, Shrewsbury**

There is parking on-site. Registration and coffee will be at 9:45am

Further queries should be addressed to:

**Training Co-ordinator, Confide, Roy Fletcher Centre, 12-17 Cross Hill, Shrewsbury, SY1 1JE on
01743 351319 or email: admin@confide.org.uk**

Cancellation policy: In the event of cancellation by the participant, confide reserves the right to a 25% cancellation fee. In the event of participant cancellation less than 7 days prior to the event, the fee will not be refunded. CANCELLATIONS WILL NOT BE ACCEPTED BY TELEPHONE, BUT MUST BE MADE BY IN WRITING/BY EMAIL