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Study Days Program Autumn 2016

Following are a series of study days for practitioners to focus on specific issues in a small group. Each day will consist of some input on the topic, experiential processing, and space to discuss particular practice issues relating to the theme. Each workshop will be from 10.00am till 4.00pm (register/coffee from 9.30am) and will be at the above address. Each workshop will cost £65 to include lunch and refreshments. If you would like to attend, please send the attached slip with your booking fee. Jan Hawkins facilitates each day, having a passion for experiential, ongoing learning opportunities for practitioners. Jan has been teaching for over thirty years and a therapist for over 25 years. For a list of publications, see www.janhawkins.co.uk.

Domestic abuse: Friday 9th September 2016

Supporting clients who are living in abusive relationships can be painful and frustrating. Unless the abuse is flagrantly physically violent, many clients do not recognise that what they are living with is domestic abuse. Verbal, emotional, financial and sexual abuse chip away at the target's confidence such that it becomes almost impossible to see a way out. Women and men who are on the receiving end of domestic abuse may present for therapy with anxiety, low self esteem, depression and a whole host of other difficulties which they have not linked with the domestic abuse they are enduring. This day will allow participants to explore their own attitudes and beliefs around this difficult subject, as well as share ideas and strategies which have empowered their clients.

Vicarious trauma – Friday 30th September 2016

This day will focus on the effects of listening to traumatic experiences, and how we may be vulnerable to taking that trauma within ourselves in our work. Sometimes known as 'compassion fatigue', "empathic strain," "secondary victimization," (Lindy, 1988; Figley, 1983), bearing witness to another's trauma **will affect us**. We will explore the variety of ways in which our accompanying of another as they work with their trauma can affect us, and how we can recognize and attend to our own needs.

Touch in therapy – Saturday 8th October 2016

The issue of touch within therapy relationships relies on the personal integrity of the therapist, unless the tradition of therapy they practice prohibits it altogether. This day will provide space for focus on each participant's relative comfort and/or discomfort with touch within therapeutic relationships. We will consider what might constitute 'safe' touch between therapist and client, as well as the potential healing aspects of touch. Whilst not seeking to advocate touch as an aspect of all therapeutic relationships, where touch does feel appropriate, natural and potentially healing, to rule it out may serve to undermine the relationship rather than enhance it. This day will explore questions and encourage each participant to reflect and consider where touch fits into their own practice.

Working with couples, an introduction Friday 4th November 2016

This day is for those who are already working with couples and those who would like to. Couples come to therapy for a variety of reasons, for example when communication has broken down, or when there has been a breach of trust (for example when there has been an affair), and often one partner has been brought along by the other. Focusing on the *how* of facilitating the communication when couples cannot hear each other, also

exploring the potential of 'therapeutic coaching' into the communication as a part of the work. Participants are encouraged to bring along case material if they are already working with couples.

The healing power of story: The Emperor's New Clothes. Friday 18th November 2016

For those who recognise the sense of bewilderment of seeing through something or someone whilst others seem to be in agreement about what is there, this story can be deeply empowering. This day will explore the story of the Emperor's New Clothes, and the loneliness of seeing what others do not, the difficulty in keeping quiet, or the cost of speaking up. This day may be useful to practitioners as well as for anyone who is looking for a personal development opportunity and is drawn to this story.

Dreams – how may these be explored in person-centred therapy?

Friday 2nd December 2016

What fascinates me about the dreams that my clients bring to their sessions, is that the client often changes in their dream world before changing in their conscious, waking life. The rich world of dreams in both superficial and deep ways can provide a way of deepening understanding when the therapist is willing to take the client's lead into the exploration of the story of the dream. Person-centred practitioners may enjoy exploring how dreams may be responded to without losing the self directed nature of the therapeutic relationship. Participants are invited to bring along a dream to focus on during the day.

Certificate in 'Spiritual Dimensions in Therapeutic Relationships': A five day course from Jan-May 2017 leading to a Certificate of 30 hours CPD

Certificate & Diploma in Working with Survivors of Childhood Abuse 120 hours CPD Sept '16- July '17

For programs and application forms please either contact jan@janhawkins.co.uk or see website www.janhawkins.co.uk

Please reserve me a place on the study day on:

Domestic Abuse – 9.9.16

Vicarious trauma 30.9.16

Touch in therapy 8.10.16

Couples – 4.11.16

The Emperor's New Clothes 18.11.16

Dreams 2.12.16

I enclose a cheque for _____ payable to The FDP (may be post-dated to one week before workshop)

Name: _____

Address: _____ Tel: _____ Email: _____

_____ Dietary needs: _____

Any additional needs _____

Please return to: 376 Hale End Road, Highams Park, London, E4 9PB