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Study Days Program Autumn 2018

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 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 £70 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 30 years. For a list of publications, see www.janhawkins.co.uk.

The healing power of story: Winnie the Pooh and the Inner Landscape - Saturday 15th September 2018

There is a potency for healing available in fairy tales, myths and stories. Certain stories grip us, whilst others leave us cold. The story of Winnie the Pooh can be rediscovered in many ways, one of which is reflecting on our own inner landscapes, and aspects of ourselves. During this day we will reflect on the relevance of this story to people who live with dissociative identities and will allow personal reflection on inner states and characters as they relate to Christopher Robin and friends. A day for personal reflection and fun! Who knows where it might take us?!

Developmental stages – Friday 28th September 2018

One of the issues facing therapists supporting Survivors of childhood trauma with dissociative identity disorder (DID) and other dissociative experiencing, is how to respond to the younger selves in their clients. We may be meeting with an adult who has a self who functions well in the world of work, yet who suffers from isolation in their personal life. That same person may be experiencing flashbacks, losing time, times of anxiety, terror or lostness. Lacking ability to self soothe, they may be overwhelmed with feelings of fear, rage or despair and find no way forward. Diligently they work in our verbal therapy yet cannot heal those aspects of self. This day will explore the developmental stages to highlight the needs of each stage in the healing process, and how we as therapists can come alongside each of the inner selves most effectively.

Why Love Matters – Friday 5th October 2018

This day is based on the book by Sue Gerhardt: Why Love Matters. By understanding the neurology of early attachment and in particular the damage done to the brain by lack of nurturing or worse, of early trauma, we can help our clients to understand better some of the gaps they experience in their social lives. Recognizing difficulties which the client may always have blamed him/herself for as actual deficits in neurological connections can be liberating. It may even prevent some of the self-abuse that follows such difficulties in adult attachments. At the same time this book acknowledges the research which shows that relationship-based therapies can actually develop neuronal connections where they previously did not exist. For those of us who feel that love matters in therapy relationships, this is the hard evidence for the real and persistent change we see occur in clients who may have needed longer term therapy to heal the harm done by early neglect and/or trauma.

The healing power of story: The Emperor's New Clothes – Saturday, 13th October 2018

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.

The Healing Power of Story: The Tale of the Ugly Duckling – Friday 16th November 2018

The story of the ugly duckling has particular relevance to those who feel the outcast in their family of origin. For individuals who grew up sensing that there was something wrong – some mismatch between themselves and other members of the family – this story can bring hope. This day is appropriate for anyone who feels drawn to the story, whether because you identify with the experience of feeling different and outside the family, or you are working with clients who have this experience.

Domestic Abuse – Friday 30th November 2018

Supporting clients who are living in abusive relationships can be painful and frustrating. Unless the DA is flagrantly physically violent, many clients do not recognise that what they are living with is domestic violence. 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 violence may present for therapy for anxiety, low self-esteem, depression and a whole host of other difficulties which they have not linked with the domestic violence 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.

Certificate in 'Spiritual Dimensions in Therapeutic Relationships': A five-day course from Jan 2019 May 2019 leading to a Certificate of 30 hours CPD. For program and application form please either contact jan@janhawkins.co.uk or see website www.janhawkins.co.uk

Please reserve me a place on the study day on (please tick):

15.09.18 - Winnie the Pooh & the Inner Landscape
28.09.18 - Developmental Stages
5.10.18 - Why Love Matters
13.10.18 – The Emperor's New Clothes
16.11.18 - The Tale of the Ugly Duckling
30.11.18 – Domestic Abuse

I enclose a cheque for _____ payable to The FDP (may be post-dated to one week before workshop, please note: cancellations within the week of the study day will be charged for)

Name: _____ Tel: _____ Email: _____

Address: _____ Dietary needs: _____

_____ Any additional needs _____

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