



Study Days Program New Year 2019

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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. The cost for each will be £70, to include lunch and refreshments. If you would like to attend, please send the attached slip with your booking fee. Jan Hawkins has 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. In this series, Jan has invited Chip Ponsford and Casey Edmonds to contribute to the study days, please see below

Welcome home - welcome to the woods! Friday, 25th January 2019 with Chip Ponsford

Person-Centred therapists and members of the PTN (Pre-Therapy International Network) Chip Ponsford and Rab Erskine ran a 'contact-oriented' person-centred ecotherapy group for men who identified as suffering with depression from February to August 2018 in woodland in Northumberland.

In terms of human evolution, being in the woods is like being 'at home' since humans spent millennia evolving there. Chip is offering this study day which will explore experientially and through theories and discussion the significance of offering person-centred relating in a natural woodland context. We will explore:

- The evolving 'contact oriented' approach which doesn't assume psychological contact
 - How depression can be viewed as a contact impairment
 - Pre-Therapy and Contact work
 - Polyvagal theory and understanding the significance of the natural context for the body/mind
 - Ecotherapy and assumptions about the context of therapy
 - A short film about the 2018 group
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Anxiety and panic attacks - Friday, 8th February 2019

Worry and anxiety can absorb vast amounts of energy every day, and can sometimes lead to panic attacks. These can be terrifying, bringing feelings of ‘out of control-ness’, powerlessness and sometimes even the feeling of going mad. Feelings of anxiety and panic can lead to isolation, as individuals either need to stay within the safety of a known environment, or hide the fact that anxiety and panic overwhelm them sometimes, for fear of being seen as somehow failing and/or weak. Why is it that some people are prone to these distressing states? Is drug therapy the only solution? This study day will explore the underlying causes of anxiety and panic. Simple and effective ways of empowering sufferers to take control of these distressing states will be taught and practiced.

The healing power of story: Winnie the Pooh and the Inner Landscape – Saturday 16th February 2019

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. This day 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?!

Alice in Wonderland Syndrome and CPTSD – Friday 22nd February 2019

What can we learn from the story of Alice in Wonderland that helps comprehend the issues facing individuals who live with complex PTSD? This day will focus on the experiences of depersonalisation, derealisation and dissociation as they affect individuals who have experienced chronic trauma in their lives.

Understanding and supporting Dyspraxia – Friday 8th March 2019

Dyspraxia is a little understood cluster of difficulties which used to be called ‘clumsy child syndrome’. Many of our adult clients have never received a diagnosis, yet live with the feeling that they are somehow defective. Adolescents with dyspraxia are known to be at increased risk of mental health issues, yet there remains a lack of research that explores their lived experiences. This study day, based on qualitative research focusing on the lived experiences of adolescents, will introduce you to dyspraxia, and the impact of dyspraxia on the lives of individuals affected and how we can best support and understand those with dyspraxia across the life span. Casey Edmonds is completing her PhD in Dyspraxia, having spent several years as a research assistant and latterly as a Research Fellow at the University of East London.

Spirituality in the counselling relationship: Saturday, 16th March 2019

How comfortable are we in exploring the spiritual dimensions of what our clients bring to us? Do we subtly block them from exploring their feelings and experiences of their faith? Do we make assumptions about who they are and what they believe based upon their professed religion? Must we have a faith in order to work at spiritual depth with those who do or do not have a faith? Do we miss entirely tentative expressions of the spiritual dimension? These and other questions will be our material for the day. This study day will offer participants the space to reflect upon their own spiritual journey and how it informs their work with clients. It is for those whose spiritual lives are expressed through organized religion or faith groups as well as for those whose spirituality is anchored in their own inner essence and journey and how this connects them with others.

Certificate in ‘Spiritual Dimensions in Therapeutic Relationships’: A five-day course from Sept 19-January20 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:

Ecotherapy 25.1.19

Anxiety & panic attacks – 8.2.19

Winnie the Pooh – 16.2.19

Alice in Wonderland & CPTSD - 22.2.18

Dyspraxia - 8.3.18

Spirituality in counselling - 16.3.18

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