

# FOUNDATION FOR THE DEVELOPING PERSON

376, Hale End Road, Highams Park, London, E4 9PB Phone: 07753 826284

Website: [www.janhawkins.co.uk](http://www.janhawkins.co.uk) e-mail: [jan@janhawkins.co.uk](mailto:jan@janhawkins.co.uk)

Facebook: Fdp SocialOutreach



## A Person-Centred Residential Weekend

Day 1 focusing on The Healing Power of Story: The Tale of the Ugly Duckling; evening encounter groups and/or social gathering. Day 2 focusing on finding and maintaining hope in a world and therapy room of trauma

Saturday July 13<sup>th</sup> & Sunday July 14<sup>th</sup> 2024



### At Debden House

Debden Green, Loughton IG10 2NZ

Phone 0208 508 3008

Jan Hawkins will facilitate.

For details about Jan and her work, please see [www.janhawkins.co.uk](http://www.janhawkins.co.uk) (includes The FDP)

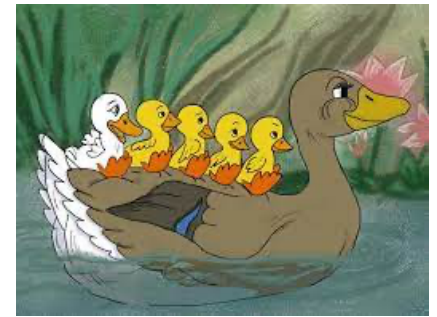
The weekend will take place at Debden House, with beautiful gardens, and 50 acres of woodland outside, as well as a wildlife pond. The perfect setting for finding ducklings!

Saturday 10.am:

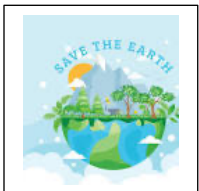


## **The Healing Power of Story: The Tale of the Ugly Duckling**

There is a potency for healing available in fairy tales, myths and stories. Certain stories grip us, whilst others leave us cold. The Tale 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. The experience of exile for all who grew up in the wrong nest, can be isolating, and put obstacles in the way of connecting with others outside of that family experience. Hans Christian Anderson first published 'The Ugly Duckling' in 1845. He was an advocate for the lost and neglected child through his stories, and he strongly supported searching for and finding one's own kind. A day for personal and professional reflection.



## **Sunday 10.am Finding and maintaining hope in a world and therapy room of trauma**



Our world is continually, it seems, balancing on a knife edge of global power struggles, destruction, inhumanity and trauma. At the same time, there is urgent focus on global warming, and how we all need to do what we can to save our planet. For a simple soul like me, it seems the first imperative is to stop warming and destroying the planet with bombs, chemicals and endless new developments in weaponry.

In this extreme situation, individuals are not only dealing with their own personal histories of dilemmas and trauma, but are bombarded with traumatic imagery, and terror daily. Many forced to resort to the most dangerous ways of trying to find hope and welcome after escaping from war or persecution simply because they are different, other.

This day will explore some of the psychology of othering, the impact of multiple traumas, and how we find and maintain hope in our therapeutic relationships, as we process our own responses to daily reports of barbarism against people and planet.



We finish the day at 4.00pm, refreshments are served and we vacate Debden House by 5.00pm

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Please reserve me a place on the Person-Centred Residential Weekend at Debden House, Loughton on 13/14 July 2024: – The Tale of the Ugly Duckling & Finding and Maintaining Hope in a World and Therapy Room of Trauma.

Arrival Saturday 13<sup>th</sup> July from 9.00am. Dinner at 7.00pm. Social time after dinner. Finish Sunday 14<sup>th</sup> at 4.00pm. Timings for both workshops: 10.00 -11.30; 11.50-1.00; 2.00- 4.00

The weekend will be limited to 30 participants, in shared accommodation. Day attendees may like to camp on the 50 acre site by arrangement with Debden House. All meals and refreshments from arrival to departure are included in the fee of £255. Single room supplement is £30. Day delegates may choose to camp on site overnight, £180 for course including evening meal, £13 camp overnight. Day delegates without evening meal £160 for weekend.

Day 1 workshop will finish at 4.00pm with half an hour break for refreshments. Weather permitting, those who have chosen group or individual walks before dinner will take those, whilst those who have chosen an encounter opportunity will also choose whether that will be inside or outside and for a space of up to two hours pre dinner. After dinner, space for socializing, rest and appreciating our environment.

Please make your choices (tick or circle) for Saturday evening 4.30-6.30:

Individual or small group walks in the grounds

Encounter group (large – all choosing to encounter)

Encounter group (small – groups of 6-8)

Meals: Anything

Vegetarian

Vegan

Allergies. \_\_\_\_\_

\_\_\_\_\_

Additional needs \_\_\_\_\_

I would like to share a room with: \_\_\_\_\_

Day participant \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel no: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency contact whilst at Debden house \_\_\_\_\_

The full fee is due on booking. Please make payment into The FDP sort code: 600526 ac no 10391053, using your name or initials as reference. If you would let me know when you have done that, I will send a receipt by return. Please note that cancellations within two weeks before the weekend will be charged for unless there is a waiting list, and your place can be used by another person.

Please return to: The FDP 376 Hale End Road, Highams Park, London, E4 9PB or email to [jan@janhawkins.co.uk](mailto:jan@janhawkins.co.uk)