

Aberdeen Counselling Forum

"Feeling our Feelings"

Led by: Jeanine Connor

Saturday 14th September 2019

Venue: CLAN Centre, Westburn Road, Aberdeen

9.30am – 4.00pm

Feelings are a form of communication. We have feelings towards our clients because we are human, they are human and we are in a relationship together. Sometimes the feelings can be named (irritation or fondness). Other times we might feel them in our bodies (headache or nausea). This workshop encourages us to feel our feelings and reflect on what they might be communicating to us – about ourselves and our other relationships, and about our clients and theirs. We will also explore ways in which we can help our clients to feel their feelings, so that they can make sense of them, put words to them, and think about what they might be trying to communicate about their internal and external worlds.

The workshop will include a combination of small and large group work and individual reflection. You are invited to bring an example of a first session with a client and/or a case example of a client who feels stuck or who you are struggling to make sense of. Having your own clients in mind will enable you to gain the most benefit from attending. Active participation is greatly encouraged!

Jeanine Connor is a child and adolescent psychotherapist, supervisor and training facilitator whose work is psychodynamic in orientation. She has supported young people in a variety of settings for 20+ years. Jeanine is also a writer with 150+ pieces of work in publication, including regular columns and features in BACP journals. Her column 'Reflecting on...' has appeared in the BACP divisional journal Children, Young People & Families since 2011 and she is a regular contributor to BACP Therapy Today. Jeanine was appointed as editor for BACP Children, Young People & Families divisional journal in January 2019, is reviews editor for Therapy Today and psychology editor for Curriculum Press.

More about Jeanine's work can be found on her website:

www.seapsychotherapy.co.uk and she invites you to follow her on Twitter @Jeanine_Connor and/or join the Facebook group **Sea Psychotherapy**.

Tea and coffee & snacks will be provided but not lunch

Contact person for booking/enquiries:

Elena - 0777 344 6365

Email: elenalaguarda@yahoo.co.uk

Booking form available on our website: www.thecounsellingforum.co.uk

ACF **Booking Form** for “Feeling our Feelings” Workshop Saturday 14/09/19

PARTICIPANT NAME _____

EMAIL ADDRESS: _____

TELEPHONE NUMBER: _____

PLEASE TICK APPROPRIATE PAYMENT BOX

EARLYBIRD – RECEIVED BY 31/08/19	
ACF MEMBER - £50	
ACF CONCESSION MEMBER - £45 (Low income, 60+, F/T student, counselling diploma student)	
ALL NON MEMBERS - £65	

PAYMENT AFTER 31/08/19	
ACF MEMBER - £60	
ACF CONCESSION MEMBER - £55 (Low income, 60+, F/T student, counselling diploma student)	
ALL NON MEMBERS - £75	

IF YOU ARE AN ORGANISATIONAL MEMBER, PLEASE STATE WHICH ORGANISATION: _____

We now accept payment by BACS but need your full name as reference:

Account: 00458505 sort code: 80-05-11

CHEQUE PAYABLE TO: **Aberdeen Counselling Forum** - ALL BOOKING FORMS/CHEQUES TO BE SENT TO: 2 Cairn Wynd, Inverurie, AB51 5HQ

Cheques are not banked until after the workshop but secures your booked place. Cancellation fee of 50% will be refunded up to 3 days prior to event, thereafter no refund will be given.

Confirmation/receipts and certificates will be issued electronically unless requested otherwise.