

**10th February 2018**  
**"Co-dependency – the need to take care"**  
**Jacqui Marsden**

**Trainer:** Jacqui Marsden is a registered Psychotherapeutic Counsellor, with 18 years of private practice. She has qualifications in Person-Centred and Integrative Counselling, Supervision and Spiritual Direction.

**Details:** Co-dependence is fundamentally about disordered boundaries and relationships and may be the most common of all addictions. Jacqui will explore how co-dependence can affect our relationships (family, friends, life partners, colleagues and even clients). When is our helping actually helpful, and when is it potentially unhelpful? How does one discern the difference between care-giving and care-taking? Where is the line?

Sometimes our Christian values of caring can actually become dysfunctional if we have not explored the deeper psychological reasons for wanting to help those in need. Co-dependence is a subtle and complex condition that can drive us to help and care for others at our own expense. Jacqui will give compassionate insights into the causes and consequences of co-dependence, showing how we can live from our 'true self' and avoid burnout and ill health.

**10th March 2018**  
**"Working With Survivors of Sexual Abuse" –**  
**Rebecca Mitchell**

**Trainer:** Rebecca is a survivor, an experienced counsellor and has worked with survivors in professional settings for 24 years. She co-founded Into The Light ([www.intothelight.org.uk](http://www.intothelight.org.uk)) which offers counselling and training to survivors and their supporters.

**Details:** This training day provides a foundation to understand the core issues around sexual abuse and how we can effectively support survivors. The aim is to gain knowledge and skills to help survivors. This will include shame, anger, powerlessness, betrayal, sexual ambivalence, flashbacks and grounding. We will also take note of styles of relating from this client group and how it impacts in the counselling room. We will also work on ourselves so we can identify our own feelings around sexual abuse in order to set them aside and focus on our clients.

**12th May 2018**  
**"Look after Yourself"**  
**Louise Mill**

**Trainer:** Louise Mill is currently Head of Counselling at Network Counselling and Training in Bristol. With over 12 years of counselling experience, Louise has been involved in training for the past seven years, both as Course Leader on the Network Certificate in Counselling Skills and in running courses and training days both at Network and in the community. In her spare time Louise looks after herself by singing, playing guitar, walking by the sea, or curling up with a good book and a bar of chocolate!

**Details:** How often do we encourage others to take care and look after themselves and yet find it hard to offer the same level of self-care to ourselves? This workshop will increase our awareness of how our work and caring for others might be impacting us, look at the importance of setting and holding appropriate boundaries, identify some of the factors that may prevent us from looking after ourselves, and consider practical ways in which we might maintain a healthier work/life balance.

**9th June 2018**  
**"Understanding Child and Adult Bullying"**  
**Helena Wilkinson**

**Trainer:** Helena is a qualified counsellor and equine assisted psychotherapy practitioner. Her specialism is eating disorders with which she has 30 years' experience. With the help of a team, she runs residential recovery courses for eating disorder sufferers and residential life skills courses for those who have been homeless and are now in a YMCA. She is the author of 11 books including 'Insight into Child and Adult Bullying'.

**Details:** Most people don't realise the extent to which they have been bullied until they attend a seminar like this! Bullying occurs in all contexts: school, work, home, relationships, church. Bullying is abuse and it's important that we understand how it operates and how to help. This seminar looks at the nature and effects of bullying, why people are targeted, why bullies act as they do and more importantly how we, as counsellors and carers, can aid the recovery process.

**7th July 2018**

**"Overcoming Stress and Anxiety" – Dr. Chris Andrew**

**Trainer:** Dr Chris Andrew was a Consultant Psychiatrist/Psychotherapist in the NHS and worked for many years in a Christian private practice. He is a Director of Deep Release and Barnabas Counselling and Training.

**Details:** Drawing on an original Psycho-educative model based on Neuroscience he will offer a way of understanding the origins and effect of stress and anxiety. He will then major on teaching and demonstrating a rich variety of preventive and holistic interventions for dealing with day to day as well as future stressors. Come prepared for a lively and interactive day!

**6th October 2018**

**"Disordered Eating and Attachment" - Tracy Mendis**

**Trainer:** Tracy is Willows counsellor and trainer. After 30 years battling with disordered eating, weight issues and a negative body image, Tracy finally found freedom through a combination of counselling, self-education and what she believes can only be described as God's healing. Wanting to offer others 'walking a similar road', a place to find help and encouragement, she set up FrEED, a support group for people with unwanted eating behaviours.

**Details:** This training will explore the relationship between how we were emotionally and physically nurtured as children and its effects on our adult relationship with food and our bodies. It will encourage those who attend to reflect on the impact of their own childhood experiences and about how an understanding of the relationship between attachment and disordered eating can integrate into counselling practice.

**10th November 2018**

**"Symptom Reduction and Stabilisation Skills" - Gilly Price**

**Trainer:** Gilly Price has been Counselling Service Manager at Willows for 16 years. She also works in Private practice and is a Registered Accredited member of BACP, working with clients who have suffered deep trauma, dissociative disorders and ritualised abuse.

**Details:** Gilly has written and delivers training courses for counsellors to provide them with skills and support required to ground clients prior to memory work. This day will offer a creative framework for those working with clients who suffer dysregulation in emotions, thoughts and body sensations. It offers an integrative approach to help the client to develop skills to manage the disturbing effects of past trauma. Also suitable for counsellors with clients suffering from anxiety, stress, emotional overwhelm. This interactive day will outline the areas covered on the 6-week Willows Stabilisation Skills training course.



**Willows Counselling Service**

**Training Days in Pastoral Care and Counselling**

**February – November 2018**

This programme of Training Days is organised by the Willows Counselling Service for the professional training of those involved in counselling and caring professions, and will also be beneficial for those involved in Church pastoral care. Speakers are chosen for their professional expertise and may or may not come from a Christian faith perspective.

Workshops are **£45 per person (£120 for any 3 courses booked together)** and will include a light lunch and refreshments. They run from **10 am to 4 pm**. The day will start with a short time of Christian worship.

**BOOKING INFORMATION**

- Please book using the enclosed booking form or phone Harnhill directly  
01285 850283 | [bookings@harnhillcentre.org.uk](mailto:bookings@harnhillcentre.org.uk)  
[www.harnhillcentre.org.uk](http://www.harnhillcentre.org.uk) (Charity no. 292173)
- Harnhill will acknowledge all bookings.
- Bookings accepted up to one week before the event.
- In the event of cancellation, the booking fee will be refunded provided at least 14 days' notice of the cancellation is given.
- In the event of non-attendance at a course, where prior notice of cancellation has not been received, no refund of the booking fee can be made.

***CHRISTIAN CARING IN THE COMMUNITY***