

## About Network Counselling and Training

An organisational member of the British Association for Counselling and Psychotherapy (BACP), Network has been established as a counselling and training agency for 30 years - offering **affordable counselling** to all alongside a person-centred integrative counselling training programme.

Network Training offers **two introductory courses** in listening skills/counselling, one of which can also be delivered to outside organisations in a flexible workshop format to meet their specific training needs.

Network also offers a one-year part-time **Certificate in Counselling Skills**, accredited by the National Counselling Society (NCS), and a two-year part-time **Diploma in Counselling**, accredited by The British Association for Counselling and Psychotherapy (BACP).

In addition to a Certificate and Diploma level counselling training programme accredited by the National Counselling Society, Network Training also offers a full programme of Continuing Professional Development for counsellors and other professionals in the form of short courses and workshops on a range of specialist topics.

For further information about Network please visit our website – [www.network.org.uk](http://www.network.org.uk)

# Understanding Child & Adult Bullying

Continuing Professional  
Development Workshop

led by **Helena Wilkinson**

**Saturday 1st October 2016**  
**9.30 am - 4.30 pm**

**The Chapel**  
**Trinity College**  
**Stoke Bishop**  
**Bristol BS9 1JP**



# 'Understanding Child & Adult Bullying'

## Introduction

Bullying in the UK is reaching epidemic proportions and is a very real problem for a large number of children, university students and people in work. Bullying also impacts relationships, marriages, organisations and churches. However, most people would struggle to admit to themselves that they are being, or have been, bullied, let alone face the shame that bullying is abuse, and tell someone.

Throughout the day we will look at the different forms of bullying in both childhood and adulthood, as well as the physical and emotional impact on the target. We will discuss why people bully and why children who are bullied become more likely to be targeted as adults.

An important aspect of the day will be exploring ways to change styles of relating, breaking the bullying cycle and recovering from the trauma of being bullied.

## The Facilitator

Helena Wilkinson is a writer, trainer and international speaker. She lives at Nicholaston House, a Christian retreat and conference centre on the Gower Peninsula where she heads up residential courses for eating disorder sufferers and people who have been homeless and are now in YMCA's. Helena is also a qualified equine facilitated psychotherapy practitioner and incorporates EFP into her work.

She is the author of 11 books including 'Insight into Child & Adult Bullying', which grew out of her own experience of bullying in addition to counselling many people who have been bullied at different stages in their lives.

Website [www.helenawilkinson.co.uk](http://www.helenawilkinson.co.uk)

## Venue

The workshop will be taking place in The Chapel at Trinity College. The Chapel has historically been both an Orangery and a swimming pool, but it is now the primary place of worship for the Trinity community.

## Refreshments

Tea, coffee and biscuits will be provided during the day. Please bring your own lunch.

## Cost

The cost of this workshop is **£70 per person** - or **£40 per person** for students, volunteer counsellors and volunteer supervisors.

## Cancellation policy

Please note that we require a minimum of **seven days' notice of cancellation** before the day of the workshop, otherwise the full fee will be payable. No part of the fee can be refunded for non-attendance on the day.

## Booking a place

Booking form either with this flyer, or downloadable from our web site [www.network.org.uk](http://www.network.org.uk) Payment by either cheque or BACS. Please return your completed form to:

The Training Coordinator (CPD16E)  
Network Counselling & Training Ltd  
Trinity College, Bishops Close, Stoke Hill  
Stoke Bishop, Bristol BS9 1JP

**or by email to:**

[sue.woodhead-marsh@network.org.uk](mailto:sue.woodhead-marsh@network.org.uk)

**For further information:**

telephone: 0117 950 7271

IF YOU HAVE ANY ACCESS OR SPECIAL REQUIREMENTS, PLEASE ADVISE US IN GOOD TIME SO WE CAN TRY TO ACCOMMODATE YOUR NEEDS.