

## 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**, quality-assured 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)

## “Look After Yourself” Self-Care for Counsellors

**Continuing Professional  
Development Workshop**

**led by Louise Mill**

**Saturday 14th January 2017  
9.30 am - 4.30 pm**

**The Carey Lounge  
Trinity College  
Stoke Bishop  
Bristol BS9 1JP**



# ‘Look After Yourself’

## Self-Care for Counsellors

### Introduction

Do you get home at the end of the day and feel you have nothing left to give?

Do you regularly “take your clients home” with you?

Do you feel relieved when a client cancels?

Do you find it hard to unwind or have difficulty sleeping?

Do you find yourself fitting in an extra session for a client when it is not always convenient to you?

How often do we encourage our clients to take care and look after themselves and yet find it hard to offer the same level of self-care to ourselves?

*“The better we take care of ourselves ... the more we will be in a position to be truly empathic, compassionate, and useful to [our clients]” Babette Rothschild.*

This workshop will take a brief look at the neuroscience behind vicarious trauma, increase our awareness of how client work might be impacting us, look at the importance of setting and holding appropriate boundaries in our work, and consider practical ways in which we might maintain a healthier work/life balance.

### The Facilitator

Louise Mill is currently Head of Counselling at Network. With over 10 years of counselling experience, Louise has been involved in training for the past six 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 enjoys singing, playing guitar, walking by the sea, or curling up with a good book and a bar of chocolate!

### Venue

The workshop will be taking place in The Carey Lounge at Trinity College.

### Refreshments

Tea, coffee and biscuits will be served during the day. Lunch will also be provided.

### Cost

The cost of this workshop is **£80 per person** - or **£50 per person** for students, volunteer counsellors and volunteer supervisors. **A £10 ‘early bird discount’ is offered for places booked and paid for by Wednesday 14th December 2016.**

### 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 (CPD17A)  
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.