

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

The Benefits of Anger in Counselling

Continuing Professional
Development Workshop

led by Karl Gregory

Friday 30th June 2017
9.30 am - 4.30 pm

St Michael's Centre
North Road
Stoke Gifford
Bristol BS34 8PD



'The Benefits of Anger in Counselling'

Introduction

"Anger is an emotion not a 'behaviour'! Yet there are many books about how to control the behaviour and manage it – anger management - and a lot less on anger expression and the rich resource that anger can offer us in counselling.

I argue that anger is not only an acceptable emotion but it is desirable in counselling. When it is blocked then the client will understandably feel hostile. In this workshop we will untangle the two – anger and hostility – and work with anger expression.

The workshop will be facilitated to bring out the experience of the participants through small group exercises and discussions, handouts will be provided."

The Facilitator

Karl Gregory RGN, RMN, MSc Counselling, Diploma in Psychotherapy Supervision, MNCS (accredited)

Karl's background is in psychiatry: he worked for twenty years as a psychiatric nurse.

He is a co-founder of Severn Talking Therapy, which was set up as a vehicle to run an annual supervision conference, a Diploma in Supervision course and workshops. And he has been running a successful private practice in Gloucestershire for eighteen years.

Karl describes his way of working now as a relational – using relational theory with existential and systems approaches. Find out more about Karl's work at: www.severntalkingtherapy.co.uk



Venue

The workshop will take place at St Michael's Centre in Stoke Gifford, Bristol. St Michael's is easily accessible by road and public transport. Six miles north of Bristol City Centre, three miles from the M4, M5 and M32 motorways, and about five minutes walk from Parkway Railway Station.

Refreshments

Tea, coffee and biscuits will be provided during the day. Bring your own lunch - alternately there is a small coffee shop on site, or two supermarkets and a pub a few minutes walk away.

Cost

The cost of this workshop is **£80 per person** - or **£50 per person** for students, volunteer counsellors and volunteer supervisors. "Early bird discount" of £10 for bookings made and paid for by Friday 12th May 2017.

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 Payment by either cheque or BACS. Please return your completed form to:

The Training Coordinator (CPD17D), 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

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.