

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 **Advanced 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 the Certificate and Diploma level counselling training programme, Network Training also offers a full programme of Continuing Professional Development for counselors 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 Relational Turn”

Continuing Professional
Development Workshop

led by Karl Gregory

Friday 13th July 2018

9.30 am - 4.30 pm



Network Training
Elm Park
Filton
Bristol BS34 7PS



‘The Relational Turn’

Introduction

“Therapy is increasingly being defined by what we offer according to a medical diagnosis. We need to use CBT for medical problems such as depression or anxiety or EMDR to work with PTSD. We can feel defective if we are not trained in the latest techniques.

Yet both researches into effective therapy and into neuroscience show that it is the relationship over and above particular modalities or techniques that bring relief from struggles.

Over that last 10-15 years there has been a quiet revolution in our work with a significant paradigm shift, a relational approach that values the *subjective* experiences that we have with each other.

In this workshop we will look how all the major therapies have taken a ‘relational turn’, what we mean by a relational approach and a way of being with our clients that can enhance the healing effect of therapy through the relationship itself.

Those of you who have been to my workshops before will be aware that the experiences you bring to the day are valuable so we can all benefit from everyone’s input. So the day will include short presentations with discussion and handouts, small group work, space to ask questions and discuss issues raised. It will be suitable for anyone working in counselling and psychotherapy.”

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 Oak Room, Network Counselling & Training , Elm Park, Filton, Bristol BS34 8PS

Refreshments

Tea, coffee and biscuits will be provided during the day. Please bring your own lunch. There are a number of convenience stores and food outlets in the neighbourhood.

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 8th June 2018.

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 (CPD18D)
Network Counselling & Training Ltd
Elm Park, Filton, Bristol BS34 7PS

or by email to:

training@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.