

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 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

CONTINUING PROFESSIONAL DEVELOPMENT WORKSHOP



“The Role of Breathing in Counselling”



network
counselling and training

Led by Josie Harrington

**Friday 15th May 2020
9.30am—4.30pm**

**Network Training
Elm Park
Filton
Bristol BS34 7PS**

“The role of Breathing in Counselling”

Overview

“Whichever way you breathe, that is the way you think. Whichever way you think, that is the way you breathe.” Sadhguru

How we breathe has a direct effect on our mood, and understanding this relationship can be empowering for both the client and therapist.

This training will:

- Understand the physiology of breathing;
- Learn how to breath more efficiently ;
- Explore the benefits for health and wellbeing;
- Explore different way we can apply breathing techniques to influence our nervous system;
- Understand how this can be used in a therapeutic session

Josie will use a combination of learning styles to help to facilitate an understanding of the relationship we have with our own breath, how to help clients to use their breath as a tool to manage emotional overwhelm and empower them to feel more confident with their emotions and experience them in a less threatening way.

The Facilitator



Josie Harrington worked as a senior mental health nurse in the NHS for over 20 years and enjoyed many varied roles working with both adults, young people and their families, with a wide range of difficulties in community and residential settings.

Josie is an advanced Yoga Teacher (500 hour) - she studied in Bristol for three years at Yogasara Academy. She is qualified yoga therapist (Yoga Therapist for mental health, Minded Institute, London).

She is now working full time as a yoga teacher and therapist bringing together her two passions of Yoga and Mental Health. She combines these skills, knowledge and passion to support individuals using an empowering holistic approach to health and wellbeing (www.yogajosie.co.uk).

Venue

The Oak Room, Network Counselling & Training , Elm Park, Filton, Bristol BS34 7PS

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, and we have kitchen facilities on site.

Cost

The cost of this workshop is **£85 per person** - or **£55 per person** for students, volunteer counsellors and volunteer supervisors. *“Early bird discount” of £10 for bookings made and paid for by Friday 20th March 2020.*

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

You can book a place by going to thelittleboxoffice.com/network/ or alternately by downloading a booking form from our web site www.network.org.uk. Please return completed forms to:

The Training Coordinator, 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.