

Special Requirements

If you have any access or special requirements, please advise us in good time so that we can try and accommodate your needs.

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.

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 **Advanced 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



“Encounters with Difference and its Impact”



network
counselling and training

Led by Ounkar Kaur

**Friday 25th June 2021
9.30am—4.30pm**

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

Registered charity no. 292801

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“Encounters with Difference and its Impact”

Outline of the Workshop

At the heart of this workshop, we will seek to understand how we are impacted by ‘difference’.

There will be an opportunity to begin a conversation about difference and our responses to this often, challenging topic. The aim of this workshop is to push back the barriers preventing all of us from openly exchanging dialogues regarding the more separative and frequently isolating aspects of living with difference - some of which, sadly, result in a sense of exclusion. We will explore what these barriers might be? From my own lived experience, some are in plain view whilst others are not that easy to detect, and instead, tend to remain unvoiced and dormant beneath everyday awareness.

At the outset, it's worth mentioning that a sense of 'difference' occurs when someone becomes acutely aware that they are not comfortably embedded with the group in which they find themselves. On this basis, I want to say that there are many different types of groups, as 'difference' covers a vastly wide-range - such as cultural, racial, gender issues and disabilities: to name just a few.

Not having awareness of this can result in a lack of interpersonal understanding which can incapacitate ease of communication. Furthermore, this can hinder our potential for understanding and so often lead to silence – to become voiceless. Unfortunately, this often shuts down opportunities that can lead to fruitful dialogues and thus deepen the conversation which can lead to a better understanding of ‘difference’.

The workshop will offer a chance to explore our practice and think about the diversity within ourselves and our clients. For those of you working in services which aim to support individuals from diverse backgrounds, we will discuss the complexities that can arise and how we can manage these.

In the past when I have run this workshop, there have been a fascinating range of responses – quite diverse. Not surprising as each individual will come to this topic from different perspectives. I anticipate this, and welcome it.

By and large, the tilt of this workshop is ‘psycho – social’, by this I mean, we all have fears of how we may not be willing or unable to relate to another from a different social/cultural setting – this of course, is not always in our awareness. However, my aim is that this workshop will encompass a multi-disciplinary approach and so offer many things, including an opportunity to develop intercultural awareness, coupled with a reflective space and personal development.

I hope too, that individuals will use this to opportunity to come together, so we can ‘hear’ the tones of our differences in their various contexts, understand ourselves better, and therefore, become better equipped to support those who are ethnically and culturally different from us.

The Facilitator

Ounkar Kaur is a Psychodynamic Psychotherapist currently working in the private and voluntary sector with adults experiencing mental health issues. She has been involved in the field of mental health since 1995 and has worked with adult patients experiencing issues such as anxiety, depression, PTSD, trauma, grief and loss, forced marriage, intergenerational concerns and OCD. Other therapeutic methods include Integrative, Humanistic/Person Centred, and Intercultural Psychotherapy.

Ounkar has previously set up a counselling service for women from the South Asian community, in addition to this, she is an accredited Race Equality Trainer offering diversity training and workshops covering a range of topics. She is a member of the Severnside Institute for Psychotherapy and is registered with The British Psychoanalytic Council (BPC) and has a private practice in central Bristol.

Venue

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

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 28th May.*

Booking a place

You can book a place by going to thelittleboxoffice.com/network/ or by downloading a booking form from our web site www.network.org.uk and arranging a BACS payment. Please return completed forms to the Training Coordinator at training@network.org.uk

For further information: email training@network.org.uk or
telephone: 0117 950 7271

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