

IAHIP Workshop Schedule Autumn/Winter 2017 / 2018

<u>Date of Workshop:</u>	<u>Title of Workshop:</u>	<u>Facilitator:</u>
1. Saturday 23 rd September 2017	<i>Contemplative Dance as a Support for Supervision</i>	Bernadette Divilly
2. Saturday 30 th September 2017	<i>Integrating Nature into Psychotherapeutic Practice</i>	Joanne Hanrahan
3. Saturday 7 th October 2017	<i>Grief and Loss</i>	Liz Gleeson
4. Saturday 21 st October 2017	<i>The Happiness Ratio</i>	Patricia Allen Garrett
5. Sunday 22 nd October 2017	<i>This Business of Therapy Starting a Therapy Practice</i>	Jude Fay
6. Sunday 12 th November 2017	<i>Supervision from a Gestalt Perspective</i>	Karen Shorten
7. Sunday 26 th November 2017	<i>Recovery from Trauma</i>	Jim Fitzgibbon
8. Saturday 2 nd December 2017	<i>Dissociative Identity Disorder - An Introduction</i>	Máire Fitzmaurice Eileen Noonan
9. Sunday 3 rd December 2017	<i>Integrating Art in Psychotherapy/ Counselling (Experiential)</i>	Anne Marie Regan
10. Sunday 14 th January 2018	<i>Purely Elemental (Earth, Air, Fire, Water)</i>	Patricia Chalmers

Saturday 23rd September 2017

10.00a.m. – 4.30p.m.

IAHIP Office, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin

Workshop 1 - Contemplative Dance as a Support for Supervision - Bernadette Divilly

In this experiential workshop participants will be introduced to the Contemplative Dance Practice (www.barbaradilley.com) translated by Dance Movement Psychotherapist Bernadette Divilly to explore the supervision process within psychotherapy. Contemplative Dance Practice (CDP) mingles the discipline of meditation and improvisation in a simple structure using personal awareness practice, open space and discussion/ reflection time. Participants will practice tracking kinaesthetic delight and cultivating awareness while engaging with the four pillars of mindful movement practices. Deep play in open space practice will be used to move with the supervision process, including the roles, responsibilities and tasks. The intention is to apply the CDP model to support supervision as interactive field. Attention will be directed towards client care as the core activator of the movement process. This workshop is focused on being a support to the supervision processes and not as supervision. Its primary purpose will be to welcome and be with the unknown kindly. This workshop is suitable for experienced supervisors and professionals who are engaging with supervision in a variety of contexts.

Bernadette Divilly is a Choreographer and Dance Movement Psychotherapist living in the West of Ireland and is an affiliated artist member of Ómós Áite: Space/Place Research Network, NUI Galway. She has an MA in Somatic Psychology and Dance Movement Psychotherapy from Naropa University Boulder CO and Hons BA in Psychology from NUI Galway. For the last few years, she has been investigating and applying Contemplative Dance principles to working with wounded spaces in a gentle and spacious way with the support of [Barbara Dilley](#), originator of Contemplative Dance practice. Supported by the Arts Council Arts Participation Award 2014-2015 and Galway City Arts Office and Architects Office, Divilly developed [Walking Wisdom](#) as a system to explore and map place by connecting the physical body and local wisdom to develop city knowledge to bring presence to universal design. Bernadette has worked as a Humanistic Psychotherapist since 1992 after graduation from the Creative Counselling Centre.

Workshop 1 - Contemplative Dance as a Support for Supervision - Bernadette Divilly

Fees: €70.00	IAHIP Accredited Members and Pre-Accredited Associates	Payable to IAHIP
Fees: €90.00	Qualified Psychotherapists of other Professional Organisations/Bodies	Payable to IAHIP

Name: _____ Address: _____

Address: _____

Contact Number: _____ E-Mail: _____

Accredited Member /Pre-Accredited Associate of IAHIP: €70.00

Other professional organisation: €90.00 Please provide name of Prof. Org. here: _____

Please enclose fee payable to **IAHIP** - Max No. of delegates is **16**.

Workshops cannot be booked without payment & fees are non-refundable
Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin

Saturday 30th September 2017

10.00a.m. – 4.30p.m.

IAHIP Office, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin

Workshop 2 - Integrating Nature into Psychotherapeutic Practice - Joanne Hanrahan

With growing interest from the psychotherapy community in the therapeutic value of nature, the ancient shamanistic ways and the newer eco-therapy approaches, this workshop explores the integration of nature and psychotherapy. It considers various approaches to incorporate the natural world into practice. Based on recent research, this interactive seminar highlights study findings and theoretical links. Using a combination of photographic slides, group work and experiential learning the workshop will outline a model for practice and the clinical implications of such a practice. Aside from the theoretical content this workshop aims to be a treat for the senses, incorporating mindful nature exercises indoors and, weather permitting, outdoors. The workshop introduces the attendees to examples from clinical practice and it highlights ways that increased contact with nature can not only be beneficial to our clients, but to ourselves as therapists.

Joanne Hanrahan is an IAHIP accredited psychotherapist working in private practice in Co. Clare. She completed her training and MSc in Integrative Counselling and Psychotherapy with Turning Point Institute and DCU. Living by the sea, Joanne's awareness of the therapeutic value of nature in terms of her own psychological process inspired her choice of MSc research topic. She presented her research paper at the IAHIP conference in 2016. Later that year she was invited to facilitate a workshop at a 'Confer' conference in the UK. The conference, entitled 'Psychotherapy and the Natural World', attracted a large crowd of international delegates and Joanne's workshop was well received. Joanne integrates nature into her practice in various ways. These include the use of natural materials in the therapy room, welcoming the outdoors into the therapeutic space via a room with a view, encouraging outdoor 'homework' or mindfulness between therapy sessions and engaging in outdoor sessions with her clients. Joanne's background is in Guidance Counselling and, having also trained in Jungian Sand Therapy, she was highly involved in adolescent counselling and student support in schools for almost twenty years. More details on her practice may be found at www.joannehanrahan.ie

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Saturday 7th October 2017
10.00a.m. – 4.30p.m.

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Workshop 3 - Grief and Loss - Liz Gleeson

In this workshop, we will look at some of the theories and models of grief and explore their relevance to bereaved clients that we may be working with. In particular, we will explore contemporary models such as the dual process model and continuous bonds. We will meet some of the research that informs best practice for working with bereaved individuals as well as understanding what 'normal' grief is and be able to identify complicated grief. We will spend time looking at how to identify complicated grief and gaining insight as to how to support clients with complicated/prolonged grief or those who have bereavement overload. We will do some exercises that will help us to reflect on our own losses and broaden our understanding of what loss is from a variety of different perspectives (LGB, special needs, children, anticipatory grief and disenfranchised grief). We will also explore the use of ritual, symbol and metaphor and how they can be employed to support bereaved individuals, families and communities. There are no pre-requisites except a willingness to turn-up and be open to the experience. This workshop is **NOT** suitable for someone who has been bereaved in the past 12 months.

Liz Gleeson Biography - In June 2015, Liz achieved a Post Graduate Diploma in Bereavement Studies with the Irish Hospice Foundation and the RCSI (1st Class Hons.). She has also completed training in Complicated Grief with Kathy Shear. Liz works in private practice offering bereavement support to individuals and also runs bereavement support groups in the Wicklow area. She is currently undertaking research on how grief is stored in the body. Liz is also a dramatherapist qualified since 2004. She has been facilitating groups since 2001 and is experienced and professional in her approach. She has brought dramatherapy to a variety of community groups including work with the elderly, primary schools, adults with mental health issues and children with special needs. Her work has brought her as far away as Chennai, India where she worked with 16 young people in an orphanage for children with special needs. Liz regularly taught on the MA Dramatherapy programme in NUI Maynooth, as tutor and as Playback Theatre facilitator after graduating with first class honours in 2004. She also developed and delivered a module for the Social Care Degree programme in IT Tallaght: 'Creative Approaches to Social Care' from 2008 – 2010. She is currently a student of Open Floor Movement Therapy.

Workshop 3 - Grief and Loss – Liz Gleeson

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Saturday 21st October 2017

10.00a.m. – 4.30p.m.

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Workshop 4 - The Happiness Ratio - Patricia Allen Garrett

Far from being ‘a nice to have’, happiness and positive emotions enhance our resilience in difficult times, build better health and allow us to be creative and open to others. They are essential in how we are to face and come through the challenges in front of us and for us to thrive in all aspects of our life and indeed our therapeutic work. Originating from the pioneering work of Rogers and Maslow and built on and developed by Martin Seligman, Barbara Fredrickson, Brene Browne and Mihalyi Csikszentmihalyi amongst others, this experiential and practical workshop will explore happiness and how to increase it at the three levels of the person – the cognitive, the emotional and the spiritual/relational level.

To do this we will explore:

Why be happy?

What happiness & the happiness ratio are

How your style can impact on your happiness levels

Increasing happiness at the cognitive level

Decreasing negativity

Increasing happiness at the emotional level

How we block our happiness

Increasing happiness at the relational level - building more lasting happiness into our lives so we can live authentically, wholeheartedly and genuinely. We live and work in very challenging times and are so often faced with uncertainty and scarcity – both in our own lives and in the lives of those we meet in our work. This workshop will focus on understanding the importance of happiness and wellbeing and will offer ways to build our resilience and cultivate our hope so that we can both live a connected, authentic life and be buffered and sustained in difficult times.

Patricia Allen-Garrett, BSc (Hons) Psychology, Dip Counselling & Psychotherapy, (MIAHIP, ECP) works as a psychotherapist in private practice in Dublin. She also works as a psychotherapist with Hesus House, a group facilitator with Suicide or Survive’s Eden Programme, WRAP and Wellness Workshops, with The Irish Multiple Births Association delivering emotional wellness workshops and is a tutor on the Dublin Counselling and Therapy Centre’s Professional Training Diploma in Counselling & Psychotherapy.

Workshop 4 - The Happiness Ratio – Patricia Allen Garrett

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Sunday 22nd October 2017

10.00a.m. – 4.30p.m.

IAHIP Office, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin

Workshop 5 - The Business of Therapy, Starting a Psychotherapy Practice – Jude Fay

Therapists are trained to work with their clients, but often, the training gives little or no direction about how to earn a living from their newly acquired skills. If you have little experience of self-employment or running a business, you will need to develop the skills and mindset of being self-employed to create a private therapy practice. Establishing and developing a therapy practice is a process, and, like any process, it can evoke old wounds and hurts from the past. We come to working as therapists with an intention to help those in need. Sometimes that objective can seem to be at odds with earning a reasonable living. This and other challenges face the nearly and newly qualified therapist when first setting up their practice. This workshop is designed to provide information and support to therapists and counsellors who are setting up or have recently set up in private practice. It is also an opportunity to network with other practitioners who are starting out. We will explore the practicalities of starting a practice, the practice you would like to create and the services you can provide. You can begin to identify your preferred clients and the channels through which to attract them. The course content includes: What's involved in being self-employed; practicalities, pros and cons, legal and professional requirements; Clarifying your profile; What services are you providing?; Who are your preferred clients?; Financial goals?; How much do you hope to earn from your practice?; Typical costs and expenses; Pricing and charging for your work; Finding work; Marketing your services; Getting your name known; Self-care, support and Work-life balance; Valuing your time and expertise; Challenges and dilemmas: What gets in the way? The format of the workshop is informal, with presentations in the large group, smaller group discussion, and exercises. Anyone interested in **starting or developing a therapy or counselling practice** is welcome.

Jude Fay, MIAHIP, is an accredited counsellor and psychotherapist, practicing in Naas and Celbridge, Co Kildare. In addition to her private practice work, Jude works with therapists in relation to developing and managing their practices. She is the author of book, "This Business of Therapy: A Practical Guide to Starting, Developing and Sustaining a Therapy Practice." Jude also provides information and support through articles on her website www.thisbusinessoftherapy.com, through an e-newsletter, through workshops and in one to one work. Her work spans both the practical business aspects of therapy practice and the emotional and psychological issues that get in the way of creating a financially viable practice.

Workshop 5 - The Business of Therapy – Jude Fay

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Sunday 12th November 2017
10.00a.m. – 4.30p.m.
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Workshop 6 – Karen Shorten – Supervision from a Gestalt Perspective

The workshop gives participants the opportunity and space in which to explore awareness, contact, process, incorporating transference and counter-transference from a Gestalt perspective.

We work collaboratively and creatively in an experiential process exploring the relational, to understand the dynamics between the person as a therapist and the client, paying particular attention to the “now”.

Karen Ilean Shorten M.I.A.H.I.P. M.E.A.P. M.ICP. MI.A.C.P. S.I.A.H.I.P.

Karen trained in Humanistic, Integrative Psychotherapy and clinical supervision and then went on to train and specialise in Gestalt Therapy. She has a successful clinical supervision practice for the past 25 years as well as dealing with individuals, groups and families.

Karen is involved with the Irish Gestalt Centre and has for the last 15 years been running the Personal Development programme which is an Intensive residential workshop.

Workshop 6 – Karen Shorten – Supervision from a Gestalt Perspective

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Max No. of delegates is **10**.

Accredited Member of IAHIP: €70.00

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Sunday 26th November 2017
10.00a.m. – 4.30p.m.
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Workshop 7 – Jim Fitzgibbon – Recovery from Trauma

This workshop will be a collaborative, educative and experiential workshop for psychotherapists.

It is carefully designed so that we can make together a clear contract, discuss some theory, focus to make a safe space for some experiential exploration, followed by a supportive ending.

Jim Fitzgibbon was a soldier and he did a Bachelor of Science in Experimental Physics and Quantum Mechanics. In 1995, as a member of the European Union Monitoring Mission in former Yugoslavia, Jim was in captivity where he was officially missing, presumed dead.

Out of this experience of captivity and need for healing Jim went on to study psychotherapy with the Irish Gestalt Centre and continues his personal work every day and through workshops and personal work in groups. He has been practicing as a graduate psychotherapist since 2007 (MIAHIP) and has recently completed training and is working as an accredited psychotherapy supervisor (SIAHIP).

One testimonial by an IAHIP founder member says: “Jim has profound personal experience of Post Traumatic Stress Syndrome and has done excellent work on him-self. These depth experiences have supplied him with a deep understanding of human suffering. They have enriched him with vision and sensitivity, allowing him to help clients in trauma and supervisees with clients in trauma.”

Jim believes the power of presence helps in the transformation of experiences of peoples suffering into beauty.

Workshop 7 – Jim Fitzgibbon – Recovery from Trauma

Fees: €70.00	IAHIP Accredited Members and Pre-Accredited Associates	Payable to IAHIP
Fees: €90.00	Qualified Psychotherapists of other Professional Organisations/Bodies	Payable to IAHIP
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**Saturday 2nd December 2017
10.00a.m. – 4.30p.m.**

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Workshop 8

Dissociative Identity Disorder - An Introduction - Máire Fitzmaurice and Eileen Noonan

Do you work with a client who has been diagnosed with Dissociative Identity Disorder? Do you think your client might have this condition? Perhaps you'd like to know more about D.I.D. because it may come into your therapy room some day. What is Dissociative Identity Disorder? Many people have never heard of this condition, yet estimates of its prevalence in society range from 5% of psychiatric in-patient populations to 1 or 2% of the general population. It's associated with severe childhood trauma so psychotherapists working with adults who were once abused children may eventually find themselves confronted with D.I.D. You may feel "something" is different, or that therapy isn't progressing for reasons you can't pinpoint. Since one of its hallmarks is the compartmentalisation of experiences and memories, your client herself may not be aware of her D.I.D. So how would you recognise this condition and how should you work with it? In this workshop we'll share the information you need, covering various topics, in order for you to understand this condition and work more effectively with your client.

Máire Fitzmaurice is registered as a psychologist with the Psychological Society of Ireland, and accredited as a psychotherapist with the Irish Association for Humanistic and Integrative Psychotherapy. Máire has a first class honours degrees in psychology and a master's degree in counselling. Máire has also undergone extensive training in in the area of sexual abuse, trauma and dissociation. For a number of years she has had a private practice for clients with a range of issues in addition to working with teenagers as a school counsellor and currently work with the HSE's Counselling in Primary Care Service - a free counselling service providing short term counselling for adults with a wide variety of issues. **Eileen Noonan** trained as an Integrative Psychotherapist in the mid 1990s and has subsequently done training in Gestalt and Sensorimotor Psychotherapy and has also undertaken specialised training in dissociation and attended workshops and conferences. Since 2002 she has been working in the Dublin Rape Crisis Centre with clients who have been recently raped or have suffered sexual abuse as children. Her areas of interest are complex trauma and dissociation and she is currently completing her Master's research on "Therapists' Experience of Working with Un-diagnosed Dissociative Identity Disorder".

Workshop 8– Dissociative Identity Disorder - An Introduction - Máire Fitzmaurice and Eileen Noonan

Fees: €70.00	IAHIP Accredited Members and Pre-Accredited Associates	Payable to IAHIP
Fees: €90.00	Qualified Psychotherapists of other Professional Organisations/Bodies	Payable to IAHIP

Name: _____ Address: _____

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Contact Number: _____ E-Mail _____ Max No. of delegates is **30**.

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Sunday 3rd December 2017

10.00a.m. – 4.30p.m.

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Workshop 9 - Integrating Art in Psychotherapy/ Counselling (Experiential) – Anne Marie Regan

This is an experiential work shop. Participants will explore the use of art and the visual image in Psychotherapy. The visual image is non verbal. Art is language which can access the unconscious directly and can often bring to light insights often not accessible verbally. Many of the most profound human experiences are pre verbal and non verbal. Making sense of emotions and experiences with the aid of art gives us another perspective on our world. On a practical level we use diagrams and maps to get our bearings in time and place and we cause these implements to understand what is going on for us emotionally and intellectually. All materials will be supplied.

Anne Regan is a Clinical Psychotherapist. The road to becoming a Psychotherapist began in Art and Visual Communication. As a working Artist Anne received several awards and residencies in schools and communities. Through this experience she realised the potential and need for art as a Psychotherapeutic tool. Anne trained as a Visual Psychotherapist and Child Art psychotherapist before becoming an Integrative Humanistic Psychotherapist and Clinical Psychotherapist. Her Experience spans across the Community and psychiatric services in child adolescent and adult Psychotherapy. She currently has a private practice in Dublin City and Co. Wicklow.

Anne Regan is a counsellor and psychotherapist. She trained at The Irish Institute of counselling and Psychotherapy at Turning Point, UCD, DCU, and Major University Hospitals. She is skilled in working with a wide range of issues, anxiety, depression grief, trauma, abuse, illness, relationship, dealing with difficult emotions (anger, guilt, jealousy, and sadness,) self-esteem and life choice/stage issues. Anne's approach is holistic and Integrative. According to individual needs she draws on Person-Centered, Existential, Psychodynamic, Psychosynthesis, Gestalt, Somatic and Art Therapy. Anne works with adults, adolescents and children.

Workshop 9 – Anne Regan –Integrating Art in Psychotherapy/ Counselling (Experiential)

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Sunday 14th January 2018

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IAHIP Office, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin

Workshop 10 – Patricia Chalmers – Purely Elemental (Earth, Air, Fire, Water)

Purely Elemental explores the less obvious qualities of the elements earth, air, fire and water. These elements are in us as well as around us. Our body is built of the same minerals found in earth. Over 70% of our body mass is water. We harbour air in our lungs and carry gas molecules in our blood and are sustained by heat at the core of our body. When the elements re in balance life ticks over pleasantly, when they are out of alignment we can be adversely affected. Certainly, they are environmental forces to be reckoned with and respected as tsunamis, earthquakes and volcanic eruptions testify. On a more personal level, these elements influence the way we think, the way we feel and the choices we make. The workshop explores these influences and the impact they have on our daily lives, e.g. too much earth energy takes us into a lifeless rut, too much fire energy causes restlessness and agitation, too little water leads to social withdrawal and indifference. The practice of simple practices empowers and assists the self-regulation of these energies orienting our inner world towards balance, harmony and wellbeing. The workshop unfolds through guided meditation, input, sensitive enquiry into their influence in life, discussion, optional sharing and movement. I will offer a menu of simple practises and tools from different disciplines for drawing the elements towards balance and alignment. These include tips on lifestyle and diet, ways of connecting and working with nature, breathwork and movement sequences all of which regulate the effects of the elements within us. These practises will assist you to become co-creators with the elements, using their energies to your benefit rather than be randomly affected by their energies. The workshop is facilitated from an educational perspective and benefits all through heightening awareness and deepening understanding of the influence of the elements. It offers a nurturing space and encourages ways of relating to the elements in a more meaningful way. Further it provides insights and tools that can be applied to psychotherapy practice as required and where appropriate. For more info go to www.patriciachalmers.com or call 0879051874

Patricia Chalmers: Following a career in Anaesthesia for several years, Patricia Chalmers qualified in Core Process Psychotherapy, a mindfulness based modality and accomplished accreditation with UKCP. Patricia also spent a few years in community in which time she trained in and practiced guided meditation and facilitation skills. Patricia is also a qualified Tai Chi teacher and Reiki Master. She is now transitioning into holistic education and is hugely inspired by Creation Spirituality and Ecopsychology.

Workshop 10 – Patricia Chalmers – Purely Elemental

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