## Schedule of Dates for Workshops 2015/2016

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<tr>
<th>Number/Facilitator</th>
<th>Title</th>
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<td>1. Liz Gleeson</td>
<td>Experiential Dramatherapy</td>
<td>Saturday 19(^{th}) September 2015</td>
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<tr>
<td>2. Ger Murphy</td>
<td>Poetry in Psychotherapy Practice</td>
<td>Sunday 20(^{th}) September 2015</td>
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<td>3. Liz Gleeson</td>
<td>Embodiment/ Open Floor Movement Practice</td>
<td>Saturday 26(^{th}) September 2015</td>
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<td>4. Christine Harris</td>
<td>The Transgender Client; Their Family</td>
<td>Saturday 10(^{th}) October 2015</td>
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<td>6. Jude Fay &amp; Wei Sim Ho</td>
<td>The Therapist as Business Owner</td>
<td>Sunday 1(^{st}) November 2015</td>
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<td>7. Anne Gill</td>
<td>Soulwork</td>
<td>Saturday 7(^{th}) November 2015</td>
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<td>Dr Helen Gogarty</td>
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<tr>
<td>9. Liz Gleeson</td>
<td>Grief and Loss</td>
<td>Saturday 28(^{th}) November 2015</td>
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<td>10. Karen Shorten</td>
<td>Supervision From Gestalt Perspective</td>
<td>Saturday 5(^{th}) December 2015</td>
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<tr>
<td>11. Barbara Dowds</td>
<td>The Existential Consequences of Adult Attachment Styles</td>
<td>Saturday 12(^{th}) December 2015</td>
</tr>
<tr>
<td>12. Jude Fay &amp; Wei Sim Ho</td>
<td>The Business of Therapy</td>
<td>Saturday 23(^{rd}) January 2016</td>
</tr>
<tr>
<td>13. Paddy Logan</td>
<td>Reading the Bodyshapes</td>
<td>Saturday 6(^{th}) February 2016</td>
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**Workshop 1 - Experiential Dramatherapy**

Dramatherapy is the intentional use of drama games and skills to evoke positive change and transformation. It is a suitable intervention for all ages, all walks of life and all abilities; no drama experience or skill is necessary to benefit from dramatherapy. During this session, you will have a chance to explore the power of dramatherapy using a variety of techniques such as mask-making, role-play, puppetry, movement and story making. The pace of the day will depend on the group present as each experiential workshop is different and unique. We will use the group to our advantage and assist each other by active witnessing and working together to recreate scenarios to assist each other in understanding our patterns, habits and stories. There will be a chance to reflect on your process with the other group members and to share thoughts and ideas as to how some of the techniques you experience may be of use to your clients. There are no pre-requisites except a willingness to turn-up and be open to the experience.

**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. TBC end June 2015). 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.

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<td><strong>Fees:</strong></td>
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<td>IAHIP Accredited Members and Pre-Accredited Associates</td>
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<td>Qualified Psychotherapists of other Professional Organisations/Bodies</td>
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<td>Psychotherapy Students</td>
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Name: ____________________________________________

Address: ____________________________________________

Contact Number: ______________ Max No. of delegates is 12.

Accredited Member /Pre-Accredited Associate of IAHIP:  

Student: $70.00 

Student: $50.00 

Other professional organisation:  

$90.00 Please provide name of Prof. Org. here: ______________

Please enclose fee payable to IAHIP. Fees are Non-Refundable

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
Workshop 2 – Poetry In Psychotherapy Practice
Poetry can act as a bridge between the conscious and the unconscious, and between the body and the mind. It is therefore an ideal tool for psychotherapeutic work. This one day workshop is aimed at practicing and trainee psychotherapists and will focus on the use of poetry as a tool in therapeutic practice. Participants will experience the value of poetry in personal growth and development. They will practice using poems to deepen therapeutic work, and the use of poetry as bodywork. No previous experience of poetry is required.

Ger Murphy
Ger has worked as a psychotherapist for the past 25 years, having trained in BodyOriented Psychotherapy and Gestalt Therapy at Minster Centre London. He subsequently trained in psychoanalytic psychotherapy in U.C.D. He has been Director of Institute of Creative Counseling and Psychotherapy Dublin for many years where he ran an Integrative Psychotherapy Training Programme. He has also contributed to other trainings in Ireland and U.K, and has worked as External Examiner for a number of trainings. He is a founder of the Irish Council for Psychotherapy and Irish Association of Humanistic and Integrative Psychotherapy, and founding editor of Inside Out psychotherapy journal. Ger has a particular interest in the integration of body oriented approaches to growth and development and has trained in Yoga, Tantra, and movement practices as well as having a deep interest in meditation. He offers workshops and group process work as well as individual psychotherapy and supervision.

Workshop (2) Sunday 20th September 2015 – Poetry in Psychotherapy Practice

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Address: ________________________________________________________________
Contact Number: ________________ Max No. of delegates is 30.

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

Please enclose fee payable to IAHIP. Fees are Non-Refundable

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
**Workshop 3 - Embodiment/Open Floor Movement Practice**

There has been an explosion of embodiment practices around the globe over the past two decades, attracting people from all walks of life. In this experiential workshop, we shall explore one of these practices - Open Floor, discovering the make-up of movement cycles and experiencing some of the basic movement principals that are common to all embodiment practices, such as Grounding, Activating and Settling, Towards and Away & Release. We shall look at some of the hungers that are intrinsic to humans: Solitude, Connection, Belonging, Spirit and see how these needs can be met through movement practice. We shall finish by discussing how movement practices such as the Open Floor, the 5 Rhythms, Movement Medicine and Soul Motion can help our clients or indeed serve us, the therapists, as part of a self-care package.

**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. TBC end June 2015). 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) Saturday 26th September 2015 – Embodiment/Open Floor Movement Practice**

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Address ________________________________________________________________

Contact Number: ____________________ Max No. of delegates is 12.

Accredited Member /Pre-Accredited Associate of IAHIP: □ €70.00  Student □ €50.00

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

Please enclose fee payable to IAHIP. **Fees are Non-Refundable**

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
Workshop 4 - The Transgender Client; Their Family.
This workshop will be interactive and integrative in the attendees will learn how to incorporate psychological theories with transgender issues. Today's transgendered child is presenting at a younger and younger age. Cases as young as 18 months have been reported. How a family or parents work together to maintain health in the child as well as in the family is new territory. We will examine various ways of accomplishing this. Education is primary to the success of the transgender population. Suicide rates among transgender children and adolescents are ranging from as much as 40-60%.

Christine Harris.
Christine Harris is a clinical social worker registered with the IASW and has been working with Transgendered clients since 1988. She has maintained a private practice since that time working with couples, families and individuals. Christine has worked with transgender clients in New York City, Galway and now in Charleston, South Carolina. Her practices in NYC and Galway included 10 years each with these populations.

Christine’s training includes her Master’s degree from New York University; 6 years clinical postgraduate training with The Focusing Institute (NYC), The Gestalt Center of Long Island (USA) and The Gestalt Associates for Psychotherapy (NYC). She also volunteered for 6 years with The Ackerman Family Therapy Institute.

The issue of Transgender has changed dramatically from the time of the late 1980’s when Christine first began reporting on clinical research to clinicians via a National Institute of Mental Health research grant. She is now working to help educate today’s clinicians so that they may be better equipped to provide the best service to the transgender person and their family members.
Workshop 5 - Counselling Couples
My workshop will be based on the works of John Gottman and Harville Hendrix Imago Models and will be informative and interactive using small group work during the day.

John & Julie Gottman:
Our Basic Assumptions: We are made for relationships. In relationships, we get hurt. In relationships, we get healed. Couples come because they are hurting. We are body, soul & spirit. Our soul is made up of our mind, will & emotions. Our spirit is the essence of who we truly are. We all have potential to love and be loved, to grow & to heal. To create new ways of behaving. Conflict is energetic growth potential. When our goals are blocked or our childhood wounds are triggered, we are all capable of bewildering behaviours. If I wasn’t seen as a child, it can happen that I won’t be seen as an adult. Gottman’s 3 Goals of Therapy: 1. Deals with couple’s conflict: 2. Builds & repairs friendship & love: 3. Emphasises the couple’s shared meaning.

Harville Hendrix Imago Model of Couple Counselling:
Imago incorporates Person Centred Therapy and Cognitive Behavioural Therapy. Conflict is growth waiting to happen. The couple sits facing each other and dialogue together. When we fall in love we can only sustain the intensity of being in love for approximately 18 months to 4 years. Then the power struggle begins and we fight, freeze or flee. If we want to leave the relationship, we develop our Exits Strategy – Affairs, Addictions, Parallel lives, Divorce. Like Gottman, Hendrix believed that the Unconscious purpose of marriage is to finish childhood. He devised a way of working with couples where he taught them how to communicate with each other using certain dialogue & listening skills that really work.

Josephine O’Halloran
Josephine is a psychotherapist, relationship counsellor and accredited supervisor in private practice in Galway city. Josephine specialises in working with couples using the work of John Gottman & Harville Hendrix Imago Model and I enjoy sharing my knowledge with my colleagues.
Workshop 6 - The Therapist as Business Owner - Valuing the Services we Provide.
The aim of this workshop is to help practising counsellors and therapists to take greater ownership for growing and developing their business. It is an opportunity to explore what holds us back from fully valuing the work we do, and to create a plan for the future. It is suitable for all counsellors and therapists, whether employed, self-employed or providing their services free of charge. The format of the workshop will be informal and experiential, with presentations in large group, smaller group discussion, exercises and games. This workshop looks at our attitudes to being financially rewarded for our work, and where they might limit us, both in our work with clients, and in our personal lives. These limits are determined by many factors including our past experiences, our values, our self-worth and our beliefs. Often outside our awareness, they may be restricting our ability to grow, personally and professionally. By the end of the course, participants will, have explored their attitudes to promoting and valuing their work, have explored their values and beliefs about allowing themselves to earn from their work, understand the fears and blocks that might be getting in the way, have practical ideas for expanding their range of promotional activities, have an outline plan for moving forward.

FACILITATORS
Jude Fay, MIAHIP, MIAHIP, is an accredited counsellor and psychotherapist, practising from Naas and Celbridge, Co Kildare. She originally trained as a Chartered Accountant, working in and for the accountancy profession for 30 years. In addition to her private practice work, Jude works with therapists in developing and managing their practices.

Ho Wei Sim, MIAHIP, MIACP, is an experienced psychotherapist with a private practice in South William Street and in Monkstown. She has also worked in Pieta House with people who are suicidal and who self-harm. She brings with her her experience as a lawyer in the corporate and financial world and hopes to help other psychotherapists to work not only out of a place of psychotherapy as a vocation and service, but also as a business owner who can proactively attract clients and own their responsibility and satisfaction in doing so.

Workshop (6) Sunday 1st November 2015 – The Therapist as Business Owner

| 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 |
| Fees: €50.00 | Psychotherapy Students | Payable to IAHIP |

Name: ________________________________
Address: ________________________________
Contact Number: _______________ Max No. of delegates is 25.

Accredited Member /Pre-Accredited Associate of IAHIP: ☐ €70.00 Student ☐ €50.00

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

Please enclose fee payable to IAHIP. Fees are Non-Refundable

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
IRISH ASSOCIATION OF HUMANISTIC & INTEGRATIVE PSYCHOTHERAPY

Anne Gill – Soulwork
Saturday 7th November 2015 - 10.00a.m. – 4.30p.m.
IAHIP Office, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin

Facilitator: Anne Gill

Workshop 7 - Soulwork

Soulwork was developed by Moineddin Carl Jablonski and is a way of freeing the body, heart and soul into greater presence and embodied spirituality. It has parallels with other transpersonal approaches such as Shamanism, Inner Systems Work and Psychosynthesis. Soulwork is a way of integrating the various conscious and subconscious parts of the personality into a harmonious family of selves. It then gives us a way of merging these personal selves to the Soul. The process starts with grounding and clearing of the energy field using movement and chanting. This is followed by depth relaxation and a visualisation to call in any spiritual guides we may have and also our higher selves. After this we are led into connecting with some of the members of our inner family. In soulwork there is a basic template of seven: Male and Female Selves, Child Self, Body Self, De/Healer Self, Mental Judge, as well as High Self. After a session with one of these there will be space for integration through movement, body prayer, art work and discussion. Moineddin said: ‘Deepen your compassion. Love the wounded places in you that need healing. Open yourself to the grace of illumination. Give freely of your joy. Share your neighbour’s burden. Through all these avenues, discover your Soul.’

Please wear comfortable clothes. A cushion and throw might also be helpful if you choose to do the visualisations lying down.

Anne Gill, MIAHIP is a body centred and transpersonal psychotherapist and supervisor. She has trained to facilitate soulwork and spiritual accompaniment. Other trainings include pre and perinatal work, trauma work and energy psychology. She also leads the Dances of Universal Peace.

Workshop (7) Saturday 7th November 2015 – Soulwork

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Address: ______________________________________________________________
Contact Number: ______________________ Max No. of delegates is 20.

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. Fees are Non-Refundable

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
Workshop 8 - Jungian Sandplay

Jungian Sandplay is a nonverbal therapy that facilitates access and exploration of contents deep within the psyche. Developed by Dora Kalff, a Jungian Analyst from Switzerland, Jungian Sandplay is, as the name suggests, based on the psychology of C. G. Jung. Working with sand, miniature figures and water, this approach to sandplay is “hands on” psychological work, and can be used as an adjunct to talk therapy. A Jungian Sandplay process can lead the client into layers of experience that are pre-verbal and unconscious, thus allowing them to become more fully integrated. It is through the tangible emergence of personal and archetypal symbols in the ‘free and protected space’ provided by the therapist and the sandtray itself, that the client experiences the necessary support to move toward a sense of balance and wholeness and what Jung terms ‘individuation’. Jungian Sandplay is a powerful therapeutic method that facilitates the psyche’s natural capacity for healing. The British and Irish Sandplay Society (BISS) is a national member of the International Society for Sandplay Therapy (ISST). ISST was founded by Dora Kalff to protect, support and promote the practice of Jungian Sandplay around the world. In this workshop BISS and ISST members Maeve Dooley and Dr. Helen Gogarty will present an introduction to Jungian Sandplay. They will describe the foundational work of Dora Kalff, who, with Margaret Lowenfeld, was a pioneer in the development of non-verbal therapy and the use of sand and objects in the therapeutic process. Using relevant case and research material they will explore the relationship between the personal and collective unconscious as reflected in the material itself and as an aspect of Jungian theory.

Facilitators:

**Maeve Dooley** is a psychotherapist and Jungian Sandplay Therapist. She has worked in private practice for 20 years and is a member and supervising member of IAHIP. Maeve trained in Jungian Sandplay with the British and Irish Society for Sandplay (BISS). A full member of both BISS and ISST, she is currently on the Executive Board of BISS and is keen to support the further development of Jungian Sandplay therapy in Ireland. For further information on her professional background see [www.focuspsychotherapy.ie](http://www.focuspsychotherapy.ie).

**Helen Gogarty** is an Attachment and Jungian Therapist specialising in the assessment and treatment of attachment and emotional disorders and unresolved trauma. She has trained internationally in the study of attachment theory through the International Association for the Study of Attachment (IASA) and completed her Doctorate in Attachment Theory at the University of Ulster in 2002. She is a qualified coder for both the Strange Situation Procedure and the Adult Attachment Interview and has considerable experience in training professional staff both nationally and internationally. She is also a qualified Jungian Sandplay Therapist and a teaching member of the British and Irish Sandplay Society.

**Workshop (8) Saturday 14th November 2015 - Jungian Sandplay**

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

Fees: €50.00 Psychotherapy Students Payable to IAHIP

Name: __________________________________________ Address: __________________________

Address __________________________________________ Contact Number: _________________

Accredited Member /Pre-Accredited Associate of IAHIP: □ €70.00 Student □ €50.00

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

Please enclose fee payable to IAHIP. **Fees are Non-Refundable**. Max No. of delegates is **20**.

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
Workshop 9 – Grief and Loss

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. TBC end June 2015). 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 10 - Supervision From a Gestalt Perspective**

**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.I.C.P. M.I.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.

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### Workshop (10) Saturday 5th December - Supervision From a Gestalt Perspective

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Contact Number: ______________________ Max No. of delegates is **12**.

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. **Fees are Non-Refundable**

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
Workshop 11 - The Existential Consequences of Adult Attachment Styles

This workshop will review the implications of insecure attachment on adults in terms of relationship, charge and energy flow, emotional awareness and regulation, and physical health. The argument will be that these affective, somatic and relational patterns have existential consequences. There will be a particular focus on how avoidant attachment impacts on adult life (the subject of the presenter’s recent book). Issues discussed will include: cathexis, boredom, soullessness, boundaries, impingement and autobiographical narrative and memory. The workshop will comprise presentation slides, audiovisual material, personal development exercises as well as discussion of how attachment styles can manifest in client issues. Training Level: all levels

Dr Barbara Dowds MIACP MIAHIP is a humanistic and integrative psychotherapist in private practice in Greystones, Co. Wicklow. She lectured on the B.Sc. in Counselling and Psychotherapy in PCI College between 2006 and 2014, and offers CPD seminars on genetics, neuroscience, attachment and early development. Barbara was on the editorial board of Eisteach from 2005-2012. She has written numerous articles for Eisteach, Inside Out and other journals as well as a book Beyond the Frustrated Self: overcoming avoidant patterns and opening to life (Karnac, 2014) on aspects of attachment. In a past life, she was a university lecturer and researcher in molecular genetics, before changing her career into psychotherapy in 2002.

Workshop (11) Saturday 12th December 2015 – The Existential Consequences of Adult Attachment Styles

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
Fees: €50.00  Psychotherapy Students  Payable to IAHIP

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Address  ________________________________________________________________
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Other professional organisation: ☐ €90.00  Please provide name of Prof. Org. here: ______________

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Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
Workshop 12 – The Business of Therapy

The aim of this workshop is to provide information and ideas to consider when starting a private therapy or counseling practice. It is also an opportunity to network with other practitioners who are starting out. The format of the workshop will be informal, with presentations in large group, smaller group discussion and exercises. By the end of the course, participants will be able to, describe the practice they would like to create, list at least three services they can provide, describe their preferred clients, have at least three channels through which to attract their preferred clients, outline what they need to do to start their business and plan the next steps for their practice. Anyone interested in starting or developing a therapy or counseling practice is welcome. Course content includes self-employed what’s involved, pros and cons. Legal and professional requirements. Clarifying your profile. What are you providing? Who are your clients? Goal setting. What do you hope to earn from your practice? Gross income vs net income. 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. Dual roles: employed and self-employed. Planning the next steps. Thinking about how you’d like to develop your practice in the future, sources of information and assistance.

FACILITATORS
Jude Fay, MIAHIP, MIAHIP, is an accredited counsellor and psychotherapist, practising from Naas and Celbridge, Co Kildare. She originally trained as a Chartered Accountant, working in and for the accountancy profession for 30 years. In addition to her private practice work, Jude works with therapists in developing and managing their practices.

Ho Wei Sim, MIAHIP, MIACP, is an experienced psychotherapist with a private practice in South William Street and in Monkstown. She has also worked in Pieta House with people who are suicidal and who self-harm. She brings with her her experience as a lawyer in the corporate and financial world and hopes to help other psychotherapists to work not only out of a place of psychotherapy as a vocation and service, but also as a business owner who can proactively attract clients and own their responsibility and satisfaction in doing so.

Workshop (12) Saturday 23rd January 2016 – The Business of Therapy

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<th>Fees: €70.00</th>
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Contact Number: ________________ Max No. of delegates is 25.

Accredited Member /Pre-Accredited Associate of IAHIP: □ €70.00 Student □ €50.00

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

Please enclose fee payable to IAHIP. Fees are Non-Refundable

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
Workshop 13 – Reading the Bodyshapes
We will take a one day tour of the world of Wilhelm Reich and Alexander Lowen – whose ideas and theory have influenced the development of many current therapeutic approaches to the body in therapy and contributed hugely to an understanding of the relevance of a client’s physical aspects in the therapeutic process.

*You will be introduced to the theory and practice of including a body aware approach.
*You will learn how to recognise what the physical form of the client reveals.
*You can expect to be surprised and hopefully intrigued by what you learn and also to laugh.
*No previous experience is required to participate.

Please wear comfortable clothes. Hand outs will be provided on relevant points – a notebook may also be useful to have with you.

Paddy Logan, MIAHIP, MIACP trained in Humanistic & Integrative psychotherapy and provides individual and group psychotherapy, supervision and consultancy services. As a trainer and facilitator he has extensive experience with group process work throughout Ireland. Formerly on the staff of the Institute for Creative Counselling and Psychotherapy, the Tivoli Institute Dun Laoghaire, the Irish Institute of Counselling and Psychotherapy Studies at Turning Point and the Dublin Business School. He is a partner at the Integrative Psychotherapy Practice in Dublin.

Workshop (13) Saturday 6th February 2016 – Reading the Bodyshapes

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Contact Number: ____________________ Max No. of delegates is 14.

Accredited Member /Pre-Accredited Associate of IAHIP: [ ] €70.00 Student [ ] €50.00

Other professional organisation: [ ] €90.00 Please provide name of Prof. Org. here: ________________

Please enclose fee payable to IAHIP. Fees are Non-Refundable.

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin
Workshop 14 – Authentic Movement and the Nervous System

The practice of Authentic Movement cultivates awareness of relationship with self, other and the whole. The ground form involves two roles, that of a mover and a witness. The witness practices the art of clear sensing and ownership of direct experience. The mover learns to allow movement emerge from deep within and witness takes responsibility for being present and giving unconditional attention to the actions of the mover and what gets evoked.

This workshop focuses on regulation of the nervous system, through engaging with 3 of the many different maps of the nervous systems. These maps were developed during my training with Mark Taylor USA BODYMINDMOVEMENT. [http://www.bodymindmovement.com/faculty.html](http://www.bodymindmovement.com/faculty.html)

Bernadette Divilly

Bernadette Divilly is a Humanistic Integrative Psychotherapist and a Choreographer. She is also a Dance Movement Psychotherapist & Dancer with an MA in Somatic Psychology & Dance Movement Therapy from Naropa University Boulder CO and Hons BA in Psychology from NUI Galway. She has an extensive background in Health Education and Community Dance.

Specialisations include: Socially Engaged Choreography, Contemplative Dance, Dance Movement Therapy, Somatic Psychology, Humanistic Integrative Psychotherapy and Urban Design.

Website: [http://bernadettedivilly.com](http://bernadettedivilly.com)

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**Workshop (14) Saturday 13th February 2016 – Authentic Movement and the Nervous System**

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Contact Number: ______________ Max No. of delegates is 14.

Accredited Member /Pre-Accredited Associate of IAHIP: [ ] €70.00 Student [ ] €50.00

Other professional organisation: [ ] €90.00 Please provide name of Prof. Org. here: ______________

Please enclose fee payable to IAHIP. **Fees are Non-Refundable**

Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin